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THE MEDICAL PROFESSION.

AN INAUGURAL ADDRESS, GIVEN AT THE OPENING OF THE
AMERICAN HYDROPATHIC INSTITUTE, NEW
YORK, SEPTEMBER 15, 1851.

BY T. L. NICHOLS, M. D.

The American Hydropathic Institute is the first Medical School established for the purpose of teaching the principles and practice of Hydropathy, or the Water-Cure.

The greatest of human enterprises have small beginnings, and from this law of development and progress our institution claims no exemption. Vast forests spring from microscopic germs. Behemoth and Leviathan could once swim in a single drop of water. The overshadowing power of Eternal Rome began with the gathering of a little band of fugitives and marauders. America, which now grasps two oceans, and bids fair to control the destinies of the world, began her wonderful career within a few forlorn and scattering settlements.

Moral revolutions have been subject to the same law. The Star in the East lighted the first Christian shrine in a stable at Bethlehem. Mahomet, whose doctrines now govern half the human race, for years had his wife as his only disciple.

We are not to despise the day of small things; nor must we reject the truth because it is not yet sustained by majorities, supported by authorities, nor sanctioned by antiquity. We must not forget that the gravest errors of the world have all this sustenance, support, and sanction. Every newly-discovered truth stands, at first, in a minority of one, with age, authority, and the power of numbers arrayed against it. If all men were conservative, the world could make no progress. It would be stereotyped with all its errors. If all men believed in the wisdom of majorities, no new truth could ever find disciples. If all men were enslaved by authorities, farewell to the hopes of a happier future. We must not forget that every reformer who has aided in the enlightenment and elevation of the human race must have stood alone, at first, with the whole world of custom, habit, fashion, science, authority, and antiquity—the accumulated wisdom of ages—arrayed against him.

Misdirected reverence is the bane of philosophy. Men should reverence God, Nature, Truth, and Eternal Justice. Men should not reverence a benighted antiquity, reveries, misnamed science, the accumulated errors of ages, and the institutions of despotism. A man should look back upon the wrongs, falsehoods, and darkness of antiquity as he looks upon the follies and obliquities of his own infancy and childhood. They are not to be revered nor repeated. The past has its lessons; but it teaches us, for the most part, what to avoid. The true man must look to the present as his field of work, and to the future for his visions of glory. Humanity is struggling with the swaddling clothes of its infancy. These clothes of infancy are the fetters of youth, which our conservative philosophers are intent on making us wear forever. The experience of the last century has taught mankind some useful lessons. One by one the cherished errors of ages, in science, philosophy, and government, have been exploded. The Old has fought against the New; the Old, entrenched in its fortresses of custom, upheld by reverence for antiquity, and supported by majorities; but truth is mighty, and the simple power of its enunciation causes the strongholds of error to crumble, as the walls of Jericho fell before the blasts of Hebrew trumpets.

The lesson of recent experience in science and philosophy is this:—Respect no doctrine on account of its age, the learned authorities by which it is supported, or the multitudes which believe in it. Reject no doctrine because it is new—because its teachers have their fame yet to acquire—and because it is as yet unsupported by the prestige of numbers. Practice the precept of the Apostle—a precept of mingled radicalism and conservatism—"Prove all things; hold fast to that which is good." The most radical can ask no more than that we should examine, try, test, or "prove all things;" the most conservative must be content, if we "hold fast to that which is good." This is the divinely inspired maxim of human progress; now beginning to be understood, revered, and obeyed.

In applying these principles to the medical profession, I shall speak of it as it *has been* and *is*; and as it *should be*. It is recognized as one of the three learned professions, and as among the most im-

THE CAUSES OF DISEASE.—The first cause of disease is hereditary transmission or predisposition. A child may be born actually diseased, as with syphilis, scrofula, salt-rheum, tubercles in the lungs, etc., derived from the father or mother, or with such a weakened vitality that it cannot resist the common diseasing influences. A diseased father can not beget, a diseased mother can not bring forth, a healthy child. A child, the very germ of whose existence is depraved, who partakes, for the nine months of its fetal life, of the weakness, pain, and suffering of a sick mother, whose very life-blood is made of bad food and impure air, narcotics and medicinal poisons, and who continues to live for some months longer on the same unhealthy nutriment, drawn from her breast, has a poor chance for life, and none at all for a healthy existence.

VANITY.—To become a regular contributor to a magazine or newspaper, and afterwards make frequent allusions to the great improvement visible in its columns.

portant and dignified of human callings. Between these three professions—Divinity, Law, and Medicine—there are some curious resemblances, which it may be well to glance at, and which we may do with no disrespect, and, I trust, no offence to the honorable members of either.

The three professions of Divinity, Law, and Medicine administer the great affairs of Religion, Government, and Health. The priests of all religions have claimed to be the ambassadors of God, with the right of interpreting His will to their fellow-men, and making intercession for them. The profession of the law includes, properly, all engaged in the governing function—as kings, magistrates, judges, lawyers, and executive officers of justice. Doctors of medicine have assumed the not less important function of healing the sick, and staying the ravages of death.

To a certain extent, these professions have stood by and sustained each other. At first, the three functions were performed by the same individual; and the best, strongest, and wisest man was priest, king, and physician. Since the division of labor, religion has been supported by law, law has had the sanction of religion, and the physician has had the prayers of the church and the authority of the magistrate, and has given to both his service in return. So kings might be doctors for the honor of their patronage; and clergymen expect to have their bills sent in, if sent at all, with a handsome deduction.

Privilege is conservative, and it is natural that these professions should endeavor to sustain themselves and aid each other; but there are many individual exceptions. Rarely has a priest of any faith denounced priestcraft, but we have often seen him a sturdy champion for the despotism of kings. Rarely has the prince upheld democratic principles, but monarchs have often taken the side of religious freedom. Seldom have physicians exposed the quackeries of medicine, but they have been among the sturdiest of free-thinkers and democrats.

All three professions are subject to the same law of progress, and the same spirit of reform that now animates the world. Protestantism, or the assertion of the right of private judgment in matters of faith, is making its way in all churches. I do not refer to protestantism against the forms or doctrines of a particular communion, but a noble and wide-spreading protest against every kind of religious usurpation. This "right of private judgment" has been much asserted and but little exercised. In the end, it may lead to the rejection of all human authority and interference in the matter of religion: and when "knowledge shall cover the earth;" when "no man shall say to his fellow, 'know the Lord,' but all shall know him:" when true religion shall pervade the earth, the clerical profession may come to an end, and every man be his own priest—as, in the reign of universal liberty, every man will be his own sovereign; and, in the era of universal intelligence, every man will be his own physician.

And Republicanism is dealing fatal blows to kingcraft, and all rulercraft. Democracy is the assertion, if not always the exercise, of individual sovereignty. Our nation is trying a rude and imperfect experiment of this kind, weak in its be-

ginings, and yet crude and imperfect. But, to the consternation of all conservative souls, we are still moving onward. We have delegated the powers of kings to our elected rulers and legislators. We have busied ourselves with making laws which we shall soon have the wisdom to repeal; and it will not take us long to discover that, even in a republic, a thousand petty and needless tyrannies may destroy the sovereignty of the individual, as effectually as the will of an absolute hereditary despot.

Thus, Religion has its protestantism, with "right of private judgment;" Monarchy and legal tyranny have been met, and are being overthrown by the spirit of Democracy, and the rising "Sovereignty of the Individual." But where stands the Medical profession, in this age of radicalism, of reform, and of progress? It is my special object to answer this inquiry.

It is to be observed that each of these learned and honorable professions grew out of the ignorance or wickedness of mankind. If all men were good, there could be no need of priests; if all men were honest, there could be no need of lawyers, or the exercise of any governing function; and if all men knew and obeyed the laws of health, there would be no need of physicians. The three callings most respected among men are thus based upon the least respectable of human qualities. It is the violation of moral, social, and physical laws, which has given us priests, lawyers, and physicians; and these have seldom failed to take advantage of the ignorance which is the real basis of their power. And though there are numbers who would gladly resign their power and function when no longer required, and who would joyfully welcome the light and knowledge which would render their offices needless, it is most true that the great majority, in each profession, are conservative of its privileges.

If there is anything a king usually has a special contempt for, it is the freedom of the press, and political discussions among the people. It is only of late that the clergy, in any considerable numbers, have been willing to allow the "right of private judgment" and freedom of opinion in religious matters. A few years ago, all our books of medicine were written in Latin. They were no great loss to those who could not read them; but the reason why they were written in a dead language is sufficiently evident. They are still disguised with technicalities, and any attempt to make medicine a popular science is frowned upon by most of the profession. From each profession we have a similar excuse. The clergy hold that the people are not capable of interpreting the Scriptures. Those who wish to rule the world deny that the people are capable of self-government. While our doctors sturdily insist that the people are too ignorant to comprehend the laws of health and life.

In each case "our craft is in danger." Physicians are neither better nor worse than other men. If they have conspired to keep mankind in ignorance—if they have withheld from them the most important information—if they have based the dignity and prosperity of "our noble profession," on the ignorance and credulity of the pro-

fanum vulgus, they have done no more and no worse than men of other callings.

I trust that these remarks will not be misapprehended. We may detest the corruptions, usurpations, and quackeries of priestcraft, kingcraft, and doctorcraft, while we yield all proper respect to clergymen, rulers, and physicians. Individually, there may be altogether respectable and really noble characters. True reformers do not war with persons, but with principles. The virtues, are those of the individual; the faults, of the system to which he belongs. A Czar of Russia may be brave, generous, humane, and a pattern of the domestic virtues; a priest of the Holy Inquisition may be a man of probity and benevolence; and the physician, whose doctrines and practice may desolate cities and people grave-yards, may be a kind husband, a tender parent, a worthy citizen, and the most estimable of men.

These professions will last as long as men have need of them. The supply is governed by the demand; but the supply also keeps up the demand. This is as true in morals as in trade. The appetite grows by what it feeds on. Until men can stand alone, they must have something to lay hold on. When men understand their relations to God, to each other, and to nature, and are ready to perform the duties consequent upon those relations, our three professions will be at an end. Is there a good man in the world who will not labor and pray for that time to come?

All things have their season. I believe in all the dispensations of Providence—creeds, dynasties, war, slavery, pestilence, lawyers, doctors, and all similar institutions. I also believe that the time will come when none of them will be needed, and that the means are appointed by which they may be overthrown. Good and evil, radicalism and conservatism, light and darkness, all have their place in the world. There are also some men who love darkness rather than light, and for a reason.

But I must have done with these generalizations, and turn my attention to the medical profession alone. It is worthy of all our attention. The first great want of the individual, and of society, is health. From it comes all strength, development, beauty, power, and happiness. It is the mine of all wealth, the source of all greatness, the fountain of all delights; without it, life is a miserable failure—a long agony of pain and disease. A profession which undertakes, and makes it its special business, to give men health, must, if it fulfill its undertaking, be the greatest blessing to mankind. If, on the other hand, it fail in its object, and increase the amount of disease, it may be its greatest curse.

The history of the medical profession has yet to be written. We will let the dead bury their dead, and consider, not what it has been in past times, but what it is, now and here.

There are, in this city, about one thousand doctors, or one to every five hundred of our population. They have the aid of about four hundred apothecaries, whose shops are loaded to the upper shelves with the poisons of the mineral, vegetable, and animal kingdoms. Attached to the infantry and artillery of this army, there is a small but efficient light corps of cuppers and leeches, with sun-

dry camp-followers, as nurses, and undertakers. We may reckon the entire force—horse, foot, and dragons—at two thousand strong; and the cost of maintenance, with expense of ammunition, at three millions of dollars a year. The battle is fought at the bedside of the sick—the result is chronicled, in part, in our crowded cemeteries, and summed up every year in the reports of the City Inspector.

The results of this contest with disease will give us some idea of the efficiency of the medical profession, as the authorized, and acknowledged, and paid Preserver of the Public Health. We will take the report last issued, that of 1850.

The whole number of deaths, last year, was a little less than 17,000.

Of this number, 170 (one per cent.) died a natural death—a death which must not be laid to the account of the faculty. One hundred and seventy are reported to have died of old age—the only natural death; the only disease which can be neither prevented nor cured.

Of these 17,000 who died last year, 10,567 were children; cut down in the very spring-time of existence, making desolate the hearts of twenty thousand parents, who looked in agony and in vain to the medical profession to prevent or cure. What are the true relations of the medical faculty to this terrible array of premature mortality?

To answer this question, we must first consider the natural condition of man, the conditions of health, and the causes of disease.

It will not be disputed that the natural condition of man, as of every animal and all organized beings, is one of health. The conditions of health, to all organized beings, are those of harmony with the laws of nature. The most important of these laws relate to temperature, air, food, cleanliness, and the exercise of the various faculties and passions. The causes of disease are any violations of the laws of health, especially in the above-named particulars.

The duty of the physician is—

1st. To understand the laws of health, and the consequences of their violation.

2d. To prevent, as far as possible, such violations, and, when they occur, to restore the offender to a state of harmony with nature and obedience to its laws; that is, to a state of health.

The proof that physicians, as a general rule, do not understand the laws of health, is found in the fact, that most of them live in their habitual violation, and that, as a consequence, they and their families have the same liability to disease as others. Physicians, and even the professors of our medical colleges, pay very little attention to the quality of the air they breathe; they live upon the most unhealthy articles of food; great numbers of them are in the habitual use of intoxicating liquors, tobacco and other narcotics; while they seem utterly blinded to the causes of disease connected with the indulgence of the passions. How can those guard others, who take no care of themselves?

The prevention of disease, the removal of its causes, the instruction of the people in the science of life and the laws of health, is scarcely recognized by the medical profession as among its duties; while, as I shall presently show, the cure of

disease is as little understood as the causes which produce it.

These are hard sayings, and they require the support of incontrovertible facts. Alas! we have them all around us; we have them in the vast numbers of the sick, in the common and almost universal want of health, and in the terrible records of premature mortality published from week to week in the newspapers, and collected yearly in the report of the City Inspector.

How can we expect the medical profession to perform its duties? I have said that reformers war with systems, not with individuals. Who is to pay physicians for studying the laws of health, teaching the people, influencing the public authorities, and preventing disease? They are not paid for any such work; what they are paid for is, for riding round the city, and dealing out doses of drug poison. If the medical profession in New York should exterminate disease, they would at the same time exterminate themselves and their families. If they should all do their duty, they must all starve. It is the duty of a physician to prevent disease; but, as the profession is now constituted, it is no part of his business. Consequently, our population must continue to be cut off by thousands, in infancy, and childhood, and immature manhood.

Even when disease has begun its ravages, and the doctor is sent for, the interests of patient and physician are still at variance. A rapid cure is a miracle of self-sacrifice. Each visit the less is so much money out of pocket. Each dose of medicine the less is downright robbery of his friend the apothecary—possibly the additional loss of a per centage of profits on each recipe. Any doctor who should persist in curing all his patients, and curing them quickly, must expect bitter reflections from the druggist, and black looks from the undertaker.

The facts and figures of the Inspector's Reports prove clearly to my mind that the science of medicine, as now commonly taught and practiced, is a failure. They prove, as does common observation, that the first great object of medical science, the prevention of disease, is scarcely thought of as one of the duties of the profession. They prove that the diseases which science ought to prevent, are, in the common practice of medicine, so ineffectually treated, as to be followed by a frightful amount of mortality.

It is not my opinion alone—it is that of many of the leading minds in the medical profession—that medicine, as commonly practiced, does not diminish the amount of human suffering or mortality; that its mischiefs outweigh its benefits; that this medical science, "the accumulated wisdom of two thousand years," is little effectual for good, but very potent for evil.

For such opinions, we must have other reasons than the results I have glanced at. I will give a few of them.

Medical science, so called, is a mass of fanciful and conflicting theories respecting the nature, causes, and treatment of disease. The "accumulated wisdom" is an accumulation of follies, of contradictions, or, as the learned Dr. Gregory said, of "stark staring absurdities." Now, if there be four theories of disease, and consequently four

different plans of treatment, three of the four must be wrong, and, of course, ineffectual and mischievous.

The same disease has been treated in several different ways at different periods, and at the same period. There are fashions in medicine as well as in dress; and, where fashion and caprices govern, there can be no true science. At one time, typhus fever was considered a disease of inflammation, and treated with bloodletting and anti-phlogistics. At another, it was held to be a disease of debility, and treated with stimulants and tonics. Then, it was a morbid state of the humors; and the patient was either run down with cathartics, or shut up in a close room, without fresh air or cold water, to swelter out the peccant humors at the pores. With some, it is a purely nervous disease; with others, it depends upon ulceration of the intestines. The same is the case with many, perhaps most, diseases; and it must be evident that where there has been such a variety of practice, guided by no settled principles, the sick have not been greatly benefited.

The materia medica of Allopathy, and its kindred schools of practice, is another cause of its failure to do good, and its potency in evil. Our four hundred drug-shops are fountains of disease and premature mortality. "The lancet has slain more than the sword." It is notorious that some of the most remarkable men that ever lived have been its victims. There is a frightful list of chronic diseases, which, it has been demonstrated, may be produced by bloodletting. The most enlightened of the reformed schools of medicine have utterly discarded this sanguinary practice, with a marked improvement in the bills of mortality.

The free use of purgative medicines—kept up by regulars and irregulars, insisted upon in the medical books, and recommended in the newspapers; persevered in from infancy to age, if old age ever comes with such treatment—is recognized by the most enlightened pathologists as a formidable cause of disease, and often a fatal interference with the healing powers of nature.

The virulent mineral poisons given as alteratives, in the vague hope of producing some mysterious change in the system, such as calomel, corrosive sublimate, arsenic, iodine, etc., have undermined the constitutions of millions, and prepared them for the inroads of fatal diseases. They are truly alteratives, for they cannot be given in any quantity without a change for the worse in the delicate organs and tissues with which they come in contact. In the progress of the water-cure, it has been demonstrated, in hundreds of cases, that these medicines are laid up in the system, and that after months, and even years, they are cast out by our processes, and the diseases of which they were the cause thus radically cured.

The vegetable poisons, classed in the materia as stupeficients, delirifacients, paralyzers, &c., have a deadly effect upon the human system at all times, in all quantities, and under all circumstances.

The use of stimulants, the most common of all, and the least objectionable, is the purchase of present and temporary relief, at the expense of future and aggravated suffering—false in principle, hurtful in practice.

In the whole materia medica of Allopathy, I do

not know of one article, of any positive character, which is calculated to restore the harmony of a disordered system. Allopathic medication is, in all cases, doing evil that good may come, with the usual result in such cases made and provided.

Can we wonder, then, that a medical profession, loosely educated in theories, full of blunders, uncertainties, contradictions, and absurdities; placed in such relations to society as to make the prevention of disease its ruin, and the speedy cure of the sick a personal and pecuniary sacrifice; armed with a materia medica consisting of deleterious drugs and mortal poisons, should utterly disappoint all hopes of its usefulness? What could we expect but negligence in prevention, uncertainty in treatment, mischievous interference with the salutary operations of nature, and often fatal blunders in doctor or druggist—most generally the former; for the doctors' blunders rarely get into the newspapers—the druggists' often do; and where the druggist puts up one prescription wrong, the doctor writes a hundred?

I appeal to any intelligent and candid man, in or out of the profession, if this is not a truthful picture of its present state, as taught and practiced here, and in all civilized countries. It is the system studied and practiced by thousands of well-meaning men, who blunder on, doing as much good and as little harm as they can; hoping that they have, in most cases, avoided doing mischief, but often in a painful state of doubt on this very point. Many retire in disgust from the profession. Many worry along, giving, as they tell us, "very little medicine." Some renounce bleeding; some quiet conscience by giving up calomel; many amuse their patients with innocent placebos, or doses wholly inert, and so make sure of doing no positive harm; and many experiment with much faith and patience on the power of infinitesimals.

This is the condition of the medical profession as it is and has been for ages. The time has come when all this must be changed. The popular intelligence demands it. The progress of the world will not permit one of its great interests to be neglected. Everywhere the spirit of investigation is awake and active. The statistics of disease, and death, and the various modes of medical practice, are discussed in the newspapers. No class or profession is looked up to with a blind reverence; and the spirit of the age, which demands the right of private judgment in matters of faith, which laughs at the divine right of kings, which proclaims individual sovereignty, will not be satisfied with such a medical profession as we have described. An enlightened public opinion demands a medical profession of a very different order. The physician who is to answer the wants of the present and the future must be deeply read in the book of nature, and must be able to forget much of the lore of the schools. He must have little reverence for antiquity, and great devotion to the truth. He must be contented to learn science where it is written by the finger of Omnipotence, and have the independence to reject the fanciful theories of bookworms and dreamers.

The physician which the world now wants, and is beginning to demand, is one who understands, obeys, and teaches the laws of health; who acts upon the principle that "prevention is better than

cure;" who considers the preservation of health as a far greater triumph than the most miraculous cure of disease, or the most brilliant surgical operation. We want physicians who will place physiology above pathology, and hygiene above therapeutics. The world wants men and women of true science and a pure devotion; who will apply their knowledge in the way to do most good to mankind, and not in a way to bring most money into their own pockets. Medicine has too long been made a trade. It is truly a work of philanthropy; and until the world gets wiser, and learns to properly estimate and reward its benefactors, it must be one of self-sacrifice.

In the practice of the water-cure, ladies and gentlemen of the Institute, your highest reward must be the satisfaction which arises from a good action; but you may be assured that God has so made the world that you can do no good to your fellow-creatures which will not also be for your own benefit. "Seek first the kingdom of God and his righteousness, and all other things shall be added unto you." "God takes care of those who do his work;" and men will take care of those whom they must recognize as their benefactors.

There may seem to be some discouraging things in the profession you are entering upon. In the common practice of medicine, one visit prepares the way for another, and one course of medication renders the need of another more speedy and certain. The doctor is constantly sowing seed for future crops of work and profit. With you, if you do your duty, it will be far different. A patient cured is a patient lost; for no person can go through a course of hydropathic treatment without having enough to insure him against disease for the future. In the common practice, if a doctor becomes the regular physician of a few families, his living is secured; with you, each family into which you are called will, in a short time, be able to keep well, or, in all ordinary cases, to be their own physicians. In this way, hydropathy is destined first to exterminate all other systems of medical practice, and then to destroy itself.

This is a result to wish and work for—not a calamity to fear. It may not come in our day and generation. The world is too sick for that. The present generation is all to be cured; the hereditary diseases of the next are to be eradicated; the knowledge of the laws of health is to be made universal before our work is accomplished. Here is work for us, and for hundreds, and thousands. The field is broad, the harvest truly is plenteous, the wages will be all that is needful, but the laborers are few. Everywhere we need teachers of health—everywhere we want curers of disease.

The progress of hydropathy, with the interest in physiological science, and the sanitary reform which everywhere accompanies it, is one of the grand phenomena of this age. Preissnitz, the honored founder of our system, as a system, is still in full practice in Germany, and his water-cure establishment, grown to a village, is resorted to by invalids from every portion of the civilized world. In America, where water-cure, ten years ago, was scarcely heard of, there are probably at this time more than a hundred water-cure establishments, and the WATER-CURE JOURNAL has a circulation bordering upon thirty thousand, and fast increas-

ing—much the largest circulation ever attained by any journal devoted to similar objects.

The demand for physicians and teachers, for light and knowledge, in this great reform, is every day increasing, and the pressure of this demand has led to the establishment of this Institute. We have not sought this work, but have felt ourselves called to it, and irresistibly impelled to its performance. The work needed to be done, and no one came forward to do it. We have taken the responsibility, and shall bear it as well as we are able. If we are permitted to send forth men and women, with all the knowledge we are able to communicate, filled with the spirit of devotion and progress that belongs to this work, we shall feel that we have not lived in vain.

The first term of the Institute, upon which we now enter, will continue for twelve weeks. To us it will be a season of arduous labor and unceasing care; to you, our students, it will be one of earnest and faithful study. You have much to learn. The laws of the universe are to be unfolded to you, as far as human science has been able to reveal, or the human mind to comprehend them. When we have done our utmost, the work remains with you. Upon your improvement of this opportunity may depend, not only your own usefulness, but the health, lives, and happiness of thousands.

In the plan of this Institution there are some peculiarities, which it may be well here to notice. It is intended to be a direct public benefit, as well as through the instruction afforded to its pupils. The three morning lectures will be especially for the class, and will be given at the private rooms of the Institute; but it is our intention to admit the public, all who wish to attend, to the evening course, which will be given here, or in some other suitable place, and which, avoiding the minutiae of anatomy, surgery, &c., will still comprise all the most important branches of medical science, and those portions more especially which relate to the prevention of disease. The time, place, and subjects of the evening lectures will be announced in a few days, and we are encouraged to expect, in these, the aid of several eminent professors in different departments of science.

You may now understand the relations of the American Hydropathic Institute to the medical profession. Its object is revolutionary, reformatory, progressive, and to some extent destructive. If it succeeds, it will not be many years before the boys in the street will point to the last of the Allopaths. If it succeeds, every corner in New York, now lighted at night by the red and blue fires, will be to let. If it succeeds, the City Inspector will not long make such terrible records of premature mortality, and you will see a change in the size of the coffins exposed in the shops of our undertakers, and in the ages inscribed on coffin-plates and tomb-stones. If it succeeds, disease will be banished, and the world be filled with a robust, beautiful, and long-lived and happy race.

Its success is in our hands and in yours. We shall try to do our duty, relying on your indulgence to pardon the imperfections of our early efforts. I feel assured that you will do all in your power to make the session now begun one of pleasure to us, profit to yourselves, and inestimable benefit to the world.

TEETHING AND ITS MANAGEMENT.*

BY JOEL SHEW, M. D.

THE period of dentition, or appearance of the first or temporary teeth, is one of the most precarious of the child's life. We cannot for a moment suppose that teething is *naturally* a time of danger, or that the All-wise Creator designed that infant life should be subject to such a variety of ills as we find in civilized life to occur at this period. On the contrary, we know, from both fact and analogy, that it is no more natural or necessary that a child should be made sick by the process of teething, than for the young of other animals to be thus affected; and, assuredly, we never see *them* suffering any inconvenience whatever from this source.

This subject being one of great importance, I shall enter into it somewhat in detail.

The formation of the teeth is begun, evidently, early in foetal life. We do not, indeed, know precisely at what period these organs begin to develop themselves; but that this development commences long before the foetus leaves the uterus, is well known to be true.

The growth of the teeth is carried on slowly at first, and is not completed till several months after birth. The parts concerned in this process are the jaw, the gum, the nerves, and the soft rudiments of the tooth itself. The jaw, at first, has only a channel running along its surface, but this is afterwards divided, by a natural process, into separate cells. These become, in time, the alveolar processes. In each of these cells is lodged a membranous sack, containing a soft pulp. The bag consists of two laminae or coverings, both of which contain nerves and blood-vessels, the outer one being the more vascular. These sacks adhere very closely to the gums, so much so, that if it be pulled away from the jaw, the sacks adhere firmly to it. The pulp is also vascular; that is, contains blood-vessels, and it assumes very nearly the size and shape which the body of the tooth is to have after ossification or hardening has taken place. The tooth consists of two parts—the bony matter and the crystalized enamel covering the bone. The bone is formed of the pulp, which gradually hardens, and in the eighth or ninth month of foetal life all the pulps are found to be more or less ossified; at birth, the shell of the tooth is found considerably advanced. Soon after this process commences, the inner surface of the sack deposits a soft earthy substance, which crystalizes and forms enamel. When ossification is advanced so far as to form the shell of the body of the tooth, the lower part becomes contracted, so as to form the neck; and, as the shell thickens, the pulp, though diminished in quantity, protrudes at the neck, forming a kind of mould for the fang. If the tooth is to have two roots, a septum is stretched across the cavity of the neck, and the pulp protrudes in two divisions. As ossification advances on the root, the body rises in the socket, and the sack rises with it; but, in proportion as the enamel is crystalized, the sack becomes less vascular and thinner, and is at last absorbed; and when the tooth has acquired its proper height, the whole membrane is destroyed. Thus it appears the sack is not stretched, and bursts by distention, but is absorbed, and being fixed to the neck of the tooth, and not to the jaw, it rises with the tooth.†

During a number of months, of the earlier period of the child's life, it is destined, according to the intention of nature, to draw all its nourishment from the maternal breast. Consequently, no food is to be taken that needs mastication or breaking down by the grinding power of the teeth. Suction alone is all that is required during the earlier months; and for this, the mouth, including the tongue, lips, and cheeks, are amply sufficient. In perfect accordance with this beautiful arrangement of nature, the parts afterwards to be employed in the process of mastication are in a comparatively imperfect state; the jaws are shallow, short, and not provided with teeth; the soft parts, also, concerned in the process are, for some months, comparatively weak.

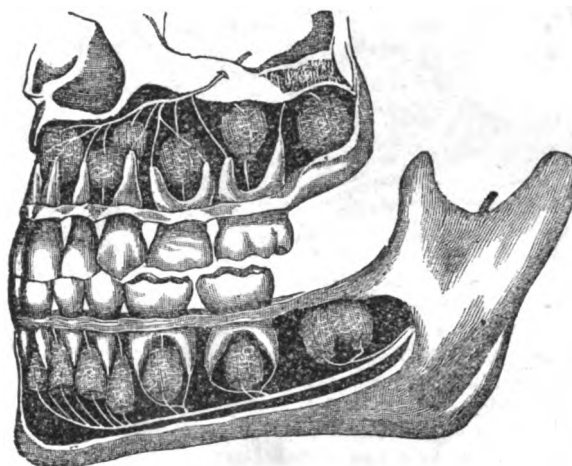
It is a law of Nature, that all her processes are carried on gradually, often in a manner almost imperceptible. In this way she prevents those ailments which would necessarily arise from a sudden and severe commotion in the system. Suppose the teeth were all to come out at once in a single day; the life of the child would, with certainty, be destroyed by such a change. But Nature does her work in a more careful manner; the process of dentition is a slow and gradual one. In the course of a few months, as the infant advances towards a state of development in which more solid nutriment is needed, the bones of the face gradually increase in their dimensions; "the jaws increase

* From a new work, soon to be published, entitled "The Diseases and Management of Children." By JOEL SHEW, M. D.

† Dr. Burns.

in length, depth, and firmness of structure; the gums become more elevated and resisting on their upper edge; the cavity of the mouth enlarges; the muscles which move the jaws increase in size and vigor; and, in exact proportion to these changes, the infant manifests increased power of mastication, and an increased tendency to carry to its mouth any object it can lay hold of; thus evidently contributing to develop still farther the bones and the muscles concerned in mastication.*

About the sixth or eighth month—the period varying considerably in different cases—the teeth begin to cut the gum. Generally, the two middle incisors of the lower jaw appear first; in about a month later those of the upper jaw cut through; then the two lateral incisors of the lower jaw, and next those of the upper one appear; about the twelfth or fourteenth month, the anterior grinders of the lower, and soon after of the upper, jaw make their way through the gum. Between the sixteenth and twentieth month the cuspidati or dog teeth appear; and, from that period to the thirtieth month, the posterior grinders come forth. Thus the child, when arrived at the age of two and a half years, usually has all the first set of teeth through. There is, however, according to differences in constitution or idiosyncrasy, considerable variation from the periods mentioned.



COMPLETE SET OF INFANT TEETH.
(This plate exhibits the jaws of a child at the age of about four years.)

The temporary or milk teeth continue generally till about the sixth or seventh year. The permanent teeth—twenty-eight in number, not including the four wisdom teeth—are supposed to be in progress of development all this time. Gradually the permanent teeth come forward to displace the temporary ones. This change, like that of the coming forth of the milk teeth, is not a sudden process, but gradual, and such as a healthy child may, without inconvenience, pass through. In all of these curious and interesting processes we see displayed most clearly the wisdom of an Almighty hand.

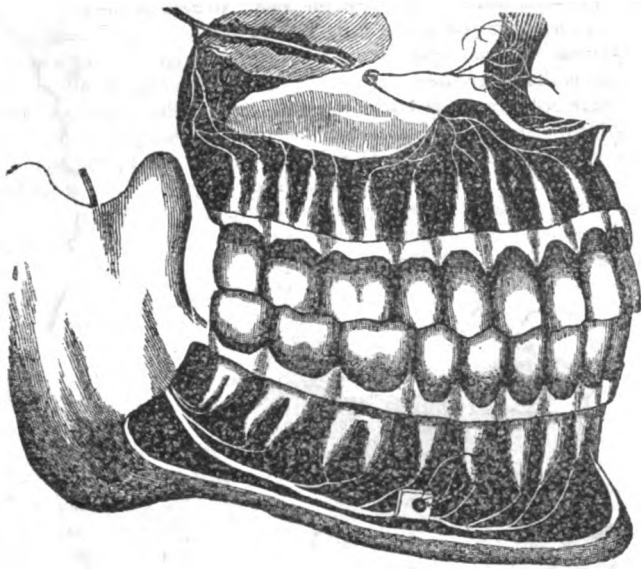
In the foregoing description I have used, for the most part, technical terms to designate the different kinds of teeth. In Latin, *incisor* signifies anything which cuts; hence this name for the cutting teeth. *Cuspid* signifies the point of a spear; and *molar*, a mill. The *milk teeth*, twenty in number, consist of eight *incisors*, front or cutting teeth, four being in each jaw; four *cuspid* or *canine* (dog teeth), two being in each jaw; and eight *molar* or *grinding* teeth. The permanent teeth, including the wisdom teeth, so called, consist of eight *incisors*; four *cuspid*, *canine*, *dog* or *eye* teeth; and twenty *molar* or *grinding* teeth. The latter term is sometimes restricted to the three back grinders on each side of each jaw; in which case, the remaining two, forward and next to the cuspid teeth, are called *bicuspid* or *double spear-headed*, from their being supposed to bear some resemblance to the *cuspid* or *spear-like* teeth.

The subjoined cuts will serve to give the reader a still clearer idea of the location and appearance of the different kinds of teeth.

It will be found, in reference to the growth, development, and health of the living body, that Nature always adapts her means to her ends; in other words, that the organization will be found, at every period of life, to be adapted, with the utmost precision and accuracy, to the wants of the indi-

* Combe on Infancy. Published by FOWLETS & WELLS, New York.

vidual. Thus when the child is young and feeble, demanding only the bland nourishment furnished from the mother's breast, no teeth are provided; these, under such circumstances, would be rather a hindrance than otherwise. But, as the child grows and becomes more strong, requiring, as a consequence, a more substantial nutriment, the teeth come forth. And still later, when the constitution becomes still more developed and strong, the first of more delicate teeth are thrown off, in order to give place for the stronger and more permanent ones, and which are intended to go with the individual



COMPLETE SET OF PERMANENT TEETH.

through life. We see, too, also, in precise accordance with this law of adaptation, that when from weakness of constitution, or other causes, the development of the constitution goes on with unusual slowness, and solid food is not so soon needed by the system, the growth and development of the teeth are in the same proportion delayed; affording us an instructive lesson, that weaning should not be directed according to any arbitrary rules as regards days and months, but should be regulated according to the progress of organization and the child's state of health.

Teething may be reckoned as having two distinct periods, although these naturally run into each other. During the first period, the capsule of the tooth enlarges, as is known by the swelling of the surrounding parts. It is in this stage of the process of teething that there may be a considerable degree of constitutional disturbance, without the teeth at all making their appearance. During the second period, the tooth increases in length, rises upward, presses against the gum, and in time cuts through its surface. Although these two stages are supposed to be present in every case, yet it not unfrequently happens that there appears to be only one period, the tooth appearing very soon after the constitutional disturbance is discovered. In other cases, too, the cutting of the tooth is so easily effected, that there are no symptoms of general disturbance whatever noticeable.

I have before remarked, that teething, being a natural process, there ought to be no difficulty during the growth and development of these masticatory organs, and, if the laws of nature were properly observed, we would have in the catalogue of human disorders no such diseases as those of teething. But as the habits of society are, in the present state of human improvement, the period of teething is, probably, all things considered, the most dangerous one of our whole lives.

"The first stage of teething," according to an accurate observer, "is induced by symptoms of general irritation in the mouth, and of some constitutional disturbance. The child becomes restless, and the saliva begins to flow in quantities from the mouth, and, on the least uneasiness, the infant cries, but in a little while again smiles with its wonted placidity. Tears and smiles thus succeed each other at intervals. The eyes and cheeks become red, the appetite capricious, and thirst frequently considerable. Sleep is disturbed or interrupted by dreams, and a general expression of uneasiness pervades the frame. The gums, which were at first unaltered, begin to swell and become

inflamed and painful. The child now carries everything to its mouth, and is evidently relieved by rubbing its gums. The bowels, at this time, are generally unusually open; but a certain degree of bowel complaint is beneficial during teething, and therefore its occurrence need not cause any uneasiness. After going on for a longer or shorter time, these symptoms gradually abate, and are followed by an interval of comfort and repose.

"The second stage of teething soon follows. Instead of regularly carrying anything to the mouth, the child now often shows a fear of allowing anything to touch it, and often cries when he happens to bite unwarily. The gums and mouth become burning hot; a pale or bright red elevated spot appears on the gums, which becomes very painful when pressed upon. The child changes colour frequently, is restless, wishes to be laid down, and is no sooner down than he is anxious to be again in the nurse's arms; nothing pleases him. At one moment he will demand the breast and at the next abruptly turn away from it. He snatches at everything and retains nothing. The child appears in short to be driven about by successive and sudden impulses, without been able to find rest in any position; and with these appearances slight fever and bowel complaints are often combined. When once the teeth are fairly cut however, all these symptoms vanish." Such is the period of teething as often seen in the present state of society; but in cases of well constituted children, especially if they are reared carefully according to the natural laws, none of those disturbances whatever are noticed; and that such is the benevolent intention of the Creator both facts and analogy conclusively prove; and it is the great importance of the subject of infant management during this critical period of teething, that causes, in the writers mind, an anxiety that it should be understood. Certainly there can be no scientific knowledge of greater importance to every parent, than that which enables them to rear up healthfully the offspring committed to their care.

The different orders of teeth make their appearance with greater or less difficulty, according to their size and the depth from which they come. Thus a child may experience no trouble whatever with the first teeth; but later when the cuspidati and molars are about to make their appearance, troublesome and perhaps serious consequences may ensue. Sometimes too, it happens that the principal difficulty is experienced when the first teeth appear. In such cases either there is an improvement of the constitution through some means disconnected with the process of teething, or the system, by becoming accustomed to the change which has commenced in its development, is better enabled to bear the excitement after the first teeth begin to come forth.

The symptoms of teething seldom continue severe more than eight or ten days at a time. If a child be particularly irritable, or if the tooth come forth with more than usual rapidity, or if several teeth make their appearance at the same time, the unpleasant effects are apt to be more than ordinarily severe. The system may become feverish, with a determination of blood to the head, costiveness or a bowel complaint, more or less severe, may supervene, and which in some cases may be attended with convulsions. Not unfrequently the head becomes so much affected, that effusion takes place upon the membranes of the brain, which must in almost every case end in death.

Eruption, of the skin may come on as symptoms of teething, but these appearance are regarded as favorable rather than otherwise. The child is evidently better off with an eruption under such circumstances than with the other disturbances referred to.

In all cases of troublesome dentition we are to treat the patient according to general principles, just as we would do with the same symptoms arising from other causes. In order however, to convey clearer ideas on the subject, I remark that in the management of cases of difficult dentition, three main indications of treatment are to be observed:—first to allay local irritations;—second to alleviate constitutional symptoms, and, third, to support the strength.

1. In regard to the gums; many suppose it absolutely necessary to cut them freely with a knife or lancet, while others are opposed to the practice. Some suppose that this measure is so important a one that life is often actually saved by it, while on the other hand it is supposed that life may be destroyed by the irritation set up by the operation of dividing the gum. Now as to my own opinion on this matter, I do not believe it ever necessary,—provided we use the right way, to cut the gum; I will not say it never does any good to perform this simple operation; but I do not consider it at all necessary. I regard besides, the good effect of it to be in all cases, doubtful. But I freely admit that I do not fear the operation as many have done. On a small scale it is a cruel measure; but as to its real injury, I think that is seldom worth considering.

But what are we to do in the way of relieving local irritation of the gums. I answer, first, that general means, such as the tepid or cold bath, suited to the nature of the case, the wet sheet pack, the shallow bath, with prolonged friction, and wet compresses, are among the best possible means. We can generally if not always operate more effectually upon any local part, through general treatment than through local, and yet both have their place, and are to be resorted to. Thus we may bathe a child as often as the fever demands; give him wet sheets, apply friction, put wet compresses about the body and at the same time make suitable applications to the mouth and throat.

CHEMISTRY OF LIFE.—NO. III.

BY T. ANTISELL, M. D.

It is of no small importance to the animal, what is the nature and amount of the minerals which are taken up by plants. And this is so for two great reasons: first, because the animal itself requiring mineral matter to build up its own solid skeleton, has the means of drawing it only from two sources—either its food or drink. The latter could never supply a sufficient amount without drinking a very large quantity of fluid, which in itself would prove injurious. It is from the food only then it can derive the mineral elements, and the necessity for these substances in the frame is evident from the diseases produced by their absence, as that of rickets, from the absence of phosphate of lime, and scurvy from the absence of potash salts. The second reason is perhaps a more important one, as it strikes at the root of the production of food altogether. It is this: it is well known that many plants will not grow without lime, others without potash, and again a few not without soda, and so similarly in many other instances. Now this necessity, as we may call it, which the plant has for such minerals is not that these elements alone are all that the plant requires to form a complete individual, but that the entrance of these into the tissue of plants ensures the formation and presence of many more which are essential to the full maturity of the plant. A few examples may explain this. The madder plant produces a variable quantity of the coloring matter so much used in dyeing, dependent upon the soil and cultivation. If there be no lime in the ground, the proportion of coloring matter formed in the root is so small as to render them worthless to the manufacturer, but sow the plant on calcareous land, or add lime abundantly as manure, and the proportion of coloring matter increases wonderfully. The presence of potash in the grape, and a few other plants, determines the presence of sugar in the sap and in the fruit. The organic substance, sugar, will not be formed in quantity unless the inorganic substance, potash, be present; and this affords one reason (though not the chief one) why cultivated grapes yield more wine than wild ones. The presence of the phosphates of lime and magnesia in the cerealia (wheat, maize, oats, &c.) is always accompanied by that of gluten; those plants which contain most gluten also contain most phosphates; and those individuals which contain the greatest quantity of the latter also form the largest amount of that nutritive substance. Wheat, which in a partially cultivated state does not contain more than nine per cent of gluten, can be made to yield, when highly cultivated, no less than 18 per cent. of that element. The presence of phosphate of lime in a plant, therefore, insures not only the materials for lime but also for muscle, that being formed most readily by the assimilation of gluten. These are a few of the many instances which might be adduced of the intimate relation between the vegetable and the animal, and the dependence of the latter upon the former.

Water is the chief support of vegetable life; unfitted with any masticatory apparatus like the animal tribes, it receives its food in the liquid form. Every substance intended as nutriment must be

presented to the root of the plant in a liquid form, or dissolved in water; and if a vegetable can derive its food in this way, which an animal cannot, it is because the exhalation of water in the vegetable is vastly above what it is in the animal, and with the exhalation is the amount of imbibition or absorption which keeps pace with it *pari passu*. Hales has shown how great this evaporation is, amounting in the case of the sunflower to upwards of thirty gallons daily; with this large amount of water, a corresponding large proportion of earthy matters dissolved are introduced and appropriated in the system, and the absorption of mineral matter is in proportion to the amount of water passing through the plant and evaporating from its leaves.

The action by which the fluid is drawn up into the plant by the little radicles or rootlets, has generally been looked upon as due to the action of the vital force in the vegetable, and as this absorption is only found at first sight, exerted in organized forms, it has been looked upon as a true vital function; how incorrectly may be estimated from the following considerations. The little radicle or rootlet is a hollow tube closed at the farther end, or the extremity of it; the tube is composed of membrane or vegetable cellular tissue, which always contains a number of minute pores. Through these pores the water and saline fluids of the soil pass, with varying degrees of rapidity. This action was termed by Dutrochet *Endosmose*, and as it occurs in the animal body similarly to the vegetable along with an opposite action due to a similar cause, both may be considered together. When water is poured upon a paper filter, the whole of it passes through the pores of the paper similarly with a saline solution and rapidity of the passage, or the filtering depends upon the size of the pores of the filter. This is nothing more than capillary action or *capillarity*, a mechanical attraction. The rise of fluids in glass tubes is altogether, and that of the sap in the sap vessels is partially due to this cause. The pores of the filter are nothing more in this view than a section of the tubes which exert capillarity. If now the same filter be taken after the water has passed through and oil poured into it, none of the oil passes through; not that the pores of the filter are stopped up, for on pouring in water the water passes readily through as it did at first. If the experiment be reversed by pouring oil into the dry filter, it will pass through freely; on adding water to the filter none passes through although it still admits the free passage of oil. At one time the pores of the paper are favorable to the passage of oil at another to water. Nor are these solitary examples: if alcohol and water, mixed, be hung up in a bladder, after some time a portion of the water will be found to have passed out or evaporated, and the alcohol is left behind. This is a common mode of making alcohol strong or freer from water. The passage of the fluid in these cannot be explained by saying that the pores of the membrane admitted the smaller molecules to pass and retained the grosser, for in the case of the bladder it allowed the denser or thicker fluid to pass and retained the thinner fluid within. If in place of a bladder, a bag of caoutchouc be used, more of the spirit than of the water will escape

through the walls, and the bag will contain relatively more water and less alcohol. It thus appears that many permeable substances yield a passage exclusively, or in large proportion, only to certain constituents of a compound fluid and not to others, and consequently the filtered fluid has a different composition from what it had when poured upon the filter; if putrid water be poured upon a charcoal filter, the odorous parts and some salts will be retained by the charcoal, and the filtered water will be alike devoid of odor and taste. Sea-water passed through charcoal, leaves much of its saline matter behind. In these cases the charcoal acts with saline particles as the caoutchouc and bladder act with liquids.

For one substance to pass through the interspaces (pores) of another, it must be brought into close contact with it—this is generally due to an affinity or attractive power of the permeable substance for the other, thus the affinity of paper for water is great, and it attracts the particles of water close to it, and thus wets it: for any body to filter a fluid, it must be wetted by that fluid; if oil be poured on dry paper, it wets it, and the oil gradually filters—if poured on wet paper there is no affinity exerted, and the paper is not wetted by the oil. This attraction, if it does not exist, may be brought about; thus water in a bright glass tube, closed at one end by a bladder tied tightly, will scarcely permeate through, but by pouring in mercury through the open end, the pressure of the metal on the water drives it through the pores of the bladder, because the particles of water are thus brought closer, or within the sphere of attraction of the membrane. Permeability is due to attraction, and as that attraction exists between dissimilar bodies it is chemical attraction. Liquids filter or flow into tubes or the pores of a porous body, from the result of capillary action and of chemical affinity, but they do not flow through or out of them, unless some other force or cause act. This force may be pressure which accelerates it in proportion to the amount; an instance has been already adduced, and the sponge filled with water and emptied by pressure, is a familiar example. The conditions of a fluid most favorable for its passage, is when its particles can be displaced so as to glide over each other—the cohesion of the particles or molecules of the fluid for each other, is therefore an obstructing cause, and the narrow diameter of the pore another. In the latter case the walls of the pore exert an attraction for the particles which retain them in their proximity and keep at rest—in the former case the particles adhere to each other too strongly to be attracted by the permeable substance, and therefore do not come within the range of its affinity; to produce a favorable condition, we must diminish the mutual attraction of the molecules or the excessive attraction of the walls for the molecules. The former may be accomplished by heat to some extent; the action of this force (heat) is to expand the particles, or in strict language, to separate their molecules farther apart, whereby they have less attraction for each other: a familiar example of this occurs in filtering liquids; many fluids, which, when cold, will not pass through, when the liquid is warmed, pass readily through the pores of the liquid. The molecules of water are thus brought

into different states, in one of which they pass readily through tubes, in the other not. Other liquids have their molecules, possessing either of these two properties which water exemplifies. Fat, oil, and alcohol act like water in the first instance. Saline solutions act like it in the second. These will frequently not pass through membrane or charcoal, without losing some of the saline matters they contained—that is to say, chemical affinity comes into play, when three substances approach each other, as water salt (dissolved in the water) and charcoal or membrane; the water previously held the salt dissolved by affinity, but its affinity for charcoal or membrane is greater; it therefore parts with its salt either in whole or in part, and is then within the sphere of attraction of the charcoal. There are then two causes which lead to passage of fluids through membranes; one is mobility of the particles themselves to glide over each other readily. The other and more important, one is chemical affinity, which modifies and controls the whole operation.

CHILDREN'S DRESS.

BY R. B. GLEASON.

CORNELIA, daughter of Scipio, mother of the Gracchi, was once visited by a lady who displayed, with much pride, whatever was then most fashionable for ornament; gold, silver, diamonds, bracelets, pendants, and all the apparatus which the ancients called "mundum muliebrum" (woman's world.)

The guest expected to find much of the same sort, but *still more* splendid, at the house of so important a personage, and therefore desired to see her toilet. Cornelia very artfully prolonged the conversation till her sons returned from school, and then, as they entered, said, "*see, here are my jewels.*"

Children healthful, happy, well-bred, are indeed to every true mother's heart, jewels more precious than any other; jewels to which no foreign gem can add beauty or worth. Of a child it is emphatically true, that they are *most* adorned when unadorned. What sight more beautiful than the happy freedom of a child in its night dress, or even in its no dress, taking an air bath. So prone are we to estimate garments by their cost, rather than their comfort; to measure beauty by the stitches taken in making, rather than their adaptation to the wants of the body: that the little folks suffer in *many* ways if not in the *same* way as their seniors.

The harm done them by this foolish vanity or misplaced pride, is often of a date prior to that of their birth. Many a prospective mother spends all her leisure in embroidering, affixing edgings, insertings, and the like. To say nothing of the unfavorable effect of sedentary habits on her own health, her offspring have less mental and muscular power than if she worked, walked, read and thought more.

After all the labor to prepare their little garments, they seem to me as ill adjusted to the wants of their tiny frames. I fancy they often "cry out" against them, and we misinterpret their language, and think they complain of cholice, of hunger, when they mean to say *pinched! pricked.*

How many a crying child is fed with pap, arie-seed, or catnip, when merely giving it the free use of its lungs and limbs by removing its clothes, would have put to flight every sign of pain or peevishness; and the little one would have laughingly performed a series of varied and beautiful gymnastic exercises for the development of its physical system.

Taking every woman at her word, no one ever dresses *herself* or children otherwise than "*very loosely.*" For her infant she just has them snug enough to stay up in place, and furnish a support to the back, and keep it from growing crooked, and prevent the stomach from growing too "high" and large; (that is the abdomen); only that important part has lost its name as well as place in woman's form.

Now the tightness is pretty *tight*, when this is done so as to suit the idea of most mothers.

In foetal life the vital organs are most developed. Hence in infancy, the head and chest are larger in proportion to the hips, than in the adult. For this reason the bands to skirts, unless suspended from the shoulder, must be pinned snugly, otherwise they will slip down, the lower part of the trunk being so much smaller than the upper.

The wearing of several folds of unyielding cloth tightly about the body of an infant, to keep it from growing wry, before you have any evidence of its tendency to do so, seems altogether premature. About as consistent *this*, as to subject children to the extensors, elevators, depressors, and compressors of an Orthopædic Institution, in fear they would have spinal curvatures or some other deformity. To be sure some weak, scrofulous, rickety children, grow out of due proportion, and some mechanical fixtures or certain exercises may be of use. So some heads grow too fast for the bodies to which they belong, and we might as well tie up all heads as all bodies to make them grow right. "Dame Nature," if allowed her own way, would do more things right "than are dreamt of in 'fashionable' philosophy."

Many mothers who are anxious to leave their infants sufficient breathing, and growing room, slip their fingers under the inelastic bands as a test of tightness; when this can be done easily, they feel certain that they are "plen'y loose." Such should remember that portions of the ribs, spine, and breast bone, are cartilagenous, not yet made into solid bone; that they yield to slight pressure, and if that pressure be permanent, assume a form corresponding.

The lower ribs, called the false or floating ribs, are left free in front, so as to move outward and upward during inspiration; they are often turned inward, thus diminishing the calibre of the chest; and, "as the twig is bent the tree is inclined."

As those who find fault with one way, are supposed to *think*, at least that they have found a better, so I will gratify the wishes of my friends by telling them what, on trial, has seemed to me comfortable and convenient.

First, then, a shirt of fine cotton, covering the body, and with sleeves reaching to the wrist; being large, it is gathered with tape at the top and tied with the same. Next a flannel shirt—sack form—twice as wide at the bottom as top, which reaches nearly as high as the outer dress, and is

sustained by a bit of tape passing over the shoulder.

To keep it more closely to the form, and thus secure warmth and avoid a clumsy look, it is plaited from the top downwards four or five inches, and tied behind at the top and about three inches below. In this method there is no loss of flannel, for the "gores" can be put on to a half breadth, and thus make another skirt of the same form and size. Over this a slip, with long sleeves, which completes the dress, and that without a pin. This suit can be put on quickly, which saves the child much crying, and the mother much vexation. Two of the garments having long sleeves, the arms are well protected, so that there is no need of a blanket for common wear, which I fancy causes more colds than it keeps off, being first all up about the shoulders and then all off from them. Then the infant being kept too warm when in its room, is over sensitive on being carried out. One word about that abdominal band which is always a little trouble to adjust. This should be about five inches in width, and of very fine soft flannel, this being rather preferable to linen, because more elastic and not so apt to wrinkle, and hence keeps its place better. Under this a small compress of several folds of linen, wet, and laid over the umbilicus until it is healed. If this is kept constantly wet with pure water it heals sooner, being less liable to irritation and inflammation. From two to four weeks is as long as the band need be worn, usually.

A piece of old flannel wrapped loosely about the hips, and secured with the same pin as the towel, prevents the clothes from being soiled, and can be changed often as necessary without undressing the child.

The feet should not be kept closely wrapped in long clothes, but left free to kick as much as they please; it being their best method to develop their limbs. If the feet are cold, better to put on socks than keep them fettered.

During the time of Lycurgus, all the children born during his reign were inspected, to see if they were well-formed and worth raising.

Our little one, now in her tenth month, has, at sundry times, received similar examinations from various friends, to see if her little frame was not somehow distorted, from being left to grow its own way.

Thus far the decisions have been that "her chest is beautiful," "spine straight as an arrow," and that her "plump little stomach is pretty for a baby;" though some venture to hint that it will be too full and high for a young lady, unless I "begin soon to *form* her waist."

Why, I would as soon undertake to give *form* to her head as to her chest.

For a child several months old, two garments are sufficient during the warm weather. The under of cotton, with a plain loose sack waist and a full skirt attached to the same. Over this a simple loose slip. Bare arms and bare feet seem to me as proper at this season.

I know that genteel dressing *demand*s the former, and utterly *forbids* the latter.

Many a time has this and that friend said to me, on a sultry day, when every shred that decency did not require was a burthen, "*Why do you let*

your child go bare-foot, it looks so *bad* and *beggarly*?" But to my mind, there was not a shadow of reason for putting on shoes when warmth did not demand it. Certainly not for ornament; for the Crystal Palace even, could not furnish a shoe half as pretty as a plump little foot. Again, the need of shoes are urged to prevent the feet from growing too large. Put on for this purpose, "what do we," better than the Chinese.

'Tis true their standard of littleness, for prettiness, is some sizes less than ours; but the principle is still the same. Any attempt to curtail the growth of any part within what healthful freedom would induce, is interference with the laws which the Creator has written, not on "tables of stone," but on those of flesh and bone, which as truly demand observance. Lovers and poets prate much about pretty feet, and truly they are to be admired when well formed; but if so small as to give their owner a tottering instead of a steady step, fitness, the prime element of beauty, is wanting.

Such is our present style of dress for both sexes, during their early years, that there is an unhealthful exposure of the lower limbs. The skirts are short and full, standing out from the person, so as to afford little protection below the hips; and the limbs incased in but one thickness of cotton, that fine and thin, reaching but little below the knee; and from thence to the ankle only a stocking, often that of fine texture.

A man or woman who should go abroad in mid winter, dressed *thus*, would be thought to "dare death."

But so long as fashion sanctions such a suit, even for those who are still "in their tender years," why, it can be borne with impunity; so, seemingly, dream parents. But does not the fearful mortality among children show that there is "something wrong somewhere;" and may not the fault in part lie here. Colds, coughs, croup, inflammation of the lungs, are *frightfully* frequent during childhood. But these diseases come not from want of clothing about the chest, for enough, and more than enough, is usually worn there, were the extremities well clothed. Fashion furnishes to boys a *firmer* fabric for their limbs much earlier than to girls; they have no alternative till their entrance into "teens" demands the long skirts.

The zealous opponents of the abridged edition of dresses for women, bring as an objection, that the lower limbs are too much exposed to cold. This is the most *foolishly fallacious* of all. When the weather is cold the panties should be of some warm material like the dress, and, if needed, under these, drawers of woollen or cotton flannel reaching to the ankle, thus securing the limbs from the cold *more* perfectly than skirts, however *many* or *heavy*, can ever do, and that, too, with one-tenth part the weight. Thus a woman may be warmly clad and not weighed down with a burden greater than she can bear, and move with any degree of ease or activity.

In like manner children should be clad with drawers, as well as dresses of a material suitable for the season.

But I seem to hear one and another say, that our little misses would all look like young squaws clad *thus*. Well be it so; they had much better in cold weather wear broadcloth than muslin; for

of woollen it may in truth be said, no matter if it is cold and wet, it is always warm and dry. Of this material we have now such a variety of goods of different textures, shades and colors, that it would seem that *something might* be selected suitable to clothe the lower limbs of young girls and little children *every way* better than the "thin stuff" they now wear.

For surely we might with equal propriety send our girls forth to encounter the rains, snows and winds of winter, clad in white dresses, as in white panties.

Oh! consistency thou art a jewel most precious, because of thy rarity as well as thy real worth.

Forest City Cure, Ithaca, N. Y.

WOMAN'S DRESS,

A CAUSE OF UTERINE DISPLACEMENTS.*

BY DR. W. E. COALE.

[We commend the following sensible article from the Boston Medical and Surgical Journal, to all *Fashionable Ladies*. Perhaps it may have the effect to change the *style* of dress with some, and to prevent others from prematurely destroying themselves. TIGHT LACING, has made a greater havoc and taken the lives of more women, than any other calamity which has ever befallen them. Correct this, and abdominal, spinal, shoulder and all other *artificial* braces will be done away with, and woman restored to her original state of health, strength, and long life.]

THE great and increased frequency of uterine displacements in the last few years, must have forced itself upon the attention of every practitioner of medicine. A peculiarity, too, that they have of late assumed, is, that they are now met with in very young persons, whilst medical authors, writing not a quarter of a century ago, describe them—unless in exceptional cases—as affections to be found in women who have several times undergone the labors of a mother—in those of originally defective constitutions—in those who have been imprudent in making exertions too soon after childbirth—or, in short, in those who have been worn down and enfeebled by any cause calculated to lessen the general tone of the system: imprudence in habits of life—overtasking in particular occupations requiring a stooping position—decay from age, &c. We find, however, now—and I appeal to those present for a candid confirmation or contradiction of the assertion—that a large number of cases of prolapsus uteri occurs in those in early womanhood, and some in those who have scarcely advanced beyond girlhood. For my own part, without recurring to former cases, the fact that at this moment I have under my care five—not one older than twenty-three—one of them but eighteen years of age—not one of them a mother—none engaged in any exhausting occupation, gives me warrant for what I say—and, though accident may just now have greatly increased my proportion of such cases, I cannot believe that in the total my experience is very different from that of others present. It is, then, surely an interesting subject for inquiry as to what are the

* Read before the Boston Society for Medical Improvement, July 23, 1851.

causes of the frequency of these affections just now; and why are the youngest, and, in other respects, the heartiest women the victims of it.

One undoubted explanation for some of this frequency is, that from an increase of medical research and inquiry upon the subject, the disease is now detected, where formerly it was passed by unrecognized, so that the increase of frequency is not so great as at first might be imagined. I state this in the outset, plainly, that it may have its full force as far as it can go, and that it may not be supposed that I have at once gone to a favorite theory, not looking carefully and without prejudice to other sources.

Throwing out, then, a fair proportion of cases, as accounted for above, we still have left a large number for which we must seek other means of accounting. These we believe we find in the mode of dress now in fashion amongst our women—the peculiarity of which, as interesting to us, is, that it is supported almost entirely from the waist—using that word, not in the dress-maker's sense, but in its old meaning as designating the contracted portion of the figure just above the hips.

Until the last fifteen years, although the dress was at times worn very low on the chest, it was always hung by broad shoulder-straps—frequently coming from the shoulders very high up towards the sides of the neck. A reference to any prints illustrating the fashions of this century prior to the time mentioned, or the costumes of England or France for any period, will more fully explain this if necessary. About fifteen years since, as a ball dress, the shoulder-straps were left off, so that the upper line of the dress was perfectly horizontal, and this, with those elastic views of delicacy so peculiar to fashion—was often low enough to disclose the edge of the arm-pit. In this style there was apparently great danger of the dress slipping down, and it would do so but for the ingenious though not graceful contrivance of suspending it from uprights of whalebone, the lower ends of which are supported at the waist. This, from being a ball costume, has become more and more common; so that now, even when high-necked outer dresses are worn, the under dresses are cut low and supported as above described, in order to suit if a change be made in the former. Thus much for the part of the dress above the waist—to which we attribute its measure, though not a very large one, of the affections under consideration.

To the part below the waist, however, we believe we can look with confidence for a full and satisfactory explanation of the mischief done.

With a view of improving their shape, the lower part of the dress of women now consists of six, eight, or even more, skirts,* made of various materials; cotton—the stiff woollen material, intended for curtains, called moreen—flannel, and at times quilted with cotton wool—weighing together, as ascertained by actual experiment, ten, twelve, and even fifteen pounds. Each of these is supported by a string drawn very tightly around the body. We have seen the marks of these strings for days after the skirts have been removed—we have seen them even after death. Here, then, is the first

* This is on the confession of patients themselves, or I could not believe or dare state it.

source of evil—the continued pressure and constraint that these strings keep up—evidently embarrassing greatly the organs within. When to this, however, we add the weight of the skirts, we cannot but at once perceive how great an additional force we set to work, particularly if its operation—as exerted upon organs having amongst themselves a mobility almost as great as that of fluid—be properly estimated. To protect the abdominal viscera against this pressure, remember there is nothing, in front at least, save a thin partition of woman's soft and tensionless muscle. That these viscera should be forced downwards is not surprising; that they must in turn exert an equal force downward on the pelvic viscera, is apparent—and that the uterus, the most moveable of the last and the most obnoxious by its situation to receive such an impulse, should give way to the continual assaults upon it, is what we might most readily expect from the premises. Here we have an explanation full, and, we trust, convincing, of the frequency of a disease in the youngest and heartiest of the sex—which twenty years since was considered peculiar to those whose powers of life were greatly exhausted by demands upon them, or were already on the decline from age; an explanation, I may mention in passing, not yet offered, as far as I can ascertain, by any other writer.

We look upon the mischief thus done as no whit less than that effected by tight lacing; but if anything, greater—for it is more silently done. Friends cannot see, and do not understand, the evil at work, and therefore can give no warning word. The symptoms themselves commence so gradually and point so indirectly to the cause, as to excite no alarm in the victim. Exercise, which ought to invigorate, soon fatigues and becomes distasteful. Ascending a flight of stairs, or stooping to lift a comparatively light weight, instantly loads the hips with a burden that can scarcely be borne. The back, particularly at the lower part, feels sprained, and memory is taxed in vain for some injury to account for it. Dragging sensations around the hips, pain down in the legs, and weak knees, are attributed to rheumatism. The symptoms may now begin to point more directly to the real seat of the trouble—every monthly period brings renewed sufferings, from which the system rallies more and more slowly—daily and hourly embarrassments occur of nearly all the organs within the pelvis—an irritable bladder (a very frequent symptom in my experience)—hæmorrhoids—unceasing pain and continual sensation of bearing down. The retiring delicacy of maidenhood shrinks from telling these, and unless marriage happily brings her under the care of a physician, the mischief goes beyond hope of relief.

Displacement of the uterus, though the most permanent and grievous trouble produced by the heavy skirts, is not the sole one. Close observation and more particular inquiries into the symptoms of dysmenorrhœa, have convinced me that in very many cases the pressure, above described keeps up, if it does not actually induce, a plethora of that organ, to which much of the sufferings at those periods may reasonably be attributed. This plethora, too, cannot be repeated often, or continued for a great while, it is evident, without alterations in the uterus itself, which must tend still

further to embarrass it in the performance of its functions, and entail suffering upon the patient. Acting upon my conviction of this cause of suffering at the monthly periods, I have advised, upon the first warning of the flow commencing, that the string around the waist should be loosened, and as many of the skirts removed as the temperature will permit; and this I have often found to give immediate relief to a great degree.

If my theory as to the cause of so many of the cases of uterine displacement be correct, we have with it an explanation also of the inefficiency of our means of remedying the disease. Any truss or abdominal supporter, to be efficient, acting precisely as the skirts do, by pressure externally upon the walls of the abdomen, must exercise a pressure fully equal to them before it can begin to do anything towards supporting the uterus. This is too clear to require demonstration. If it does act with equal force, we ask, what can be the situation of a woman with a twelve-pound force pressing downwards and a twelve-pound force pressing upwards, upon the soft walls of the abdomen? What chance have the organs within of doing their duty, and how long, under such treatment, will it be before she can expect to lay aside such aids and assistances, and find herself a well and hearty woman, with the original complaint perfectly remedied?

As a palliative to the evil of wearing such oppressive garments, we always recommend that they should be supported by shoulder-straps; and the suggestion of this simple expedient, imperfect as it is, has of itself brought us the heartiest thanks of the sufferers for the relief it has given them—assuring us that were the improvement carried further, in lighter and more equally-supported garments, greater relief might be afforded to our patients; and many, who are not such now, might be saved from becoming invalids.

The importance of the subject, I trust, will be a sufficient apology for the length of this paper, which I have tried to make as concise as clearness will permit. With a view to this, I have omitted to relate particular cases, though I could give several, highly illustrative of the correctness of my views, as well as more especial confirmations from expressions of patients themselves, often clothed in the strongest language that relief from suffering and renewed health uses.

In conclusion, I call attention to a moral aspect of the subject—viz, that of all the peculiarities of woman's dress, which an appeal to the laws of physiology shows conclusively must seriously influence her health—low-necked dresses, corsets, tight and constraining waists, heavy skirts, narrow and thin-soled shoes—for not one of them is the shadow of a claim made that they contribute in the slightest to ease and comfort; but, on the contrary, it is openly professed that they are used solely and entirely for the improvement of the figure. By which we are driven to the inevitable conclusion, that either woman was sent "into this breathing world, scarce half made up," or that French dress-makers have greatly improved upon the pattern as originally devised by the Creator.

IGNORANCE is always pleased with itself.

EFFECTS OF COFFEE AND TEA ON HUMAN HEALTH.

BY DR. WM. A. ALCOOT.

WHEN Dr. Franklin, under the immediate influence of strong temptation, and without consulting reason or conscience, had yielded to a wayward appetite and returned to the use of animal food, he made the following reflection: "How convenient does it prove to be a rational animal, that knows how to invent a plausible pretext for whatever it finds in itself an inclination to do?"

This knowing how to invent a plausible pretext for whatever we are inclined to do—this encouraging the abdominal region to rule the head, or higher region—has been found very convenient to thousands of others besides Franklin. Nothing is more common than to hear people adduce the feeblest reasons for continuing in the use of a doubtful thing, when their great difficulty, after all, is to overcome that appetite or inclination which pleads loudly in its favor. Indeed this is the great leading argument—if argument it can be called—for the use of coffee, tea, tobacco, beer, wine, distilled liquors, and animal food.

Some nine or ten years ago, an excellent work appeared, called "The School and the Schoolmaster." In this work, the author made the following incidental statement, "The introduction of tea and coffee, has justly been considered as one of the great advances in the art of living, of modern times; and one cause among others of the increase in the duration of human life. They cheer, but not inebriate; and may be taken moderately as long as no ill effect is perceived from their use."

Now I have several objections to these views. 1. They were not, in a book for teachers, very loudly called for. 2. The writer is himself a tea and coffee drinker, and therefore cannot, in this particular, be relied on. He is a special pleader on his own behalf. 3. His reasonings, as a plain matter of fact, are feeble.

He says that coffee and tea may be taken moderately, as long as no ill effect is perceived from their use. But is this the fact? If it is—if this is the test of their healthfulness—then why may it not be applied to the use of wine, rum, tobacco, &c.? Would the writer say that these too may be taken, in moderation, as long as no ill effect is perceived from their use? Does he not know that in a vast majority of cases, no injurious effects would, by the individual himself, ever be perceived, till his life and health were destroyed?

Here is a fact which bears directly on the point at issue. Some twenty years ago, Rev. Wm. Woodbridge, then of Hartford, Conn., was addicted to the moderate use of coffee. His son, Rev. W. C. Woodbridge the geographer, and myself, endeavored to dissuade him from its use. He was, then, about seventy years of age. We told him it was a slow poison." "Very slow, indeed," he sneeringly replied, "for I have used it forty years." And yet he had been, for many years, a sufferer from slight paralytic affections, and was at that moment threatened with severer ones; besides having a lame knee so as hardly to be able to go up or down stairs without help. But he yielded at length, omitted his coffee, applied the *douche* to his knee, and in a few weeks was restored. He

lived and labored many years afterwards free from rheumatism or paralysis. Will any one dare to say that a longer use of coffee, even in moderation, would have been safe, even though he perceived no ill effects from its use!

As to the instrumentality of coffee or tea in prolonging human life generally, it is to be observed that the duration of life was much greater for a long period in which no coffee was used than it now is. Indeed, for the last four centuries, during which time alone coffee has been used as a beverage, the increase in the average duration of human life has not been at all in proportion to the increase in the use of tea and coffee. Several nations and tribes of men who have been among the longest lived, drank neither tea nor coffee. It is hard to believe, moreover, that the life of Methuselah, or that of Henry Jenkins, would have been lengthened by these drinks; or that in the region of the Pyramids in Egypt a greater proportion than 1 in 333, would, by the same means, have attained to 100 years of age. Besides, is not this argument as good for the rum drinker, as for the tea and coffee drinker!

In truth, from about the year 1825 to 1840, a conviction was fastening itself on the minds of many thinking men, both in Europe and America, that coffee and tea were of doubtful utility. The great doctrine of the superiority of water had been loudly proclaimed, and it could not but be seen that if water was *best*, tea and coffee could be no more than second best. An essay, by Hahnemann, the father of Homœopathy had done something among the *élite* of the old world and the new, to shake their former faith. Hahnemann had stoutly maintained—and as I think, demonstrated—that tea and coffee were medicinal substances, especially the latter; that one of their leading effects was to take away or destroy the appetite, without affording us any nourishment; and that they could not, therefore, but prove injurious, except as remedial agents. My own essay on tea and coffee, had also taken a considerable hold on the popular mind of this country.

But about ten years ago an article appeared in the French and German papers concerning Caffeine and Theine. This substance—for they seem to be nearly identical—which is found in small quantities in coffee and tea, is rich in nitrogen; and in the belief that a good deal of nitrogen was indispensable to human health, it was argued by Liebig and others, that when the human system could not procure this substance from other sources, coffee and tea might be very useful.

Although Magendie, Pereira, and other highly respectable physiologists denied the truth of this doctrine, and showed that aliment was not rich in nutritious substances, in proportion to the amount of nitrogen it contained, yet as the new doctrine was greatly in favor of the habits of society, and of our perverted tastes and inclinations, it took remarkably well. Probably Liebig himself was, at that time, a tea and coffee drinker; certain it is that his doctrines were most popular among those who were so. Few water drinkers ever received it, nor so far as I know, any individual whatever, whose head was not controlled by his epigastric centre.

The friends of tea and coffee drinking, have

of late, derived new encouragement to gratify their appetites, and *prolong their lives* (!) from an article which first appeared in the *Chemist*, in June 1850, and was transferred to the pages of the "*Annual of Scientific Discovery for 1851*," and to many other journals:—I refer to the substance of a communication made to the French Academy, by the learned M. Gasparin.

On inquiry, he says, it is found that the miners of Charleroi, are in the habit of using coffee freely, at every meal, while they use proportionally less food than other miners in similar circumstances, who use other drinks. And yet they are quite as healthy as other miners, and can even, as he thinks, perform *more* work, taking the year together. He attempts to account for the fact (strange adherence to an almost exploded doctrine) by showing that coffee abounds in nitrogen, so that with a much smaller amount of food they yet receive more nitrogen. But it should be remembered and observed, that according to M. Gasparin himself, each Charleroi miner consumes daily, besides his coffee, no less than two pounds of bread, a pound and a half of vegetables, and two or three ounces of other highly nutritious substance!

It is true that M. Gasparin was followed by M. Magendie with a paper which showed, most conclusively, that no just inference could be made from the facts of M. Gasparin in favor of the use of coffee, so far as its nitrogenous character was alone concerned; because numerous experiments have proved, as I have already observed, that the power of an article of food to nourish the human body, does not depend upon the proportion of nitrogen it contains. Yet the statements of M. Gasparin, lying, as they do, in the line of our perverted appetites, will probably be received, while those of Magendie will be rejected.

Suppose we admit—what, however does not appear well proved, that the miners of Charleroi are more healthy than those of other places. Is it because they use more coffee? or is it not rather because they use less food? It would appear that the laborers in other mines, with whom the Charleroi laborers are compared, use about one-third more food than they. Now it is a common saying, especially with that class of persons, on whom, principally, I now aim to make an impression, that the great dietetic error of mankind consists in eating too much. Be it so. Do not the miners of Charleroi eat quite as much as is compatible with the best health of the hardest laborers? It is so, if any reliance can be placed on human experience. But is there not a wide difference between three pounds and three-quarters of food, two-thirds of which is coarse bread and butter, and over five and a half pounds of that which is less healthy, though not less nutritious? And if the first named quantity, is quite as great as is compatible with the best health, is not the last a great deal too much? And, again, which would be likely to produce the most immediate mischief, an addition of fifty per cent., daily to that which is already as much as the stomach can well bear, or that amount of coffee to which the Charleroi miners are said to be accustomed?

I once knew a shrewd Green mountain farmer, who gave his laborers plenty of cider, because as

he said, they would not eat so much, and it was cheaper keeping them. No doubt it is good economy to keep the Charleroi miners well supplied with coffee. It takes away the natural appetite. But it will be said, these miners appear healthy and work well, so did the men employed by my friend the Green mountain farmer. It will also be said, that the coffee drinking miners will perform more work, taking the year together than the others. But this, be it remembered is M. Gasparin's *belief* merely. He does not assert it as a fact. It may be so however. Who can doubt that it is a less evil to live as they do, than to eat six pounds of food daily when four are amply sufficient; I can, myself do more work, and do it better for a year or so, in the use of a little coffee, or tea, or rum or opium. But all this does not prove anything in favor of coffee, nor show that it is not always, and inevitably hurtful. Debility must follow the use of all extra stimuli, sooner or later.

In making comparisons of various kinds of diet, or of various modes of living, there are many things to be considered; and it is passing strange that men as wise as M. Gasparin and Liebig, should be so misled by appetite, habit and theory, as not to perceive this and be more cautious in their conclusions. It is not, of course, at all to be wondered at, that they who only follow their file leaders, should not think or reason for themselves; for were they to do so, would it not prove that the present generation is a great deal wiser than any of the generations that are gone by. In short, let us remember, that the world went on about fifty five centuries without rum or coffee, and that during this period "Rome was built," to say nothing of the Pyramids. Let us also remember, that if the average duration of life has been increasing during the last three or four centuries, it remains to be determined whether the introduction of tea, coffee, alcohol, or an increase in the use of animal food has been a cause of it, or whether it has not happened in spite of them all. I know not but any one of these is as liable to have been an efficient agent in producing this result as any other. There is however another fact to be remembered in connection with the last mentioned. While the average duration of human life has been increasing, the average amount of ill health for chronic diseases, particularly dyspepsy, nervousness, scrofula, and consumption, has also been increasing, in a most fearful rate. Is it not also true that the increase of these chronic diseases, to say nothing of the acute ones, has been greater in proportion to the increased use of artificial stimuli—coffee among the rest. Are not the sins of the parents, in this as well as in other respects, visited upon their offspring? Or do our troubles spring out of the ground, as Darwin and others think man himself did?

We close, with a single prediction—which, without being a prophet, or the son of a prophet, we are not willing to withhold. Within the lapse of another century it will be seen, by intelligent men, that every drop of coffee which is taken as a beverage does mischief to the human constitution, sooner or later: in some, by producing a disease of its own; in others, by hastening to their climax diseases which are inherited;

in others, still, by aggravating all the diseases to which they are subjected by other causes. No coffee-drinker can have so much as a cold, without having it the more severely, as the consequence of his indulgence; nor will the medicine ordered him by his physician, when he is actually sick, operate in the same manner as if he had been a water-drinker.

IS WATER-TREATMENT APPLICABLE IN CITY PRACTICE?

BY JOEL SHEW, M. D.

In the old country, Water-Cure has as yet scarcely made its mark in the cities. Should this be so? Almost every one thinks it good for health to go among the mountains, to bathe and walk, and to enjoy freedom from business and care. And not a few among the objectors to water-treatment are heard to affirm, that it is the air, the exercise, the diet—in short, the *rural life*, and not the *water part* of the new method, that effects the wonderful cures. Now it should be remembered that no advocate of Water-Cure even claims that it is *water alone*; but on the contrary, that it is a *combination of circumstances* that goes to make up the sum total of the great whole. But, much as we ourselves claim for air, exercise, diet, etc., we prize water also very highly—more, indeed, than any and every other remedial substance. With us as with the ancient poet, "*Water is the best thing.*"

The above considerations lead us then to the inquiry, "to what extent is water-treatment applicable in city practice?" I ask in the first place, "If water is better than calomel, opium, tartar-emetical, iodine, and bleeding in the country, why should it not be in the city?" Suppose a man in the city to have an attack of inflammation of the bowels—of dysentery we will suppose. Are we to resort to calomel, opium, etc., simply because he is *in the city*? It would be no easy task to make out such a course to be the best. The plain truth is THAT WATER IS THE BEST OF ALL REMEDIES EVERYWHERE.

We do not say, remember, that it is the best for health to live in a city. On the contrary, we know that if any great city, no matter how healthful its locality, were not to be supplied with persons from the country, it would in time, of its own unhealthiness, die out. But as the world has always been, and now is, cities must exist. The question then comes, whether it is not the duty of some of us to reside in them, in order that we may there treat the sick. Thus far it has been for the most part the writer's lot to practice in our great metropolis; and whatever of good he may have done in the spread and promulgation of Water-Cure, and however little that good may have been, it has been done here. And without praise to ourselves, we think we may say that New-York has not been behind her neighbors in the good work. Certain it is that Water-Cure is already pretty well known in this city of ours.

But it may be asked, "Do we invite people to come from the country to our city establishments?" I answer, I believe all of us who have establish-

ments in New York, have been careful to select good and airy locations. In some respects the city has advantages over the country. Thus, I cannot believe, that in the damp and foggy atmosphere that for many portions of the year prevails along the Connecticut River, can be so favorable as that of our city, in its more healthy and airy parts. Far up town, as for example, about Union Park, the atmosphere must be very nearly as pure as that of the country. True, it sometimes becomes too warm to be either salutary or agreeable; but as to the purity of the air, it must be very good. Then also we have much the advantage over the country in our facility for walks. On our excellent pavements, we can walk out comfortably, at almost any time. The invalid, too, is shielded mostly by the buildings from the bleak winds that often prevail. There are also much better and cheaper facilities for riding here than in the country. We can have, too, in general a much better variety of food and fruits at the different seasons of the year.

We may, then, in this country take some credit to ourselves for having established the advantages of the water-treatment in city as well as in country practice. In this respect we have far outstripped the old world. We have proved, in the most satisfactory manner, as we think, *that water is as much better than calomel in the city as in the country*; and, as for ourselves, although we do not intend always to make it our permanent home in any city, we shall yet take great satisfaction in "fighting disease and drugs," while we do remain in one.

BILIOUS FEVER—HOME TREATMENT.

BY B. C.

A near relative of mine, aged 27 years, was attacked about the 1st July, 1850, with bilious fever. He resided in the village of C—, about seven miles from myself. When I first visited him he had been eight days under allopathic treatment, had been bled, blistered, calomelized, and dosed with a variety of drugs. The fever, instead of yielding, seemed to have grown sullen under the treatment. The patient obtained but little rest, either by night or by day, and the medicine evidently gave him a good deal of distress. His skin was in a highly parched condition, not having been moistened in the least degree by perspiration from the commencement of his illness. It was the professed object of the doctor at this time to break up his fever by salivation; and accordingly, small doses of calomel were frequently administered. This course was pursued for six or seven days, but did not produce the desired effect. The mouth and throat, however, became very sore, so as to render swallowing difficult, but no increased flow of saliva had been the result. I remained with him from the eighth day of his illness, and administered his medicines.

After thirteen days' treatment according to the above method, without any favorable effect, being worn out with restlessness and pain, the patient became discouraged. He refused to take his medicines according to directions, as he plainly perceived they were the cause of a good part of his

distress. At this period of the case I suggested a mild WATER TREATMENT. I should have suggested it before, but I knew the patient was not prepared for it. He was a robust young man, and had generally been healthy. His little ills had always been treated allopathically, and he had faith in medicines and doctors. But he was now eager to try some treatment in which there were no medicines to be taken, and desired me to take charge of his case.

As I was not a professional man, I did not desire such a patient. Taking a man who had been bled, blistered, and drugged, until the system had become saturated with calomel and other poisons, I knew would be considered the greatest heresy, if not down right madness. I felt that it was taking a great responsibility upon myself; but had seen too many young men with this fever, sink rapidly under allopathic treatment and die, not to be persuaded that there would be much more danger in continuing with drugs, than in commencing with water.

Accordingly, after acquainting the doctor with our determination, who declared that such a course would be fatal, I proceeded to bathe the patient with water of a mild temperature. A clyster of tepid water removed the pain from his bowels; then placing a large wet bandage about his body, I covered him up in bed, and left him that he might take some rest. In about two hours he was found in a state of complete perspiration. This was twelve o'clock at night. I bathed him again—covered him lightly—and he slept till morning. This was the first sleep he had enjoyed for many days. His pains were now gone, his pulse reduced, and he felt so decidedly improved, in every respect, that nothing more was needed to give him all the confidence in the treatment that could be desired. For the first time he now felt a desire for food. I used the wet sheet once or twice, but relied chiefly on frequent bathings, (to keep down the excessive heat, and the regular administration of clysters.) The bathings were performed in bed, for it was with the greatest difficulty he could be moved. This simple treatment brought on a crisis of boils, in about nine days; yet as we hoped it would be followed by a better state of things, it was borne with fortitude.

The doctor says it must have been the medicines that caused his cure! The patient thinks if he had to be treated again, he should prefer WATER ONLY.

OUR NOBLE KOSSUTH.—This Hungarian WASHINGTON, of whom the world has heard so much, and whom our people come to love so well, is to become a citizen of our Republic. We shall therefore feel a pride in claiming him, as an AMERICAN CITIZEN. He is already ours—yes, OUR noble Kossuth. His blood shall course through the veins of our posterity, and his spirit shall animate our spirits. The coming among us of such men as he, will have a good tendency. It will elevate, enoble, and make us glad and happy. Welcome, then, this noblest of patriots, make his coming AN EVENT in the history of our nation. May he live long and happily among us. May God and the people bless our noble Kossuth.

BE GOOD NATURED.—Smiles cost nothing—not an effort—good thoughts will suggest them, causing them to dance out of the eyes and mouth and over the face, like sunbeams across the unruffled bosom of the ocean.

New-York, Nov, 1851.

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NOVEMBER TOPICS.

BY R. T. TRALL, M. D.

HYDROPATHY and HOMŒOPATHY.—It is not every system of medical practice, that is in so good repute that every other system wants to become its proprietor. In fact, hydrophaty is the only one that all contemporary systems have claimed to own and sought to appropriate. The allopathic journals have generously offered to elevate the humble water-cure to the dignified rank of an *auxiliary*, to drugs, and lancets, and blisters, and leeches; and when we have declined all alliances except the *offensive* with such poisonous and blood-sucking materials, they have asserted their right, title, and interest in and to our system, and rested their claim on the ground that they always *knew*, although they seldom *employed* the virtues of water.

But homœopathy, which we regard as a kind of John the Baptist, and towards which we entertain lively gratitude for the good it has done, and is doing, in leading the people out of the unfortunate fashion of drugging themselves to death, has lately set up a claim to hydrophaty, as its natural adjunct. We can take homœopathy cordially by the hand as a sister reform, although its character is mainly negative, while ours is wholly positive; but we repudiate every shadow of a thought of being owned by it. On the extreme contrary, we indulge a most undoubting faith that, when the fact becomes generally understood, that infinitesimal quantities of drug-medicines are better than appreciable doses, the explanation of such fact will be soon after investigated, and then there will be no further occasion for any pathy but the *natural* one.

Our readers may feel curious to know the reasons that can be assigned for attaching us adjunctively to homœopathy. They are certainly worthy of a perusal. In the first number of the American Magazine, a new monthly just started at Cincinnati, and devoted to Homœopathy and Hydrophaty, there is a labored editorial article intended to show the propriety of combining these two systems in practice. The editor says:

The medical world has hardly recovered from the shock which it received from the announcement, attested by lords, ladies, and scholars, that a German peasant was curing *all* diseases with so common and so necessary a fluid as water. They have not yet done launching their thunders from conventions and periodicals at this strange heresy. Indeed, they have but just begun. At the first they smiled incredulously, but soon they feared; and anon fear was converted into wrath. But in spite of wrath and thunder, in spite of its ill-chosen name, Hydrophaty still holds on its way as courageously as if all medicine smiled graciously upon it; while some liberal minds in the profession, and hosts of intellectual laymen attest its magnificent

cures. These cures are fixed facts, which philosophy invites, and candor demands that we should heed. * * * Seeing that such is the high promise of water-cure, various questions naturally arise in the mind of the homœopathist, as to the relations of homœopathy and hydrophaty. Is hydrophaty compatible with homœopathy? Can it become a useful adjunct?

These two questions are answered by the same writer with the following facts:

Now it is as certain as human testimony can make any thing, that patients have recovered from the most malignant acute diseases—cholera collapse for instance—as well as from inveterate chronic diseases which have resisted the skill of distinguished Homœopathists—under the water-cure treatment. We will not imitate our old school competitors by throwing these into the chapter of accident or of diet. Cholera collapse at least does not recover by dint of diet, and not often by accident. We are accustomed to think that no existing system of diet can cure chronic diseases.

To bring this matter home to the reader, I will, out of a multitude of cases in point, cite two that have been furnished me, which reports I know to be correct:

CASE 1ST.—“A merchant of this city of a scrofulous constitution, had, during the latter part of the summer of 1850 an attack of dysentery. One of the most eminent Homœopathists of the city was called, and in consequence of the malignant character of the disease, the life of the patient was for several weeks considered in imminent danger. He was finally raised from his bed, but only to suffer constantly from a chronic form of the disease which baffled his physician and prevented him from attending to business for four months, ending the 9th of January, 1851. At this time a course of Hydrophatic treatment was instituted in connection with Homœopathy by a less experienced physician than his original attendant, and in the short space of a single week all traces of the disease had vanished.”

CASE 2D.—“A lad aged eight, of scrofulous constitution, was under the charge of another of our best Homœopathists for many months. During his time the disease steadily advanced, until the affected limb became retracted some two inches beyond the sound one, and the least motion was attended with agonizing pain. The physician giving no hopes of cure and therefore paying but little attention to the case, the parents determined on a change of treatment. Accordingly a combined Homœopathic and Hydrophatic treatment was commenced by another physician. In consequence of the extreme suffering of the little patient from the least motion, some time elapsed before the Hydrophatic treatment could be vigorously prosecuted. By degrees however, this extreme sensitiveness gave way under the use of the wet sheet and bandages, until at length a more energetic course became practicable and a crisis ensued. A free discharge was produced and the patient began rapidly to recover.

At the present time his general health, which was sinking, is restored, the soreness has almost disappeared from the limb, and in length it is not deficient more than half an inch.”

Cases of this kind can be multiplied, and we propose accordingly, giving them until our readers are satisfied that Hydrophaty can be made a useful adjunct of Homœopathy.

We submit to the reader, without argument, whether these cases do not show that Hydrophaty might profitably *supercede* Homœopathy, instead of becoming merely an adjunct to it.

ANIMAL EXCRETIONS AS MEDICINES.—Cod-liver oil is not the only excrementitious form of animal matter which has had its advocates in the medical profession, as a remedy of great and marvellous

virtues. It is not very long since the substance called *ambergris*, which is the hardened feces of the spermæcti whale, and a result of disease, was regarded as a valuable febrifuge and alexipharmic by regular physicians; and it has been worn as a charm or amulet, by the superstitious people, to keep off infectious diseases and other evils. The bile of the ox is a famous allopathic remedy for indigestion. In fact all the excretions have had a reputation in the the medical world; and, as the allopathic portion of the medical world is evidently “progressing backward,” we shall eventually have a new edition of obsolete, if not effete medicamentums. Dr. Dick, in treating of *urea* remarks:

We do not doubt that hereafter, when animal physiology, pathology and chemistry are better understood than they now are, we shall avail ourselves, with effect, of several of the bodily *secretions* and *excretions* as medicinal means. We are of opinion that, in certain cases, *urea*, combined with some of the mineral and *minero-vegetable* salts, such as nitrate and acetate of potass, &c., may be advantageously employed, as a *stimulant diuretic*. We have at present our attention directed to this most important subject. In the meantime we suggest it for the consideration of others.

We too have our attention directed to this most important subject. In the meantime we suggest to Dr. Dick the following considerations. The use of the kidneys in the animal economy is, to throw off, get rid of, *urea*, *minero-vegetable* salts, such as nitrate and acetate potass, &c., whose longer retention in the system would be injurious. Now if we take these effete ingredients which have been once expelled, and put them into the stomach, the kidneys will have the double task of secreting them from the blood twice; and its increased labor or double duty, which is forced upon it, and which wears its functional powers out prematurely and uselessly, is called by the doctors, a *diuretic* effect, and the irritant, now an absolute poison, which causes this effect, a *stimulant diuretic*. If there is anything that goes by the name of science more intrinsically foolish, we do not know where to find it.

EXPANDING THE CHEST.—The season for stoves within and storms without having come round again, the facilities for “cold catching” will be greatly multiplied; for in no way do people produce a predisposition to colds, coughs, and even pulmonary consumption, more effectually than by sitting cramped up in a corner beside an airtight stove or hot grate. One of the principal causes of this result is, the contracted condition of the air-cells of the lungs, which sedentary persons, and the occupants of ill-ventilated apartments acquire. In-door people seldom breathe enough; and to such the following observations, though not new to this journal, are peculiarly appropriate at this time:

“Those in easy circumstances, or who pursue sedentary employments within doors, generally use their lungs but little, breathe but little air into the chest, and thus, independently of positions, contract a wretchedly narrow, small chest, and lay the foundation for the loss of health and beauty. All this can be perfectly obviated by a little attention to the manner of breathing. Recollect the lungs are like a bladder in their construction, and can be stretched open to double their ordinary size with perfect safety, giving a

noble chest and perfect immunity from consumption. The agent, and only agent required, is the common air we breathe, supposing, however, that no obstacle exists, external to the chest, such as lacing or tying it around with stays, or tight dresses, or having shoulders lie upon it. On rising from the bed in the morning, place yourself in an erect posture, with your chest thrown back, and shoulders entirely off the chest; now inhale or suck in all the air you can, so as to fill the chest to the very bottom, so that no more air can be got in; now hold your breath and throw your arms off behind, holding in your breath as long as possible. Repeat these long breaths as many times as you please. Done in a cold room it is much better, because the air is much denser, and will act powerfully in expanding the chest. Exercising the chest in this manner, it will become very flexible and expandible, and will enlarge the capacity and size of the lungs."

BIOGRAPHICAL SKETCH OF SYLVESTER GRAHAM.

BY R. T. TRALL, M. D.

SYLVESTER GRAHAM was born at Suffield, Conn., July 4, 1794, and died at Northampton, Mass., Sept. 11, 1851. He lived, therefore, a little over 57 years. His constitution was naturally slender, and his temperament remarkably excitable. His father was a clergyman, and well advanced in years at the time of Sylvester's birth,—a circumstance of some importance to the physiologist in estimating the relative force of the various causes which resulted in his early death. Whether he was aware that his bodily conformation was organically of a fragile and unenduring character, I am not well informed; but I can hardly conceive that so profound and searching a physiologist could overlook this circumstance. Certain it is, that his infantile life was one of sickness and suffering, whether from bad management or faulty organization; and this fact is most pathetically alluded to in an article of poetry which he called "A transcript from the tablets of the heart," and which appears to have been written at Northampton, on Sunday, Sept 8, 1850:

"In gloom, in sadness, and in tears,
Through childhood's period thou did'st languish;
And up through manhood's early years,
Thy every pulse was beat in anguish."

Nothing can be more painfully descriptive of the melancholic cast of an excessively irritable temperament, combined with the intellectual consciousness that it was irremediable.

In early life he became severely dyspeptic—as almost all persons of his peculiar conformation do, whose habits of life pattern after the usual fashion. He inherited, also, a predisposition to rheumatism, which was often manifested in the severest forms of sciatica; and the intense mental labor of a subsequent period of his life, occasioned many and protracted attacks of neuralgia.

His mental developments were very peculiar. The strong points of mind were, very great causality, large combativeness, extreme cautiousness, excessive ideality, and more than full self-esteem and approbateness. He was, too, remarkably gifted in language; and in June, 1830, was engaged as a lecturer by the Pennsylvania State Temp. So'y. It was while employed in this service that his mind, which was naturally inclined to physiological studies, be-

came deeply interested in the philosophy of life as exhibited in both the animal and vegetable kingdoms. It could not long escape his keen perception, that merely "talking temperance"—trying to persuade men to *restrain* an artificial appetite—was a very superficial work; that it was merely lopping off the branches of the great tree of intemperance, while its roots were growing firmer, spreading wider, and sinking deeper. He saw the true ground of temperance reform—a removal of the *causes* of that morbid appetite which craves alcoholic beverages; and in pursuing his researches into the causes of that appetite, he was led further and deeper into the study of physiology, and finally to the investigation and elucidation of those principles which make up his principal work, "The Science of Human Life."

The conclusions he came to soon made him unpopular as a temperance lecturer, as they would any one now who should take the field on its *true philosophy*. The world is not yet sufficiently advanced, even in its most enlightened places, to tolerate such ultraism.

His powerful reasoning faculties and active cautiousness rendered him extremely devoted, searching, and guarded, as a scholar and author; while his large ideality caused him to spare no toil or pains to give finish and perfection to whatever went out to the world from his hands; and, no doubt, the immense labor he bestowed on his published works, as he has himself intimated, very materially abridged the period of his earthly existence.

After adopting an improved dietary system, and conforming his voluntary habits, to a great extent, to the system he has taught, his general health and bodily vigor were very greatly improved; and, but for his intemperate mental labor, and occasional deviations from his own standard of physiological living, he might have experienced a much greater invigoration, and enjoyed a much longer period of life. When in his best bodily condition, he was always subject to what he called "gastric irritation." This induced a morbid appetite or craving, which he sometimes indulged to an extent that proved the exciting cause of rheumatic and neuralgic attacks. A man may have a strong intellect, with feeble will. He may see truth clearly, and yet not have the self-government to practice it. But Mr. Graham was placed in very peculiar circumstances. He was alone. His nearest and dearest friends could not see as he saw, nor feel as he felt. Of course, their influence was against the carrying out of his views on diet. His table was luxuriously spread; and although he did not eat meat, (save on one or two occasions for a few days, when prescribed by his physician,) yet he did, as he frankly acknowledged, often do violence to his own doctrines, and suffer for it.

Few men were less fitter to bear, with philosophical composure, ridicule, opprobrium, and the world's contumely, than Sylvester Graham; and few men have been more frequently spoken against, more bitterly opposed, and more heartily lampooned. Often he has been attacked through the public papers, with false accusations or anonymous insinuations; and, in many instances, the newspaper which has lent itself to the aggressor, has refused to publish anything from him in reply.

He was excessively annoyed in this way; and some of his replies are vehemently castigatory, while at the same time they are pervaded by a high-toned morality. The following is a specimen of his manner of returning a blow. It was written Oct. 5, 1850:

In hell,
Where the damn'd dwell,
And demons revel,—
Where envy, jealousy, and hate
Rage in the bosom of each reprobate,
Where madness reigns,
And all bad passions are infuriate;
O, can there be,
In that dark world of wickedness,
And misery,
So truculent a devil—
A fiend of such malignity,
As wantonly can jeer
At the distress,
And mock the pains
Of those who writhe in agony severe?

Yet here,
In this bright sphere—
This beautiful earth,
Which God made for the dwelling-place
Of a compassionate, fraternal race,—
Where peace should reign,
And man should cherish every Godlike grace,
And cultivate
A sympathizing brotherhood—
A heaven-like state
Of love and holy mirth,—
Here! even here! relentless hate
Exceeds the devils below,
In hellish mood!
Here, in disdain
And wantonness, man mocks his brother's woe!

About the middle of August last I received a letter from his daughter, written at his request, stating that he had intended to visit Lebanon Springs, for the purpose of receiving water-treatment; but that, as he did not feel competent to undertake the journey, and was continually growing weaker, it was his request that I should visit him at Northampton. The special reason assigned for calling me such a distance was, there were no hydropathic physicians in his vicinity who sympathized with his views on diet. I found him under the care of Dr. Thomas, a very intelligent physician of the allopathic school. I had a long interview with his physician, with his wife, and with himself—each separately. All parties agreed in the statement, that the course of treatment was not such as Mr. Graham approved of or desired; but that it was compulsory; it was that or none. He was in favor of hydropathic treatment, and that alone; but he was too feeble to help himself, suffering unendurable agony, and there was no competent attendant at hand. His physician, Dr. Thomas, was unwilling to take the responsibility of his treatment, without he could also direct the diet. For this I do not censure him. He could not conscientiously practice contrary to his own faith. He gave the patient opium enema, to allay pain and procure sleep; cherry wine and quinine, to support the strength; and insisted on flesh food, or what he called *tonic diet*. Other physicians and friends had been consulted; but all agreed substantially with the above course of treatment, and each insisted particularly on the animal food part of the practice.

Vegetarians will naturally ask, Did the use of animal food make him better or worse? Here

doctors differed. Dr. Thomas thought it had a good effect; Mr. Graham declared the effect was bad, and that he had only taken it to gratify others. That he was *honestly* of opinion that it did him no good, was evinced by his conduct; for, at the time I visited him, he had peremptorily refused to eat any more flesh, and was confining himself to a very strict allowance of rice. Moreover, he declared to me, before Heaven, that he considered himself fully aware of the kind of treatment he *ought* to have had, but could not get; that the most of his troubles—gastric irritation and sciatica—were the consequences of over-distension of the stomach, from eating too much and too great a variety; and that he fully and verily believed in the theory of vegetable diet as explained in his works.

I was fully satisfied, after a history of his complaints and an examination of his condition, that there was no hope of his living many weeks. It is true, there was no evidence of any necessarily fatal morbid condition. His disease, though exceedingly painful at times, was not immediately dangerous. But the fountain of life was nearly exhausted. The unreplenishable fund of vitality, which none can see or feel, and which was originally stunted in him, had been, in his active and somewhat irregular life, expended with a prodigality which insured an early close of his earthly career.

THE HUNGER CURE.

BY E. A. KITTREDGE.

I AM more and more convinced every day that we do not pay sufficient attention to diet. "It is strange, it is passing strange," that people will not study physiology, and open their eyes to the true state of things.

How evident it is to those who can see, that nine-tenths of all the diseased action in the world is caused or aggravated by over-eating.

And yet how common it is that we see even physicians, letting their patients go on day after day, eating, drinking and smoking, with never a word to caution them!

Can it be that physicians are ignorant of these things? or don't they take the trouble to reflect? Or worse yet—don't they care?

I know there is not much specific direction in the old books; but common sense, which never grows old, tells every medical man that it must be injurious to the patient and retard his recovery, if the stomach and liver are made to work, when not in a condition to labor, or the arterial system to be stimulated by ingesta when inflammation already exists.

Now I contend that in almost all phases of diseased action, there is more or less inflammatory action, even in debility; and argue as they may, it will not do to eat, however hungry or weak, any thing requiring much of any exercise in digestion, and in very many cases nothing at all. It requires great discrimination to know when to stop, when to begin, and how much to give, I know; but a man should not attempt to practice unless he has good judgment, above all things.

A man may have all the learning of an Everett, a Liebig, or a Webster—yet if he lack good judgment,

he is no physician, and never will be! You may give him all the experience in the world, and yet he's not a skilful physician, for it profits him not.

A man of good judgment knows better how to manage his own case, than the most erudite physician without it.

The more I reflect, the more I am sure that the great reason why so many of our "stomach difficulties," liver complaints, and the ten thousand hydras of the monster dyspepsia, rear their frightful heads, and so torment physicians as well as patients, is because proper attention to diet is not paid.

It will not do for the physician to say, "be careful of your diet," for some patients will call abstaining from the third cup of coffee, and not eating but a large slice of roast pork with condiments and trimmings, being careful!

He must specify, and if need be, see that he is careful even to the abstaining entirely from every thing but water.

"But how may we tell?"

You may be pretty sure when you find yourself growing worse, or getting no better every day, that there is something wrong, and it will not be a very dangerous experiment to stop your stimulants; first then reduce the quantity even to zero, when you find you have still trouble about the digestive organs, or fever flushes after eating, or head ache, or any bad feeling which is evidently produced or increased by eating.

Be honest now! don't deceive your physician; if you do, you cheat yourself most. And be very careful not to cheat yourself. We are very apt to say nothing hurts us that we particularly love! ponder well and be true.

I have recently had a case at my house, where the patient had for months, and I am not sure for years, suffered pains and torments, almost intolerable, times innumerable; had been "doctored" by all sorts of "doctors," and had dieted for months together! but still grew worse; and a woman every way calculated by nature, and acquired accomplishments, was rendered miserable, just because no one happen to know, who had the management of her case, what to do.

Her trouble was inflammation of the liver and duodenum, and it would have been utterly impossible, in my opinion, to ever have cured her, while she was still eating.

I accordingly advised her to stop; she did so, though her appetite was "raving," but immediately the question arose in her mind, how long can I fast?

It is hard to fast as I well know, when you are hungry as a half famished bear all the time; but it is better to fast than to do worse.

This lady went seven days without tasting food of any kind, and then contrary to my advice went to eating, but in a short time was as bad as ever.

"What rule do you go by says the reader?"

My rule is to keep them fasting till the tongue becomes clean, and the mouth tastes properly.

My patient's good sense told her she had acted unwisely, and she readily assented to commence again her fasting, which this time lasted about seventeen days, and she then cautiously began to eat, and increased the amount till she reached a

full diet: and it is now some three months or more since that time, and she has been almost a well woman, nothing has troubled her stomach since!

THE CURE OF FEVER AND AGUE.

BY W. M. W.

HAVING been for the last six or eight months, frustrated by that annoying and depressing trouble—Fever and Ague—which obtains so wide a dominion in Western America—would you permit me to lay before your numerous readers the *modus operandi*, to which I was subjected under the varied and opposite treatment appertaining to Allopathy, Homœopathy, and Hydropathy. Before proceeding however to detail these, allow me to notice very shortly the circumstances under which I caught the trouble, and how I might have prevented it if I had continued to adopt a particular precaution, not unknown to all Electro-Psychologists. For a period of eight months previous to the attack, I travelled over the most pestiferous parts of Western Canada, without being in the least affected by any bilious complaint—and how was this effected? Simply in the first place by using, in hot weather especially, very simple diet, particularly repudiating butcher-meat, and ardent spirits of all description; and when travelling over malarious districts, putting myself in a *positive* condition of body and mind. In other words, *resolving* not to take the disease, and *ejecting*, by the influence of the *will*, from the system the *electric* fluid. These were the safe-guards. But latterly I disobeyed, became senselessly *negative*, and consequently was brought in for an attack of Fever and Ague. But now for the curative process. In the first place I dosed myself with calomel and quinine, which I took in abundance, broke the disease, but under the slightest excitement or cold, took it again. Dosed again with penequintrate of iron, brandy, with quinine, capsicum, sweet nitre, and many more *abominations*, which doubtless broke down the disease, but also brought down the patient. Next I tried the Homœopathic or *do-nothing* principle; was consequently a little better—the attacks not being so powerful as before, but without removing the disease. Last of all, I ventured upon Hydropathy. It was highly successful. In the course of eight days I was *cured*, and have continued so for the last two months, although I have been subjected to a great deal of out-door fatigue, and travelling through infected districts. The process of cure was as follows: Between the attacks, or during the intermission of the disease, I ensconced myself in the wet sheet for about an hour. On being relieved, I bathed myself during the perspiration in cold water. In the cold stage, or during the chill or shake, I took a tepid bath at 60 degrees, and when I had a desire to drink, drank plentifully of cold water. After the fever, and during the perspiration I took a cold bath, accompanied by an abundant *down-pour* upon the back and shoulders, which produced an intense shock and reaction. This process was most exhilarating and refreshing, so much so that the enemy was soon vanquished and completely overcome. Thanks to the Water-Cure, may it soon be as universal as water itself.

W. M. W.

HOME CASES OF WATER CURE IN CHILD-BIRTH.

BY J. C. B.

I PROMISED you in a former letter that I would largely increase the number, and I will here repeat the promise—but since I wrote that letter, I have been too busily engaged with my professional duties to solicit subscriptions. I have had an opportunity of testing the virtues of our limestone water (the only kind we have, except rain water) in the person of my wife, during the last months of gestation, and during the trying time of child-birth.

An intelligent Hydropathic physician would be an acquisition to us here. Having none such, I was compelled to call in a Botanic physician, who was liberal enough to yield to my hydropathic notions, and adopt the Hydropathic practice so far as I understood it. After the delivery of the child and removal of the placenta, I requested an elderly lady to assist me in putting a linen bandage, wrung out of cold water, around the body. But she told me that she would consider it but little short of murder, and would have no hand in it, and I was compelled to do it myself. And so at every stage none of them would assist in giving vaginal injections, or in washing her, but protested that the practice was murderous, and would have none of it. But my faith was so strong in the good effect of cold water, that I went the whole figure, Hydropathically; affixed the bandage, gave the injections, washed her thoroughly, changed her clothes and bedding, and she dropped to sleep immediately; since which time I have given a sitz-bath morning and evening, sponge-bath in the early morning, and enemas at night to loosen the bowels, and my lady friends have been greatly astonished that she improves daily and hourly under the *murderous practice*; and if I had never had any other evidence of the efficacy and peculiar adaptation of water to such cases, it would have made me a convert, and if it had cost me ten dollars instead of fifty cents annually, to procure the WATER-CURE JOURNAL, I should have felt that I had been repaid with interest in that case alone. It has produced considerable excitement among the knowing old ladies who advocate the nine days dispensation of inaction. It may seem strange to you that such practices still find advocates, but Allopathic M. Ds. still permit and advise in this Western country that *washing* and a change of clothes and bedding should be dispensed with for that length of time after delivery, and still complain bitterly that you, now and then, give them a home thrust in your Journal. Lay it on thick and fast, and you will be sure to receive the thanks of womankind generally, and with a breastwork of such material, you will scarcely feel the kicks and curses of the Allopaths.

Excuse me for filling this with such unimportant matter, and I will endeavor to fill the next with the names of subscribers for the Journal.

INSUFFICIENT DIET.—An insufficient diet, not properly sustaining the organs of life leads to disease, decay, and death. Want of food causes typhus fever, consumption, and a general weakness and breaking up of the system.

HOME TREATMENT IN MICHIGAN.

BY SOPHIA C. PARTRIDGE.

AN intelligent woman relates her experience as follows: It is now twelve years since I adopted a strict diet and regimen, with daily ablution, as taught by Dr. S. Graham, of Northampton. I was literally in the "gall of bitterness" and in subjection to a depraved appetite, feeding myself "without fear" on the flesh of animals, and totally ignorant of the laws of health and life, and a victim of disease and suffering, though apparently healthy. I had been subject to periodical sick-headache and pain in the side for some years; so severe for a while, that I felt my days were few, when, as a kind Providence would have it, a Student from Oberlin, O., (James M. Blakesley,) informed me of the way of salvation from premature disease and death, and furnished me with the writings of Dr. Graham, unto which I gave heed as unto a light shining in a dark place. I gave up the use of greasy food, (tea and coffee I never used,) though it was like plucking out the right eye, I felt in one year as if my physical system had been entirely renovated. All symptoms of disease had fled, the pain in the side had taken "French leave," also the headache, and weak eyes, all, *all* gone; and I felt like a new being—I felt that I had just begun to live. At this time I lived in Massachusetts,—eight years ago I came to Michigan with my family; we all had the ague the first year, and have not been troubled with it much since, though our diet has been very objectionable part of the time—sometimes from necessity and sometimes from choice. It is about two years since I saw the WATER-CURE MANUAL and purchased it, and soon after heard of the WATER CURE JOURNAL, and subscribed for it, and now I would not part with it for any money. It is more valuable to me and my family than all the gold of California would be,—I have seen the virtues of cold water fairly tested since I had this Journal.

About a year ago a woman of my acquaintance was seized with a dangerous menstruation, which suddenly prostrated her, and took away her strength entirely. A tub of tepid water was prepared, and she, while fainting, was placed in it, of which she was totally unconscious, until she had remained in the water three or four minutes, when consciousness returned, and she was in a profuse perspiration and felt *well*, and got up and walked to the bed with almost new life. Cold bandages were kept around the body, and cold water used freely by way of the vagina syringe, which checked the disease very much, and probably saved the person's life. She soon gained *strength* but not *color*, and is now in excellent health.

Another case: About two months ago, one of my neighbor's children, (a daughter of eighteen months,) after having the ague and fever for a long time, was attacked with dysentery. They "doctored" her in the usual way, not as *much* as usual, perhaps, but gave of the "red drop" twenty drops three times a day, and she grew worse for three days, till they believed her to be dying, the parents had some faith in, and sent for a water-cure neighbor, the child was in great distress and the eyes fixed and glassy. Cold water or tepid injections were given, and the pain and discharges ceased almost immediately, the child fell into a calm sleep and slept for three hours, when it

awoke and the bowels moved again, and the injections given, and wet cold bandages were applied to the bowels, and cold water given for drink very often, when the child slept again for three hours when the disease was completely subdued. The third day after, a new difficulty appeared. It was ascertained that no water had passed the child's bowels for three days. A dish of tepid water was brought, and the child's feet placed in it and well rubbed, then wrapped in warm flannel, which had the desired effect, and this difficulty was *immediately* removed. This appeared like a miracle to us, though we had *read* of such things, we never tried it or saw it tried before. And this child is now well and strong, and its parents rejoice over it as one raised from the dead. And now "*cold water is our motto*" for *every* disease, and in *health* too. Though many scoff at it, and call Hydropathy a humbug, *we know* and appreciate its value as a *sovereign* remedy for *every* disease. Try it ye poor invalids who are dying for the want of it, throw away your poison drugs, and and come to this fountain opened for physical uncleanness, wash, and drink, and be healed, why will ye die, when here is the best of medicines, without money, and without *price*. Ho; *every one that thirsteth* come ye to the *waters*, not to the wine-cup, not to the tea-pot, but to the *waters*.

I would like to have some one inform me through the journal, what is the best course for a young man to pursue who wishes to become a water-cure practitioner, is it necessary to spend three years in college? If not, what is the most *advisable*, and where would he be the most *useful*!

Reviews.

We have received from Messrs. FOWLERS AND WELLS, publishers, New York, the October numbers of the following publications:

The Student, a Family Miscellany and Monthly School Reader; devoted to the Physical Moral, and Intellectual Improvement of Youth.

The Phrenological Journal; devoted to the exhibition and defence of Phrenology.

The Water-Cure Journal; devoted to Physiology, Hydropathy, and the Laws of Life.

These publications are each valuable in its sphere; but of the latter—the Water-Cure Journal—we wish to say that, in our belief, it is *the most valuable periodical issued in this country*, and, for aught we know, in the world. We say this, deliberately and emphatically, in view of the vast amount of anatomical, physiological, and medical knowledge which is yearly reduced to popular comprehension in its pages; and also in view of the incalculable benefit which we have derived personally, and in our family, from the system it advocates. To us, as to thousands of others, the knowledge of the water-cure has been as the advent of a new Gospel, and we can but wish it may be preached to every creature." If any of our invalid readers are becoming weary of pains and pills, drugs and debility, and are willing to learn the conditions of a higher style of life than they have yet experienced, we advise them at once to invest a dollar in a year's subscription to the Water-Cure Journal, and if, before reading one volume through, they do not become convinced that the "chief end of man" is something nobler than being turned into a walking apothecary-shop, and that there is a better use for money than buying little scraps of cabalistic Latin at the doctor's hands, then—we'll pay back their money.—*Boston Pathfinder*.

[The Water-Cure thus finds favor with those who

try it, and apply it; and the time of its universal adoption by the world cannot be far distant.

THE CHILDREN will take care of THE STUDENT, if parents will permit them to "raise pop corn," or "pick up chestnuts" enough to pay for it. While the PHRENOLOGICAL JOURNAL is old enough to take care of itself, it being pretty well along in its "teens;" with a healthy stomach, it can digest solid food, and exults *thought*. But the WATER-CURE JOURNAL is bound to shine—not like the *stars*, or the *moon*, but like the great central luminary, which gives light, life and health to all who know how to use it.

THE WATER-CURE IN AMERICA; containing over three hundred cases of various Diseases treated with Water, by Drs. Wesselhoef, Shew, Bedortha, Shieferdecker, Trall, Nichols, Houghton, Kittredge, and others, with cases of Domestic Practice. Designed for popular as well as professional reading. Edited by a WATER-PATIENT. New York: FOWLERS & WELLS, Publishers.

Agreeable to previous announcement, a new and very much enlarged edition of THE WATER-CURE IN AMERICA has just been published. Over a hundred pages have been added to the original work, giving the treatment, in detail, of a large number of important and interesting cases. In addition to the authors named in our title, we have contributions from Drs. Weder, Gleason, Hayes, Burr, Soelye, Child, Evans, Steadman, Rogers, Ellis, Lorenz, Stewart, and Collins.

We can give the reader a better idea of the contents of this work, by copying from the INDEX, than any other way. The following cases are among those which have been successfully treated, and recorded in THE WATER-CURE IN AMERICA:—Abscess, of Chest; Ague and Fever; Alcott, Dr. W. A., case of, cases from; Allen, Amos, case of; Amputation prevented (see Mortification); Asthma, with Pneumonia; Atrophia Dorsi; Baldness; Barrenness; Beecher, Miss C. E., testimony of; Blisters; Boils; Bowels, inflammation; Spinal disease; Brain, inflammation of, Congestion of; Fever; Bronchitis, and congestion of brain, and dyspepsia; Bronchial Catarrh; Bruises; Burns and Scalds; Carbuncles; Cases in home treatment; Catarrh, bronchial; Cephalæa rheumatica congestiva; Chest, inflammation of; Chilblains; Childbirth and pregnancy; Chlorosis; Cholera; Cholera infantum; Cholera morbus; Cold; Colic, bilious; Congestion of lungs; Congestive fever; Constipation, piles, rheumatism; Consumption, phthisis pulmonalis, dyspepsia, headache, spinal disease, tubercular, with diarrhoea and piles; Convulsions; Coxalgia; Cramp in stomach; Croup and measles; Debility, general, nervous with dyspepsia, nervous and general, from over-straining, from grief; Deafness; Decline; Delirium tremens; Depression of spirits (see Hypochondriasis); Diarrhoea and consumption, chronic; Diet, Dr. Bedortha's views of; Dr. Shew's do., Dr. Shieferdecker's do., Dr. Roof's do., experience of Dr. Alcott; Dilopia; Dropsy; Drugs, injury from; Dysentery and fever, with piles; Dyspepsia, bleunorrhæa, and complication, and supposed consumption, and liver complaint, and do. with worms, and hypochondriasis, and hysteria, and bronchitis, and nervous debility, and spinal disease, with hemorrhoides, with prolapsus; Elephantiasis; Emissions, nocturnal; Encephalitis exudatoria infantum; Enteralgia and scrofula; Epilepsy; Erysipelas, and fever; Eyes, weak, inflammation of; Fall; Fatal cases, Female diseases; Fever, and ague, and delirium, do. suppressed, do. with spinal disease, brain, erysipelas, intermittent, do. and inflammation of lungs, do. bilious, puerperal, with neuralgia, remitting bilious, do. and typhus, typhus, malignant, and rheumatism, etc., and dysentery, Michigan, scarlet; Fever, with boils and bruises; Headache, rheumatic, nervous neck; Hemorrhage from liver, uterine; Hip disease, (ischias nervosa postica,) (sciatica,) (lumbago,) do. and spinal complaint, and scrofula; Hydrophobia

in first stage; Hypochondriasis, and dyspepsia; Hypertrophia, with tendency to lock-jaw; Indigestion (see dyspepsia); Iodine, injurious effects of; Indian women in childbirth; Inflammation of the brain, of bowels, of lungs, of chest, of throat, of eyes; Invalida, a word to, on water-cure; Ischias nervosa postica; Kidneys, disease of; Knee, swelling of, paralysis of; Lacerations and contused wounds; Lameness; Liver, hemorrhage from, complaint, with worms, do. with dyspepsia, congested and swollen, inactivity of; Lock-jaw; Lumbago, with spinal disease; Lungs, inflammation of, typhus of, congestion of, abscess of, hepatized, severe cold on, disease (pneumonorrhæzia), from suppressed measles, fever, tuberculated; Mania; Marasmus; Measles, and croup, suppressed; Mercurial swelling; Menstruation, suppressed; Midwifery; Mind, disease of (see hypochondriasis); Mortification prevented; Nervous debility, general, with dyspepsia; Neuralgia and complication, and fever, of spine, of leg, of shoulder, etc.; Ophthalmia; Painters' colic; Paralysis, apoplectic, in knee; Patients; Pythias pulmonalis; Pictonum; Piles, and constipation; Pleurisy; Pneumorrhagia; Pneumonia typhoid; Pompholyx hydrogena; Pregnancy and childbirth; Prolapsus uteri; Quinsy; Raphania; Rheumatism, nervous, inflammatory, acute, in leg, chronic; Rheumatic head-ache, lameness, scrofula, etc.; Rubeola; Safety of the water-cure; Scald; Scarlatina; Sciatica; Scrofula, with dyspepsia, with spinal disease, with tic douloureux, with rheumatism, with hip disease, with ophthalmia; Smallpox; Spinal curvature, with neuralgia, disease; inflammation of bowels, supposed consumption, scrofula, hip disease, fever and ague, menorrhagia, and dyspepsia; Spinal injury, irritation; Stomach, spasms; Stranguary; Sub paralysis; Suicidal propensity; Summer complaint; Swelling of knee white; Tabes infantum; Throat disease, inflammation of; Tic douloureux, in bowels, with scrofula; Tobacco, injurious effects of, poison; Typhus of lungs; Uterine hemorrhage; Vaccination with erysipelas; Varioloid; Vitus's dance; Weakness (see debility); White swelling, incipient; Women, water-cure for; Worms, with dyspepsia; Wounds, of head, incised; etc., etc.

In no other part of the world has the water-cure made greater strides, or performed more cures, than in the UNITED STATES OF AMERICA; nor has there ever, in any part of the world, at any time, been published a volume containing a greater number of important cases than the one before us. As a guide in family practice it must prove invaluable. The work contains some three hundred and eighty two pages, printed on good paper, handsomely and durably bound, and sells at the office of publication at one dollar.

Miscellany.

GOSSIPS FROM BOSTON.

BY ROGGS.

DEAR GOSSIPS—I have news for you. There is to be a Water-Cure establishment in America! Think of that!

Yes, there is to be in the State of Maine—a place always famous for wonderful growths—a Hydropathic Institution, that will indeed beat even the mammoth squashes, it will in fact be not only "some pumpkins," but the pumpkin of the State, and all the States; and after it gets well to going, the hundred or more, "make believers" heretofore existing will have to 'shut up,' as this new one is to be big enough to hold all the invalids out of jail, and it being the only one in the country "properly conducted, with physicians competent to detect and cure disease;" all of course will go there.

The getter up of this is a gentleman well known in the financial world, whose brilliant imagination is only surpassed by his faith.

Drs. R. & B. of this city have certified their wil-

lingness to send all the patients they have left, after drugging them secundem artem, to this establishment, provided the medical gentleman, the great financier has provided, continues true to physis.

The establishment which is being built, will occupy nearly all of Oxford county, including "Bethel Hill," where friend "Ethan Spike" some times rambles. Edward Everett is Sponsor, and Lord Elgin Chairman of the Board of Overseers. Mr. Finance being Manager and Treasurer.

It is expected to go into operation about the first of bye-and-bye, and keep open day and night until all the world are healed.

The Rev. Clergy and Laymen admitted free, the rest of mankind at the usual price. None having scruples against drachms need apply, for it is to be a medicated Water-Cure.

The genteelly nervous need have no fears of being "shocked," as the water will be so tempered and medicated, so as never to be in the least unpleasant, or if necessary—while repairing boilers—to use water any ways cool, either will be administered.

The above may seem nonsense to some of your readers, but it is nevertheless the sum and substance of a letter lately published in this city, addressed to Edward Everett, to which was appended certificates from Drs. Reynolds and Bowditch that they were in favor of Water-Cure establishments properly managed! at the head of which were men capable of detecting disease, &c., which was a desideratum in this country; asserting, in short, that they knew of no Institution where Water-Cure could be scientifically and judiciously administered, &c. Unfortunately the getter up of this splendid castle in the air, was so ambitious to be put in possession of the \$50,000 fund, that he did not perceive that these worthy poisoners were only making a cat's paw of him, by which they could flock a few more chestnuts from the "dear people," making them believe that they were in favor of the Water-Cure, "if in proper hands!"

In proper hands forsooth! Why in the name of poor outraged humanity then don't they take it into their own hands?!

Poor short-sighted mortals; they think to gull the people by such miserable sophistry as this, but they'll find themselves mistaken. At any rate we will leave it to the public to decide who is who, and what is what.

Remember—some of the tallest doctors phisically! (Dr. R. is 6 ft. 2 in his stockings) Admit that Hydropathy is all right, let the people decide whether the professors thereof know any thing or not.

Ask any of the particularly intellectual in America if they think Robert Wesselhoef a fool. Drs. Trall, Shew, Demristan, Mundie, Jackson, Meeker, Nichols, &c., &c., &c. unscientific, or unqualified to "detect disease." Aye, I can answer this question myself. I have been round some, and I think I can tell a sheet from a lancet, let the wind be which way it will!—and I'll wager this same golden pen of mine that the doctors I have mentioned, and many others that might be named as connected with the Water-Cure, will compare favorably with any doctor in Boston or out of it, in all that essentially belongs to the character of a skillful and judicious physician.

They may not it is possible, possess the practised hand of a Warren, a Hayward, or a Reynolds in cutting, bleeding, or sewing, but they can cure—"and that's something," or used to be! aye, that's the "deil out," says Dr. Drugibus, they cure their patients right up, and in a short time run the profession all out! and then—why, then some folks would have to get an honest living.

It is curious to hear some of the Druggers talk. The other night, down at Lynn, Dr. K. of this city was lecturing on the Water-Cure, and I happened to be there. After the lecture, a doctor, who for fifteen or twenty years has been spludging along through the mire of Allopathy, getting every year deeper and deeper in the mud thereof, one too, who is behind the

age in every thing, with no taste for anything but Lindley Murray's old Grammar, which he "got by heart" in his youth, and has been lecturing upon it ever since—had the impudence to get up before the audience and state, that physicians generally had no prejudice against Water-Cure!!

This made one of the most intellectual audiences ever assembled in Lynn, laugh "right out" in meeting. The worthy gentleman talked about ten minutes, and did about as much for the Water-Cure in that time as Dr. K did in all his two hours!

The Mayor, after the doctor got through, proposed that a discussion meeting should be holden in town, where both sides might be heard; he thought it would be the best thing for Hydropathy that could possibly happen. I think so too—it will probably come off before long; if so, there'll be a "ohiel amang us taking notes" and you shall 'print 'em."

DRIPPINGS FROM A WET SHEET.—NO. II.

BY A.

THE first time I took this sheet it was a *dry one*, and the good effect it produced, cannot be estimated in dollars and cents. It opened the avenues to reflection and investigation—conducted off an immense amount of ignorance—closed forever an account with drug-doctors for medicine—raised my hopes, and left me a happier person. And now, for nearly two years, I have been in the habit of taking regularly, one of these wet-sheets once in about thirty days. They come folded up very nicely, just damp enough for immediate use, and nothing prevents me from keeping it on until there is an equilibrium established between us.

The drippings from these sheets are treasured thoughts of experience and knowledge. They come trickling down to us in a variety of ways. Addresses, Reports, Confessions, Lectures, Letters, Practice, (home and abroad) Reviews, Answers to Correspondents; and last, though not least, "Noggs" from "down east." They teach us

How to eat and how to sleep,
How to dress and how to "guss,"
How to walk and how to ride,
How to live and how to die.

Thus it is, that in nineteen cases out of twenty, they give good satisfaction, although sometimes it appears like "casting pearls before swine."

Some do not see the propriety of telling the truth, if not solicited to do so. Once in a-while an Allopathy M. D. thinks they contain "the most scurrilous and abusive language he ever read," and some *very modest* Lady reader, thinks the "twelve cases" ridiculous stuff to appear in a public print.

The idea that any good thing can come out of Nazareth is still preposterous to many minds. The signs of the times denote a dissolution of old established rules and customs. The old landmarks are being broken down; trespasses are being daily committed; people are refusing to worship Baal's God, and groans, gnashing of teeth, epithets and curses are hurled at the few bold and fearless champions of reform with a zeal worthy of a better cause. But the "gigantic strides" of science and art have paved the way. The flood-gates to knowledge (free schools) have been opened, and now, with a "Press" not trammelled by despotism, to furnish the matter, steam conveyances and Iron roads to distribute it, from one end of the continent to the other, while the Magnetic Telegraph officiates as courier to prepare the minds of men to receive it. As well might man try, with his hands, to hold the clouds in the air, or with his breath blow back the tornado, as to try and stop the onward progress of reform in the nineteenth century.

And foremost among them stands the medical. The importance of introducing into our Public Schools, Teachers and Books upon Physiology, Phrenology and

Hygiene, is being realised by the masses. The time has come, and now is, when some men and women think and act for themselves. They require no imported fashion to guide them, nor do they choose to wait for any thing which concerns their welfare and happiness, to be formally introduced by a certain class, before adopting it. They are emphatically "free and independent."

Time-servers and policy-men never advance only as they are dragged along; always bringing up the rear in all ages.

AMERICAN HYDROPATHIC INSTITUTE.

THE first term of this new Medical Institution commenced on the 15th of September, with the delivery of two inaugural addresses, that of Dr. Nichols, published in the present number of the Water-Cure Journal, and that of Mrs. Gove Nichols, in our last number, which were listened to by a large and attentive audience.

The regular lectures and studies of the Institute commenced the following morning. There have been, thus far, three daily morning lectures, a thorough weekly examination every Saturday, with occasional evening conversation parties, for the discussion of collateral branches of science and philosophy.

The students of the Institute, about twenty-five in number, come from nine different States. The sexes are equally divided. One-third, at least, are married, and in several instances, wives have accompanied their husbands. Several are of mature age, and parents of families. We venture to say that no Medical class ever assembled in this city, which could compare in character with the first class of the Hydropathic Institute—the first class of its kind that ever assembled. There is no brandy drinking, tobacco chewing, dissipation, or rowdyism of any description.

Nearly all the students board together, forming one beautiful and harmonious family, in a large house near Union Square, with baths, lighted with gas, hired by Dr. Nichols, and comfortably furnished, expressly for the class. The friends of the students will easily understand how much better off they must be, than to be scattered over the city, in its common boarding-houses, and heterogeneous society. This arrangement was made at considerable cost and risk, and the price of board will not cover the expense—still it is at the option of the students to board here or elsewhere. The young ladies who have come hundreds of miles, alone and unprotected, must appreciate the *home* provided for them.

The course of study and instruction in the Institute will be thorough and comprehensive, covering every branch of Medicine, and Surgery, separating Medical science from the mass of verbiage, rubbish and absurdities with which it has been encumbered; all that is known, and of practical use, can be taught, and if the student possesses the necessary mental organization, *acquired*, in one term of the Institute. The economy of expense is as great as of time. The lectures amount to only fifty dollars, with no extras or incidentals. The whole cost of lectures, board, and text books does not exceed one hundred dollars.

The second term of the Institute will commence on Monday, the 19th of January, 1852. This change in the time is made to enable those who wish to enter Water-Cure establishments, either as physicians or assistants, to do so as early as the 1st of May.

Anxious to advance the cause of Hydropathy, and the interests of the students of the Institute, Dr. and Mrs. Nichols invite applications for male or female physicians or assistants to Water-Cure establishments, or for general practice, wherever they are wanted. They will recommend none but such as they know to be qualified, and believe that they shall soon be able to supply a few of the most urgent demands from the present and future classes of the Institute.

WATER CURE IN THE WEST.—I read with pleasure, the frequent notices from your numerous correspondents, of the spread of the Water Cure. Several years ago, a stray number of your Journal reached this town, and came under my notice, since when I have been a constant reader, and a subscriber. I have watched its rapid progress west, and in an humble way, am one of its pioneers in this part of our State. I have succeeded in sending you a number of subscribers, and now in our town we have quite a society of Hydropathic believers, and practitioners in the home circle.

I have the gratification also to say to you and your thousands of readers, that we are establishing a Water Cure, within the limits of our city. The House and grounds, have already been engaged, and the workmen are now busily engaged in fitting up the bathing rooms, baths, etc. The establishment is to be conducted under the care of Dr. THOMAS, formerly of Harrodsburg. It will be completed and ready for the reception of patients in a few weeks. It will open under the most favorable auspices. Dr. Thomas is becoming extensively known in Kentucky; principally too, through those patients who have been relieved under his treatment at Harrodsburg. A number of invalids I understand, are now awaiting the completion of this establishment to begin the Hydropathic treatment. Thus in a few years, I have witnessed from one reader of your journal, in this place an increase of many, and the establishment of a Hydropathic institute. Great and incalculable good is certainly to grow out of this. Poor, suffering invalids, dyspeptics, consumptives, etc., who have broken down constitutions under the mal-administration of the Drug System, will now have a new field opened to them, and a joyous way presented to regain their health and contentment. There are many such, already in our town, and the amount will be greatly increased, as soon as Dr. Thomas is enabled to commence the work. I will conclude my little imperfect notice of the extension of the Water Cure in the West, by wishing good speed to the success of so great a cause, until the wholesome and salutary laws of health, as taught by this system, shall be universally adopted, and as a consequence thereof, the great amelioration if not the eradication of disease and suffering from the land. J. J. B. *Dansville, Ky.*

A PUFF FOR THE "REGULAR" PROFESSION.—It must be highly interesting to the old-school physicians to learn the quantity of drugs used in one of the largest hospitals in London, but which, unfortunately for the credit of its method of treatment, sends more persons to the grave-yard than it restores to health; we learn that nearly 2,000 pounds weight of senna, and 27 cwt. of salts are used every year at St. Bartholomew's Hospital, London. The grand total spent upon physic in a twelvemonth, is £2,600; 5,000 yards of calico are wanted for rollers, for bandaging; to say nothing of the stouter and stiffer fabric used for plasters. In a-year, 29,700 leeches were bought for the use of the establishment. This concern seems to go the Allopathic principle.—*Exchange Paper.*

\$15,000 a-year for physic used in *one* Hospital. Senna and salts "by the ton." This seems, at first sight, like a large story; but we must remember that "many a little makes a mickle," as the Scotch people say. We have no doubt but many a conscientious Allopathic, who thinks he "don't use much medicine," would be equally surprised, if he could see what a host of "doctor-stuff" he has swallowed in a year. Just a little Peppermint, Paregoric, Cod Liver oil, or Sarsaparilla when he don't feel quite right, or is afraid he shan't if he don't take a little something, amount to a right smart chance in a year. Or may be he is sometimes in the situation of the Irishman, whose wife went to the Druggist and wanted a little physic for Pat. "What is the matter with Pat," said the knight of the Pestle. "Oh, its nothing that's the matter with

him now, if ye please," said she, "but he has a leasure to-morrow, and we thought he'd be better to take a dose." If some mothers would keep an accurate account of all the Elixers, Laudanum, Godfrey's Cordial, Senna, Carolina Pink, and various other *die-stuffs* that they are eternally forcing into the stomachs of their children, the sum would far exceed their expectation, and leave them no reason to wonder why their darlings grew up such poor, puny, sickly things. Oh man! oh woman! when will you learn that air, exercise, water, and diet, are sufficient for all the "ills that flesh is heir to!"

A GOOD DENTIST.—How few, among the thousands who shall read this, can say, to a certainty, that they know a skilful Dentist—a man who performs well and faithfully, every professional duty—one who, not merely *plugs* a tooth, but, by plugging, *actually* preserves it. Such a man is, indeed, a rarity—he is one among a thousand. The general experience bears witness to this fact.

We extract from the New York Tribune, the following correspondence, which is so much to the point, emanating, as it does, from such undoubted and *reliable* sources—(coinciding in every respect, with our own personal experience under the same hands), that we feel a pleasure in publicly, and heartily endorsing it. Here is the correspondence:

Will the Editor of The Tribune please publish the subjoined correspondence, in reference, I think, to a very important subject? Should my friends prefer a good Dentist to the counterfeits so numerous in the profession, they will thank me for thus publicly pointing one out to them.—J. H. TOWNSEND.

NEW YORK, July 11, 1850.

DR. WIETING.—*Dear Sir:* Hearing you make frequent and favorable mention of Dr. Clowes, of Hudson st., (Removed to 7 Eighth av., Abingdon-square,) while lecturing here last winter, I was induced to call upon him in reference to my teeth. That he is *all* you represented him, my own and family's experience, as well as that of many of my friends, most fully attest. Among them all—many of them very bad cases—not a single instance of *tooth-ache* or *anything* unpleasant can be found. In the possession of *healthy teeth* and *clean mouths*, all have discovered the source of many a rational pleasure, which may be looked for in vain elsewhere. By your representations, I was first directed in the way of attaining this *good thing*. Through you I think the blessing may best be extended to others; please do me the favor to write out for publication your own experience in dentistry, as practised by Dr. Clowes; describe his manner of operating; explain his theory of thoroughness, and point out to *many a suffering mortal* the door of escape from a thousand ills.—Yours, with much respect, J. H. TOWNSEND, 707 Greenwich st.

SYRACUSE, July 21, 1851.

J. H. TOWNSEND, Esq.—*Dear Sir:* I am happy to learn that you, through my recommendation, employed Dr. Clowes to repair the teeth of yourself and family, and that he has succeeded to your entire satisfaction.

I have always taken particular pains in my public lectures to dwell upon the importance of giving great attention to the teeth, of filling up all the cavities before they begin to ache, and of removing them from the mouth as soon as they become so much decayed as to be irreparable. While thousands have felt the force of my remarks, they have been at a loss to know who they could employ to do justice to their teeth, saying they had tried this dentist and that one, (not unfrequently at considerable expense,) but in the course of a year or two, as a general thing, the cavities grew deeper and the filling came out. Having heard this complaint so much, I had almost come to the conclusion that the plugging of teeth, in the usual way, was a gross imposition on the public. At length I accidentally got acquainted with Dr. Clowes, and after patiently examining his work, made up my mind it was superior to anything of the kind I had ever seen before. I employed him at once to fill a few cavities in my teeth, and was so much pleased with the result, I felt safe in recommending him to the confidence of my friends.

He makes it a point to do his work thoroughly, and never to fill a cavity until he is fully satisfied he has entirely removed all the decayed portion of the tooth, if it takes a whole week to accomplish it. Having done this, he has the mechanical ability, if I may be allowed to judge, to plug the tooth in the most workmanlike manner. I have seen teeth that were plugged years ago by him, apparently looking as well as the

day the work was done. I wish I could say as much of every dentist.

I regard Dr. C. as a great benefactor to the public, and as a Surgeon Dentist, I think he has no superior in this country. Respectfully your ob't servant,
J. M. WIETING.

[It will be observed that Dr. Clowes has consented to give our readers the benefit of his experience, in a series of articles, through the Water-Cure Journal, the first number of which appeared in our last.]

THE CLASS OF THE AMERICAN HYDROPATHIC INSTITUTE.—The instances are rare, in which an amount of talent, observation, and attainment, have been possessed by medical students, equalling that brought together in this Institute. Among the number are those whose earnestness and zeal have induced them to leave their families behind them, or some to bring their wives, and mothers their children. Many have seen much of the world, and have known much of medical abuses which so extensively exist in community. None are young, as compared with usual classes, and few, if any, who are not passed the average age of similar classes.

This argues well for their success in the practice, especially since they are generally men and women, who would not pass on in the world without extensive observation, and the acquirement of much useful information. The influence of *such* persons will be felt, and it is hoped that, as class after class of such devoted and experienced persons shall go out from this Institute, Hydropathy will receive fresh impulses, while false, and injurious theories, and practices, in "*the department*," will be swept away like "*chaff* in a summer's threshing-floor."

A large proportion of the members have been teachers, some in the higher schools and academies, and, of course, have brought to this work an unusual amount of scientific knowledge. Two have been lawyers, one of whom pursued his educational and law course in Germany, amounting in all, to more than fifteen years. Two have been editors, and still a larger number are not unknown in the literary world. Two have preached, and several more have been public lecturers. Some, on Anatomy, Physiology, &c., and one or more, somewhat conspicuous in the Temperance cause. One is a regular Allopathic graduate and practitioner, having had several years of experience, and another has practiced Hydropathy for some considerable time. One was somewhat conspicuous in the "*Chartist*" movements in England, a few years since, and was intimate with some who suffered imprisonment for their devotion to the cause of liberty.

All manifest an anxiety and zeal in the acquirement of the requisite knowledge of the principles of the Water-Cure, which will seldom, if ever, be found in similar enterprises.
J. H. H.

FEMALE MEDICAL COLLEGES.—Quite a new phase in the history of medicine, is coming over this democratic country. Females are ambitious to dabble in medicine, as in other matters, with a view to reorganizing society. If they would manage the institutions which are ostensibly their own, no one ought to object; but, while these pass off under their name, a few of the other sex regulate all the business, pocket all the money, and laugh at their own success. In the meantime, the vanity of the poor dupes is gratified by being told that they are doing a great work, that it is a heavenly calling to be a doctress, and that a revolution will speedily change the social aspect of society, and place them where by nature, grace, and a diploma, they were designed to figure, with a healing balm for every wound.—*Boston Medical and Surgical Journal.*

[If this is true, and we cannot dispute it, it is disgraceful to that "*other sex*" who thus "*pocket* all the money," and make mere "*stool pigeons*" of the Females, for whose benefit these "*Medical Colleges*" are said to be got up.

Large sums of money are expended on the *male* professors, in some of these concerns, while the *Female* professors get but little more than the price for knitting, or making shirts. Is this according to the principles of equity? There are some other things connected with Medical Colleges, such as the granting of Diplomas, which will do to explain to our readers at another time.]

LECTURES ON THE WATER-CURE.—It gives us pleasure to announce the fact that Dr. E. A. KITTEDGE of Boston, proposes to make a lecturing tour—South and West the coming winter. Those who may wish him to lecture in any particular place, will please address their applications to "*THE PUBLISHERS OF THE WATER-CURE JOURNAL*," New York, who will be in constant communication with the Doctor, and forward their letters to him.

We hope every MAN and every WOMAN, capable of imparting information on this subject, will take every opportunity to do so. Lectures may be given in every school-house, church, or public hall, with perfect propriety and great good to the people.

OUT-DOOR EXERCISE.—In-door exercise is very different from out-door exercise. The air of a house has always less oxygen in it than the air without. It is more relaxing. Besides, mere walking up and down a room is dull employment; and exercise, to be useful, ought to be cheerful and amusing. To walk merely for exercise is, therefore, seldom useful. We should always endeavor to walk for entertainment. It is the entertainment that refreshes and invigorates.

THE NEW YEAR.—With one more number (for December) closes the present volume of the Water-Cure Journal! And with the next, a new volume, and a new year commences.

The year 1851, has been the most glorious Era, for the development, progress, and perfect triumph of Hydropathy, ever known. Our views are becoming universally popular, the world over, and the success of Water-Cure proverbial. Then why should we not rejoice? MOTHERS who have derived a knowledge of the laws of life and health, through the Water-Cure Journal, have saved themselves and their children—many of them—from premature death. We have their thanks and blessings. FATHERS, who have themselves been afflicted with every variety of complaint and disease, have found a remedy in HYDROPATHY, and that, too, without enduring the torture of "*being reduced*" either in body or pocket, by the "*regular mode of practice*," such as bleeding, blistering, poisoning, doctors' bills, and the like, but who, almost invariably, date their recovery from the day they applied the Water-Cure. We are sustained and encouraged by these. In short, we have the good wishes and sympathies of nine-tenths of all who are informed on the subjects we advocate. How, then, can we fail of success? Conscious of doing our duty, and in the fullest faith that our views are in perfect harmony with the laws of God and nature, we feel strong in advocating and sustaining the right. God is with us, and so are "*the people*."

A GOOD EXAMPLE.—An old subscriber, who has read the Journal for the past six years, says, "On renewing my subscription, each year, I have made it a point to double the '*club*.' Thus, in 1846, I sent you the names of two new subscribers, and in 1847, four; in 1848, eight, 1849, sixteen; in 1850, thirty-two; and in 1851, instead of sixty-four, I sent you *one hundred and twenty*. And I intend to send you five hundred for 1852."

[If all our subscribers would thus "*pat* their shoulders to the wheel," we should soon spoil the "*patent medicine business*" and wash all the drug shops into oblivion. Friends, what say you? Shall this thing be done?]

UNWHOLESOME FRUIT—BEWARE OF GRAPES.—The Poet Gray, writing to his friend Mason, (London, Aug. 1761,) mentions—"An old alderman that I knew, who, after living forty years on the fat of the land, (not milk and honey, but arrack, punch and venison,) and losing his great toe with a mortification, said to the last, that he owed it to two grapes which he ate one day after dinner. He felt them lie cold at his stomach the minute they were down."

GOOD NEWS.—"Our Allopaths are seeking purification by water. The people are daily receiving the truth, as it is in Hydropathy, and numbers that mourned in affliction, now rejoice in health." Thus writes A. W. S., of Lebanon, Ky.

CORRECTION.—In an article entitled "Physic and Flies," in our last number, the types make us misquote Pope most shockingly, referring to Instinct and Reason. Let the reader correct it so that it will read, "This *must* go right; the other *may* go wrong."

THE YELLOW SPRINGS WATER CURE.—We shall refer to this new establishment at another time. At present we can only call attention to the advertisement in the present number.

OUR WATER CURE STATISTICS are not yet complete. We are, therefore, compelled to defer their publication at present. Will not all proprietors consult their own interest, and send them in at once?

Business Notices.

PRESENTS.—Now that the holidays are approaching, people begin to think and talk about "PRESENTS." All right.—Presents for old folks, and presents for young folks, presents for rich folks, and presents for poor folks. It is well. The question is often asked, "What shall I get for sister Hannah—and what for brother John—and what for uncle Richard—and what for aunt Pauline?" We answer—a year's subscription to THE WATER-CURE JOURNAL, is undoubtedly as appropriate a gift to a WOMAN, as can be made for the price of ONE DOLLAR.

THE PHRENOLOGICAL JOURNAL may be presented with equal propriety to the MEN of our nation. It is especially adapted to young men, who may find in it such admonitions and advice as will enable them to improve their minds and morals, and to form such habits as will insure success in life. The price is the same.

THE STUDENT, published monthly at only a dollar a-year, is just the thing for CHILDREN and YOUTH, of both sexes; and, as a NEW-YEAR'S PRESENT, would be unequalled in utility or appropriateness, and would be *always* remembered.

Thus we are enabled to offer to our patrons and the public, a choice of presents, which we think would prove of vastly more value than any quantity of "Sugar plums," gew-gaws, nicknacks, or a cargo of such stuff, as is usually presented as tokens of remembrance. Will you accept of our presents?

OUR BOSTON BRANCH.—Ere this meets the eye of the reader, we shall have opened a Bookstore in the METROPOLIS of New England. We have taken this step for the purpose of enlarging our business, and sphere of usefulness. It is our intention ultimately to place our various publications within the reach of every family in the nation, and this is but one of the preliminary arrangements for the accomplishment of this purpose.

A complete stock of all our books in Boston, will meet the wants of booksellers and agents throughout that vicinity; it being accessible by railroad at all seasons, to all important places in New England.

PHRENOLOGICAL ROOMS will also be opened in connection with the Book department, where a professional Phrenologist may always be found. Private classes will be formed, and instruction in practical phrenology given. Public lectures on physiology, phrenology, and kindred subjects will be delivered in Boston and neighboring places during the lecturing season. Friends, one and all, when passing "the Old South Church," remember we are but two doors north, on the same side, up one flight of stairs, at No. 142 Washington street, where we shall be glad to welcome you to our New England home.

TO TEACHERS AND WRITERS.—There are hundreds of persons in our land, whose experience in the profession of teaching has furnished them with much knowledge, that would prove highly valuable to thousands of others were it but disseminated. For the purpose of drawing out such experiences, we now invite teachers and others interested in the progress of education, to write short, comprehensive, practical articles for THE STUDENT, published at the office of this Journal, embracing the best modes of teaching the various branches of study pursued in common schools; of awakening a greater interest for knowledge in the minds of children; of governing and conducting schools; and, in short, upon all the topics connected with the teacher's calling.—Thus, lessons which time, genius, talent, and years of faithful practice have developed, may be widely circulated.

One of the principal objects of THE STUDENT is, to furnish schools with new reading, monthly; thus to awaken a deeper love for learning. To accomplish this object, its pages contain essays, and articles of a scientific, historic, and high moral character. Short essays, colloquies, narratives, &c., embracing subjects of the above nature, calculated to interest youth, and stimulate a love for learning, while they promote pure morals, and correct social conduct in the young, will also be quite acceptable.

THE STUDENT is designed to be a choice monthly boon for every reader, a highly instructive visitor in the school-room, and emphatically a Family Miscellany, from which all may obtain nourishing mental food. To this end communications which may be adapted to aid in accomplishing the above objects, will be cordially welcomed.

N. B. Sample numbers of THE STUDENT will be sent, gratis, when desired, for examination.

THE STUDENT will commence its Fourth volume with November, 1851. Terms, \$1 a year; fifteen copies, for one year, \$10.

Now is the time to subscribe and form clubs in the winter schools. Please address FOWLERS & WELLS, 131 Nassau st., New York.

THE WATER-CURE JOURNAL will be continued at the end of the volume only to those who re-subscribe. Therefore, no one need take the trouble to order it to be discontinued.

MISSING NUMBERS will be furnished gratis when possible. A few complete sets of the present volume, commencing with the JULY number, may yet be had—but none previous to that date.

NEW SUBSCRIBERS may commence with the present volume beginning in July, 1851, or with January, volume XIII, for 1852. They will be continued one year from the date of their commencement.

NEW CLUBS are now being formed in many places, and subscription books fast filling up with the names of new and old acquaintances.

THE RIGHT AND PROPER WAY.—When we write a letter to a person requiring an answer, we enclose an *envelop*, with a postage stamp upon it, *addressed to ourselves*. Then all that a "person" has to do, is simply to furnish paper, write the answer, enclose the same in the aforesaid pre-paid envelop, and return the same to us. This usually ensures a prompt answer, and subjects the person to very little trouble or expense. If all people would adopt this plan, it would be a great saving, for when answers to letters are not pre-paid, the amount of postage is *five* instead of *three* cents. When a person writes a letter to another, on his own business, requiring an answer, he should pre-pay the same both ways.

A NEW AND IMPORTANT WORK.—Dr. SHEW is soon to publish a work entitled "The Diseases and Management of Children," which we think will fill an important place in Hydropathic literature. There is no work that professes to tend to a description of the diseases of children or their hydropathic treatment. Now, it strikes us as very important that parents should have a work, which describes fully, all the maladies to which the period of childhood is subject, as well as the treatment appropriate for such maladies. This is needed even if a physician is to be employed. It is always advisable for parents to know when to send for a physician, and when not; and under all circumstances the more they can learn concerning the health of their offspring, the better.

Dr. Shew has had ample experience in the matters of which this work treats, and he will endeavor to make it one worthy the subject. It will be brought forth as soon as the responsibility of an arduous practice will admit of—probably in January, 1852.

LOCAL AGENCIES.—Our various publications may always be obtained in large or small quantities, at the following named places:

BOSTON.—Bela Marsh, 25 Cornhill, and 142 Washington street.

PHILADELPHIA.—W. B. Zieber, Stokes & Brother, and T. B. Peterson.

ALBANY.—M. Thompson, and W. C. Little & Co.

CINCINNATI.—F. Bly, and Poste & Co.

NEW ORLEANS.—J. C. Morgan, and Weld & Co.

CHICAGO.—Keene & Brother, and Daneshowen.

TORONTO.—J. Leslie, and Thomas Maclear.

MONTREAL.—Benjamin Dawson.

LONDON.—John Chapman, 142 Strand.

HALIFAX.—E. G. Fuller, and other local booksellers, in various parts of the country.

YOUNG MEN who may wish to engage in the sale of our publications, or to travel and canvass for our Journals, may obtain full particulars as to terms, etc., by addressing, post-paid, FOWLERS & WELLS, 131 Nassau street, New York.

Varieties.

DIARY OF A HONEYMOON.—April 1st.—It was on a beautiful morning of that time of the year, the mysterious influence of which breathes so much happiness and serenity into the soul. I knew not what impulse called me, earlier than usual, out of my bed. I arose and strolled through the shady avenues of our grounds. The air was impregnated with those sweet odors which announce the waking of nature. I strove to analyze, as I walked, the strange influences of the breezes of spring, and my wild imagination abandoned itself to a thousand fantastic caprices. I believe myself happy, but somehow there was a want. On re-entering the chateau, the mystery was instinctively explained—my melancholy thoughts, my adolescent reveries, the trouble of my senses—I had need to be loved. Arthur had arrived. He was presented to me as the son of an old friend of my father. I easily guessed that our parents had intended to give him a dearer title, and obedience was, in this case, for me an easy virtue. Briefly, I am married to him whom I thus instantly divined to be my destiny. Arthur loves me with delirium. I am wild with joy and happiness.

April 15th.—My Arthur is so agreeable! These fifteen days of marriage have passed like a delicious dream. Oh, how gaily flows life away! Yes, true happiness is in the union of two hearts that understand each other. And yet, if we were to believe the sour mortalizers, there is no such thing as love unchanging. I am sure, however, that mine will resist all the tempests of life. I reflected before marrying Arthur. I am no longer a child. I shall soon be sixteen.

May 1st.—Oh, the wit, the charm, the distinguished eloquence of my beloved! We have chosen to have no witness of our felicity. We live in solitude absolute. How truly says a celebrated writer, "Love is egotism for two." How sweetly fly the hours with these exquisite expansions, in which the soul of my Arthur reveals to me, every day, new riches. The world with its fallacious pleasures, its hypocritical professions, has no longer any charms for me. What a lovely existence is mine! If I only had not this slight infuenza.

May 15th.—Arthur is as usual, the most tender of husbands. No one could be more gallant or more attentive. He seems to divine all my tastes, my most secret desires. Our solitude is the same. We live for each other only. For some days past the weather is gloomy and wet, and the walking out of doors impossible. The day seems so very long! Arthur looks at himself a great deal in the glass. He is the least in the world a coxcomb, my Arthur! And so then, it is true what they say, that men think of themselves before anybody else.

June 1st.—Arthur grows absent and taciturn. I do not know why—I that am ordinarily so merry and light hearted, I now have my moments of sadness. To kill time I amuse myself with writing down those stages of my honeymoon. Arthur, with a professional tone which does not become him, reprehends my literary turn, and calls me a blue-stocking! "Ink," he said with a sneer to-day, "looks out of place upon rosy fingers." I had not before perceived that he is naturally of a sneering and contradictory disposition. It is a mean kind of fault.

June 10th.—As in the days, alas! so long gone by, when I gave myself up to intoxicating dreams of happiness, I arose to-day with the dawn. I hoped to find in the woods and fields the sweet emotion of former times. I called Arthur to accompany me; but he had already gone out with the sportsmen, and his pursuit now occupies all his days. I cannot

conceive what pleasure men take in killing poor beasts that have never done them any harm. But they say they have need of excitement. Arthur! oh heaven, has it already come to this.

June 20th.—When we were first married, Arthur slept with his head bare. Now, horror! he covers his beautiful head with a vulgar cotton night-cap. Is it possible that a gentleman born can submit to such inelegant carelessness!

June 22d.—To-day Arthur came back from the chase with a cigar in his mouth. This horrid odor follows me everywhere. Decidedly my husband has all the vices of mankind.

June 24th.—Our days are now passed without our exchanging a word. I am almost always alone. If he comes for me a moment, he reads, gapes, and does not look at me. If tears come in spite of me, he leaves the room, whistling the air of a new opera.

June 25th.—We have quarrelled and pretty seriously too. I have determined to submit no longer to his tyranny. I have known him at last—he's a common-minded, pretentious, vulgarian, with patrician airs; a fool, with a frisky flourish of a counting house clerk. For the rest, he is my husband.

June 26th.—The monster! He has deserted me! He has gone to Paris, doubtless to swear to another the devotion he once pretended for me.

[To avoid similar calamities, and to lengthen out the honeymoon to a green old age, we would recommend young people to read *Combe's Physiology—Fowler on Matrimony—and Dr. Rosch on the Nervous Diseases of Women.* A careful perusal of these works *before* marriage, would serve to put both parties on the right track for a long and pleasant honeymoon.]

THE CARSON LEAGUE.—A new and very important temperance movement has recently been commenced by the law-loving and law-abiding citizens of Syracuse, New York, designed to "put to rout" those who violate not only "the laws of the land," but also **THE LAWS OF GOD**, by dealing out that which has damned, and is damning the *bodies and souls* of men.

This LEAGUE has been formed with a view of hastening the slow steps of a tardy law, and of giving *efficiency* to that law which had become almost a dead letter. Politicians will not prosecute those by whose votes they are elected to office. Hence the necessity of good men *combining*, and without reference to political parties, giving force to these laws, originally designed to protect the people. We herewith present the CONSTITUTION and BY-LAWS of this league, which we commend as an act of noble moral heroism, worthy of being followed by every community.

CONSTITUTION OF THE CARSON LEAGUE.—"We, the inhabitants of _____, feeling that our obligations as men, our duties as parents and citizens, and our responsibilities as Christians, imperiously demand that stringent and effective measures be taken to suppress the traffic in intoxicating liquors as a beverage, gambling and other kindred vices, and also that a line of demarcation be drawn so definite and so plain, that the community may know who are decided, acting Temperance men, and who are not; and believing that the time has arrived, when such measures should be adopted and prosecuted,—do therefore

Resolve, That we organize a Moral Mutual Protection Company, which shall be entitled the Carson League of _____; whose mode of operations shall be as follows: Its first object will be the establishment of a Fund of _____ Thousand Dollars or upwards, which shall consist of equal shares of One Hundred Dollars each. To raise this sum, every person becoming a member shall give his or her Note for one share or more, without interest. The fund thus raised shall be subject to an equal taxation, sufficient to defray expenses for the suppression of selling Rum as a beverage, Gambling and other kindred vices. We agree to be governed by the following Constitution, By-Laws and Pledge:

CONSTITUTION.

ARTICLE 1st. This Company shall be called the Temperance League of the town of _____.

ART. 2d. Its officers shall consist of a President, Vice President, seven Directors, a Secretary, a Treasurer, and Auditing Committee of three, whose term of office shall continue one year from the time of their election.

ART. 3d. It shall be the duty of the President to preside at all the meetings of the Company, according to received Parliamentary Rules. The Vice President shall preside in his absence.

ART. 4th. It shall be the duty of the Board of Directors to have a general oversight of the operations of the Company to direct all prosecutions, assess an equal taxation on all the funds raised, as circumstances may require; to call extra meetings of the Company, and discharge all other duties incumbent on them as such directors.

ART. 5th. It shall be the duty of the Secretary to keep a faithful record of all the proceedings of the Company, and enroll the names of all persons who may become Stockholders, with the number and amount of such shares, and the assessments made on them.

ART. 6th. It shall be the duty of the Treasurer to keep faithfully all the funds of the Company, and disburse none except upon a check of the Auditing Committee. He shall enter in a book, obtained for that purpose, all such receipts

and disbursements when made, collect such assessments, credit them when paid, and report the state of the treasury when required by the Company, and shall give bonds for the safe keeping of monies that may be entrusted to him as the Board of Directors may require.

ART. 7th. It shall be the duty of the Auditing Committee to receive all demands against the Company, occasioned by legal prosecutions, or in any other manner, carefully to examine and audit all proper demands, draw a check on the Treasurer for the amount due upon the demands thus audited and report to the Company whenever required by a majority of members present at any regular meeting thereof.

ART. 8th. It shall be the duty of the Prosecuting Committee, to attend strictly to all suits brought by the Company against any violators of the law; to confer with the Board of Directors, and in no case whatever, commence any prosecution, except under the sanction or by the direction of said Board.

ART. 9th. Upon the decease or removal from the town of any Stockholder of this Company, his stock so pledged, or note given, shall be ever after null and void.

ART. 10th. The Officers of this Company shall be elected by open nomination and ballot.

ART. 11th. This Constitution may be altered or amended, by a vote of two-thirds of the stockholders, present at any regular meeting called for that specific purpose.

BY-LAWS.

ART. 1st. No member of the Company, nor other persons, shall speak in our meetings, without first rising from his seat and addressing the President.

ART. 2d. The meetings of this Company shall be opened by prayer.

ART. 3d. Any person may become a member of this Company by taking one share and subscribing to the following

PLEDGE.

We, the members of this Company, hereby publicly pledge ourselves, each to the other, and to the world, that we will henceforth neither make, buy, sell, use, nor give away, any intoxicating liquor as a beverage; and that we will vote for none but Temperance men for any Town, County, or State Office, and for such Temperance men only, as are in some way publicly pledged to give both their personal and official influence, to the enactment and enforcement of a Law for the suppression of the traffic in intoxicating drinks.

The above Constitution has been amended, by striking out everything relating to a prosecuting committee, and giving to the executive committee all the power thereof, with authority to employ agents to prosecute rum-sellers and do other business.

Here we have a basis for the complete suppression of rum-selling. Let it be everywhere adopted, and this monstrous vice will cease to curse mankind. This same League publish a very excellent weekly newspaper, which will serve as a medium of communication between all the members, and those who sympathize with them. The paper is well edited—full of life and vigor—with a high moral determination to battle down the wall, and break up the hiding places of desperate and inhuman men. The price of this paper is only \$1.00 a year. Address "THE CARSON LEAGUE," Syracuse, New-York.

THE NEW COSTUME.—From a paragraph in a late number of Godey's Ladies Book, it is inferable that the new costume will be opposed, on the ground that it hides *fewer physical deformities* than the old. For example, if a Fashionable Lady should chance to be afflicted with a *curved spine*,—as thousands of them are,—the *new* costume would not so effectually conceal it, as the old extra skirts are not worn with the new; while from three to seven petticoats are put on, with ever so much padding and stuffing, with the old. (See our Fashion plates in present number.) From this argument, it appears that these unfortunate cripples are to determine the fashions for others, and compel all well formed and perfectly developed women to disfigure *themselves*, in order that the *faults* of their unfortunate sisters may be kept from view. Will sensible **WOMEN** submit to this? As well might a few one-legged men insist on us two-legged ones walking with crutches.

It is said that the high stock and cravat worn around the necks of men, was first introduced to cover up scrofulous sores on the neck of a royal person afflicted with "King's Evil,"—the invention of a tailor. We need not inform the world how *general* this fashion has become. Its total abandonment would at once remove much of the common "sore throat," peculiar to *men* who keep the neck tied up in tight cloths, or encased in closely fitting stocks.

HARD TIMES.—"It is hard times," says the young man, as he puffs a three cent cigar, or pays twenty-five cents for a theatre or circus ticket—"It's hard times, and I can't take a paper."

"It is hard times," says the middle-aged man, as he pays for a pound of tea, a lot of coffee, and a gallon of rum; all worse than useless—"It is hard times, and I can't afford to pay for a paper."

"The times are hard," says the man with a large family; "I have six children to clothe, feed, and provide a school for; I can't afford to have a newspaper." Poor man! what a pity he does not know that three months' schooling in a year with a good weekly paper, would be better for his children than six months' schooling without the paper.

"The times are hard," says the young woman, as she gives twenty-five cents, just for a ribbon to wear around her neck—"the times are so hard I cannot subscribe for your paper, though I like it, and should be glad to have it." Poor girl!

Now, my friendly advice to these and all others, is, to consider a good paper as one of the *necessaries* of life, quite as needful to the mind as raiment or food for the body, and always to be received before amusement, ornament, or the gratification of any artificial appetite or fashionable whim. If you don't like the *Boat*, take some other paper. Be sure to have one, and teach yourselves to regard a good paper as indispensable.—*Portland Pleasure Boat.*

Those who take the **WATER-CURE JOURNAL** "can't afford to do without it." Already it has saved many a family from a prodigious heap of "bills," such, for example, as Tea bills, Coffee bills, Tobacco bills, Liquor bills, Auction bills, and those worst of all other known bills, we refer to *Doctors' bills*, which are always the same, no matter whether the patient is *killed or cured*. Then, as to "*fashionable*" bills, we guess they, too, will be somewhat reduced, even in proportion to the reduction in the length of *dresses* worn by women. And if so, *what a saving!* and all this through the influence of the **WATER-CURE JOURNAL**. For, be it remembered, we claim to have set *this* (dress) ball in motion, and it bids fair to revolutionize *all creation*, in this branch of human labor and human industry. Now, we submit these considerations to the world, and his mother; and ask, are they sufficient, why the world and his father should not sustain this water-loving, life-encouraging, world-reforming publication? We submit this cause to an impartial jury, and patiently await their decision and *their dollars*.

INTELLIGENT, honorable, and honest men, who *feel* their accountability to God, will not respect an unjust civil or man-made law, in violation of his own sense of *right and duty*; but, **CHRIST-like**, he will seek to introduce a better order of things—an order in *harmony* with the laws of nature. When will politicians learn the impracticability of pursuing an opposite course?

When the *moral sense* of our community (we refer to the *American* community) has been outraged by foreign or domestic foes, our people will again, just as surely, "throw the tea overboard," as they did in 1776. We are *all* sovereigns in this country, and *the people* make and break the laws. A bad, unnatural law cannot long stand on our statute books, for it *will not* be respected, and it *cannot* be enforced.

SINGULAR INCIDENT.—A friend of ours has an old turkey cock, which for four weeks has remained on the roost all day on Sabbath, but on Monday he invariably comes down, and acts like any other turkey. He is more circumspect than our bipeds usually are.—*Exchange paper.*

[Don't believe a word of it.—*Water Cure Journal.*]

Our Correspondents.

INVOLUNTARY SPERMATORRHEA.—E. C. C. This disease requires strict hygienic habits, rather than active water-treatment, except when connected with a general inflammatory or feverish state of the body, when both are necessary.

THE FATHERS OF THE CITIES.—A Chicago correspondent complains: "The common council of our 'Garden City' has passed an ordinance against bathing within the city limits, while every encouragement is given to doctors, drug-vendors and rumsellers, &c." We never could understand the propriety of much of the city legislation even hereabout. We could not, for the life of us, give a reason, why a person is not allowed to wash himself clean, when as many as please to do so can dirty themselves and others within the city limits. We could never understand why the sale of bread and beef was prohibited on the sabbath, while the grog and tobacco shops do their most profitable business on that day.—But city fathers are not like other fathers.

AGGRAVATED DYSPEPSIA.—Mrs. L. M. M. Ewing. You cannot be treated well under the circumstances, without going to an establishment for a few weeks. Doubtless there is some local difficulty, which requires mechanical treatment.

VAPOR BATHS.—A "working man" can purchase apparatus for vapor baths, of different kinds, in this city at almost any price, say from \$5 to \$50. The sulphur we don't deal in.

ALMOST A PREDICAMENT.—W. P. writes: "I belong to the Hydropathic school, understand physiology, believe in the doctrines of Graham, and am a phrenologist. I desire to be useful, but am so far in advance of public sentiment that I get but little to do." &c. You are in the condition that most intelligent reformers are, a part of their lives, at least. Lecture on the subjects you mention, and practice what you can, and you will in due time bring the people so near your position, that you and they can mutually benefit each other. If you can lecture on hydropathy *well*, you can do much for yourself and the public, and we can tell you how—the modus operandi.

GENERAL DEBILITY.—C. E. D. The case of the lady you mention is probably connected with displacement. She can be relieved by persevering with the dripping sheet, frequent sitz-baths and the wet girdle; but to ensure a radical cure, she requires mechanical treatment. The case of epilepsy will undoubtedly recover under home-treatment. The half-baths and sitz-baths are the most important, with considerable friction to the abdomen.

LONG CHILLS, &c.—Mrs. M. F. Your husband should be sweated but a little in the wet sheet, as it would weaken him too much. As soon as perspiration fairly starts, take him out and apply the dripping sheet. He ought to have soft water by all means; but water "cleansed with ashes" is only made still more impure, although it feels soft and slippery to the finger. By soft water hydropathists mean pure water. The child, suffering from enlarged spleen with diarrhoea, requires a very strict diet of brown bread, crackers, potatoes, good fruit and the like, with a daily rub-sheet and hip-bath.

CONSUMPTION.—C. H., Emerald Grove, Wis. The case of your friend is at best very doubtful. Tepid half and sitz-baths are all that are advisable under the circumstances.—The chest wrapper may be worn if it does not chill him too much.

APPROVED DEFERRED ARTICLES.—We have on file for publication: "Cases of Home Treatment," by S. H. "The Suicide's Grave," by J. L. A. "Isn't it Murder," by E. P., M. D. "Home Treatment in Pregnancy and Childbirth," by M. F. R. "Let Nature and Capacity control," by H. M. S. "Physicians vs. Reformers," by I. H. H. "Cases in Home Practice," by H. S., Jr. "Water-Cure in Typhus, Harmless Deception," by Prof. J. M. C. "Water-Cure in Families," by C. M. W. "Female Midwives," by C. M. "Water-Cure at Home and Abroad—A Case of Cholera Infantum," by H. M. "Early Experience in Water-Cure," by E. S. R., and several other valuable contributions; all of which will appear in due time.

E. C. T. Your "Address to Females," although sensible, is respectfully declined. We fear it would be replied to with equal sense, and still greater sarcasm.

Book Notices.

WOMAN AND HER NEEDS. By Mrs. E. Oakes Smith, author of the *Sinless Child*, *Lost Angel*, etc. etc. 12mo. 120 pages, price 25 cents. New York: FOWLETS & WELLS, publishers.

Than the moral, intellectual, social, and physical development and perfection of WOMAN, perhaps no other work of equal importance can be named or engaged in. Hitherto the women of the world have been engaged in pursuits other than that now called for by the present advanced state of commerce, mechanism, and the arts. The question now agitating the minds of many Reformers is this:—"How may the condition of woman be improved?" Mrs. SMITH will prove a good adviser. The present work contains:

CHAPTER I.

Those who feel the pressure of evils are morally bound to seek redress—Our institutions are to be trusted—Our institutions of a kind to challenge an intimate search into human rights on the part of women—Conventions—Woman an intelligent, distinct individual—The Woman view.

CHAPTER II.

Women limited by in-door labor—Denied a voice in the law—Opinion created for us by men—Religious abuses and

monkish denials, the growth of the masculine mind—Woman has stooped from her high place—Her unlikeness not inferiority.

CHAPTER III.

Women are accused of a love of notoriety—The safety of a womanly recognition—Women must receive their happiness according to received opinion; not as a bounty from God, but tolerated by man—They are made artful by oppression—If liberty be safe to men, it is so also to women.

CHAPTER IV.

The standard of womanhood to be taken from the noblest types of the sex—Girls trained in reference to marriage—Men and women often unadapted to marriage—Property confers dignity.

CHAPTER V.

Woman occupies a false position—She would be dissociated from labor in a true state of society—At present her affections are a barter for rank or property—The great Contract, or Marriage.

CHAPTER VI.

Sometimes a salary paid for a housekeeper the true position, instead of the taking of a wife—A contract should be secure from violation—Evils that only a reformed public opinion can relieve—Evils arising from premature marriage.

CHAPTER VII.

Truth hereafter to be developed in regard to the great law of Love—Marriage should be a sacrament, not a mere civil contract—No Divorce in a true state of society.

CHAPTER VIII.

Men and women often disinclined to marriage—Incompetent to the relation—Superiority in women regarded with distrust—The same laws cannot belong to every pulse of womanhood—A great nature will make itself felt.

CHAPTER IX.

The inmost recesses of the soul holy, unless contaminated by an evil life—Public and private scandal—The inmost law.

CHAPTER X.

The new testimony—Man has been blindly and ignorantly oppressive—Entire freedom the right of humanity.

CHAPTER XI.

The popular estimate of the conjugal relation—Falseness and subterfuge inculcated by many who affect to lead opinion.

CONCLUSION.

God is the searcher of hearts, as a revealer—He did not impart faculties merely to tempt and delude, but for obedient and enlightened use.

[By this our readers may judge of the Book. It will be found exceedingly entertaining to all who desire the well-being of woman, and, through her, the improvement of the race.]

THE LADIES OF THE COVENANT. Memoirs of distinguished Scottish Female Characters, embracing the Period of the Covenant and the Persecution. By James Anderson.—New York: J. S. Redfield.

The two great channels of popular influence in book publication at present in the United States, are the lady and the religious interests. Of well-written books of sound moral and domestic treatment, as the writings of Mrs. Ellis, Grace Aguilar, and others, tens of thousands are circulated among lady readers. Another class has arisen of an historical interest, of which the sex is the special subject, as *Miss Strickland's Queens of England and Scotland*, *Mrs. Ellet's Women of America*. The Rev. James Anderson has united these two topics in the *Ladies of the Covenant*; a biographical, with a general historical view of the trials and persecutions of non-conformity in Scotland in the old days of prelatical tyranny. A contest with the ruling powers, partaking of so much of the family interest, common to the Scottish politics of the period, necessarily brought out the resources and character of woman. This is abundantly exemplified in this well-prepared volume of the *Ladies of the Covenant*. Noble names figure in the list, of the Lindsay, Campbell, Douglass, Rutherford and other divines appear on this stage of private and public life. The narrative has been faithfully entered upon, after original research among historical MSS., the *Wodrow* and others at Edinburgh; and the several statements are fortified by constant references at the foot of each page—a habit of late too much neglected in books for popular circulation.

[Thus says the *Literary World*—and we endorse the statement. Our WOMEN (we do not like the term *Ladies* in this connection) are beginning to make themselves conspicuous

in the world. Hitherto the glory has been claimed by desperate men, who have figured in the field of (murder) battle. We are glad the WOMEN are making an effort in their own behalf, instead of flirting with brass buttons, or running after gew-gaws. The volume before us contains 490 12mo. pages, well printed and bound, and is sold for \$1 25.]

THE SOLAR RAY.—In four sections, comprising, *The Zend-Avesta*, with notes, *History of the Solar Men*, and the *Ancient Theologies*. *The Sun Hieroglyphic of God and Practical Revelations of the Solar Ray*. *The Trinity*. *The Incarnation*, by M. Edgeworth Lazarus, M. D. FOWLETS & WELLS, Publishers.

The latter two sections of this work now appear among our publications, composing the first of a series of works whose influence will not be ephemeral, and whose readers are likely to be every year more numerous for a long while to come, if we may judge of their quality by the present. The author exhibits the operation of natural laws hitherto considered as abstractions of astronomy and theology, in their application to matters of daily and familiar interest which touch us all most nearly, and he is not one of those optimists who merely give us new names for old things, but clearly discriminates between the harmonies of the heavens, whose laws he examines, and the actual disorder and evil of the earth, where it remains for man to introduce them. It is a neat volume of 190 pages, 8vo., and so pleasantly written, that the stars which it plucks from the sky change by some love magic to flowers in the hair; and you forgive the author for making you think, because it is certain that *he* feels, and warms you with the sunshine of his soul. The infallibles will look black upon it, and those who are yoked in wedlock with the moral perfections of modern civilization, will give it cold greeting, and very few will venture to express an unqualified approbation of its positions; but it will find its own readers, and do its own work more effectually than any of those half-breed, limping compromises which dare not speak out for fear of giving offence. We commend it heartily to every believer in the social future of mankind.

MUTTERINGS AND MUSINGS OF AN INVALID. New York: John S. Taylor.

The Book has a charming look—printed on the most beautiful paper, with large, well-led types, in the 12mo. form, with 180 pages. But what a title! Who can be found in all these United States—including New Jersey, Connecticut and South Carolina—that does not hate, yes, *detest*, a "mutterer?" All instinctively exclaim "Get out!" Yet in this first and only instance on record, we have an agreeable, instructive, laughable mutterer. Then in his musings, we find Philosophical questions started—Reforms suggested, exhibiting at once an intellect well developed, together with a benevolent spirit running through the whole. Were we requested to prescribe for the Invalid author, we should advise him to drop Blue-pills, and take a course of Hydropathy.—We are of the opinion that it would so far mend him, as to enable him to comply with certain commands found in the Bible, in regard to multiplying, replenishing, etc. etc.

AMERICANS WARNED OF JESUITISM, or the Jesuits Unveiled.—By John Claudius Pitrat, a Member of the University of France, Founder and Ex-Editor of the Journal "La Presse du Peuple," in Paris, and formerly a Romish Priest. New York: J. S. Redfield. 1851.

The character, objects, aims, motives, and ability of these two books are so well indicated by their titles, which we copy in full, that there is no need of adding a word of comment in explanation. One small book, if faithfully read, would be sufficient to expose the villainy and irreligion of priestcraft, while all the books in the world would be insufficient to contain the details of the unclean, cruel and debasing acts of those who style themselves the servants of God, and assume the office of teacher of the great truths of Christianity.—With a conviction that all books of the class do some good, it gives us particular satisfaction to recommend these last contributions to the great stock of literature of the kind, to the notice of the public.

THE HUMAN BODY AND ITS CONNECTION WITH MAN. Illustrated by the principal organs. By J. J. G. Wilkinson, Member of the Royal College of Surgeons of England. Price, \$1 25. New York: For sale by FOWLETS & WELLS.

A handsome 12mo. vol. of about 400 pages—divided into sections, under the following headings: "The Human Brain; The Human Lungs; Assimilation, and its Organs; The Hu-

man Heart; The Human Skin; The Human Form; Health; Appendix."

At a future time we shall have more to say of this Book, in which the author has given us a chapter on Hydropathy.

THE SCIENTIFIC AMERICAN. A new volume of this excellent paper has recently been commenced, with improvements. A new dress, with numerous illustrations, and an unexceptional form, published at a low price, places this Journal of Utility, Industry, the Arts and Sciences, beyond the reach of competition.

It is the **MECHANISM** of our people which has gained for us the supremacy on the seas. We have there already surpassed the world in the use of steam and the wind. Nor is the end of improvement yet reached. The **CONSTRUCTIVENESS** of our Nation is being daily developed, through the influence of our mechanical publications—and among the most efficient and popular, we may name the Scientific American. Published weekly, by **MUNN & COMPANY**, at 125 Fulton st., New York. Terms, only \$2 a year.

Advertisements.

WATER-CURE ESTABLISHMENTS.

YELLOW SPRINGS WATER-CURE ESTABLISHMENT—Dr. A. Cheney & Co., Proprietors. Terms: For board and treatment, \$3 per week; payment made weekly. Friends accompanying patients, and occupying the same room, half price. Visitors not under special medical treatment, but having free access to the baths, \$5 a week.

Patients to bring two cotton and one linen sheet, two comforts, two blankets, four towels, and some old linen for bandages. Patients not bringing the above, will be charged fifty cents a week extra.

Further particulars can be ascertained by personal application or by letter, directed to Dr. A. Cheney & Co., Yellow Springs, Green county, Ohio, or to Dr. G. W. Bigler, Proprietors, north-west corner of Fourth and Race streets, Cincinnati.

This establishment is located one mile south of the old Yellow Springs, and a few rods east of the Little Miami Railroad, in an extremely healthy and romantic region of country. Some of the hills on this property are within a few feet as high as the highest point of land in the State of Ohio.

The buildings were recently erected expressly for their present purpose, and capable of accommodating sixty patients, and are fitted up with baths and all other conveniences necessary. They are located near the top of a hill, in a very elevated position, commanding a fine prospect, with nearly one hundred acres of land attached, principally woodland. There is abundance of the purest water on the premises, being above fifty never failing springs, besides a running stream which flows through the centre of the grounds; giving an inexhaustible supply, making it peculiarly adapted for an establishment of this kind.

Rheumatic, nervous, consumptive patients, or those laboring under any chronic or lingering disease, should avail themselves of the benefit to be derived from the treatment at this establishment. In most cases a cure may be relied on.

The trains leave Cincinnati at half past 5, a. m., and at half past 2 p. m., arriving at the Yellow Springs at 9 a. m. and quarter before 7 p. m., and leave Springfield at 6 a. m. and 6 p. m., arriving at the Springs at quarter before 7 a. m. and quarter before 7 p. m. By giving previous notice by letter directed to Dr. A. Cheney & Co., Yellow Springs, a carriage will be in waiting to convey patients to their destination. Nov. 6t.

CHENANGO WATER CURE—D. C. B. Barrett, formerly of the city of New York, embraces this opportunity of informing his many friends and patrons, and those favorable to a judicious mode of Water Cure treatment, that he has withdrawn himself entirely from the Mount Prospect Water Cure at Binghamton, New York, of which he was formerly its proprietor and resident physician, and opened an establishment on the east side of the Chenango river, for the relief and treatment of diseases of every grade and character, by the use of Pure Water. The Institution is located two and a quarter miles from the beautiful and flourishing village of Binghamton, and is at all times accessible to the cars going East or West, by a pleasant and picturesque drive of fifteen minutes, or by canal to Norwich or Utica, immediately opposite the Institution.

Dr. C. B. Barrett would, through the columns of the Water Cure Journal, inform the sick and afflicted everywhere, that he has opened this establishment with a view of making the Water Cure treatment *within the reach of every one*, by putting the treatment at the low price of *two dollars a week*. It is to be hoped that with so low a rate for weekly treatment, the friends of the Water Cure will exert themselves in behalf of suffering humanity, and thus prove themselves "zealous in every good word and work."

Patients living at a distance, and who may, from a variety of circumstances, be unable to attend for daily treatment, and who are desirous of obtaining the professional advice of Dr. Barrett, by sending age, sex, occupation, habits of life, and symptoms of disease, and enclosing one dollar, current funds—postage invariably to be pre-paid—will receive prompt attention; and full directions, in a printed form, will be immediately furnished, enabling the patient to adopt a judicious course of treatment at his own dwelling. **CLARENCE B. BARRETT, M. D.** Nov. 6t.

WINTER ARRANGEMENT.—The Glen Haven Water-Cure at this date opens for a course of winter treatment. The climate of "THE GLEN" in the winter is delightful for invalids. The establishment has every facility for winter treatment, and the proprietors can and will make it genial and highly beneficial.

Our prices will be the same as in the summer, five or six dollars a week. But, desirous to do good, and to give to the sick who are poor, if possible, the benefit of the treatment, we propose to take TWENTY PERSONS, if so many choose to apply, for FOUR dollars a week, payable weekly—conditioned as follows:—

1st. The applicant must have, in our judgment, a curable disease.

2d. He or she must be poor in purse. For those who have money, and want our skill, our regular prices are exceedingly reasonable.

3d. There must be a specified time during which they shall, extraordinary exceptions excepted, stay. We wish to make the treatment available, and so shall ask time.

4th. If severe and long crises occur, they must meet any reasonable extra cost.

5th. This offer does not include the use of packing clothes or personal clothes washing.

Let not the poor say that one Water-Cure does not open its doors to a certain extent to them. We will do for those who avail themselves of our offer all that skill and kindness can do to give them health.

Our winter route will be to Skaneateles Junction by railroad, from thence to "the Glen," by good livery conveyance, for a reasonable sum. Let none hesitate to come for fear that the treatment will be ungenial. All will be agreeable, and well calculated to improve the patient. Address J. C. Jackson, M. D., Scott, Corland Co., N. Y. Glen Haven, Oct 1, 1851. THE PROPRIETORS.

BUFFALO COLD SPRING WATER-CURE—This establishment is located about two miles north of the city of Buffalo, one mile east of the Niagara river, and twenty miles from Niagara Falls, and is so accessible from all points as to be reached without inconvenience or delay. A line of omnibuses runs from the foot of Main-street, in Buffalo, to the Cure every twenty minutes. The building is large, airy, and commodious, and the entire arrangement is such as to give it an air of neatness, and render it a quiet and comfortable home for the invalid. Connected with the Cure is an extensive gymnasium, where a great variety of physical exercise is regularly and systematically pursued. The water is taken immediately from the celebrated Cold Spring, which for purity and coldness is not excelled. The Medical Department is under the general supervision of S. M. Davis, M. D., formerly Professor of Theory and Practice of Medicine in Central Medical College. Dr. James L. Acomb is medical assistant, and has charge of the Gentlemen's Department. Mary M. Taylor, a lady of superior qualifications as medical scholar and nurse, has special charge of the Female Department.

In regard to the position of our "Cure," it is deemed sufficient to say, that Buffalo Cold Spring Water-Cure will compare favorably with any of the well-conducted establishments of a similar character, and will be found equal to the best as regards the order, convenience, and desirableness of its arrangements.

Terms.—From \$5 to \$14 per week, varying according to room and attention required. Address, post-paid, S. M. Davis, M. D., Office 230 Main-street, Buffalo, N. Y.

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 comforts, one woolen blanket, and a linen packing sheet, 1 3-4 yards long by 1 1-2 yards wide, besides four coarse bath towels. Some old linen for bandages will be desirable. All business letters addressed to Dr. J. F. BURDICK, Forest City P. O., Tompkins Co., N. Y., post paid. sp 6m

WATER-CURE INSTITUTE.—Patients will be treated at all seasons of the year, at the commodious city establishment, 15 Lighthouse 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 purposes they are provided with all the requisite mechanical and physiological appliances. tf

WORCESTER WATER-CURE INSTITUTION, No. 1 GLEN STREET.—This building was erected expressly for Hydropathic purposes, and embraces all the conveniences necessary for the improvement and enjoyment of patients. The location is retired and overlooks the city.

TERMS.—For full board and treatment, \$6 to \$10 per week, according to rooms occupied.

A medical fee of \$2 for first examination will usually be required.

Patients are requested to bring two coarse cotton and one linen sheet, two woolen blankets, one comfortable, and old linen for bandages. S. ROGERS, M. D. E. F. ROGERS, Superintendent. oct if j

CLEVELAND WATER-CURE ESTABLISHMENT—The above Establishment, having been put in fine order, is now commencing its fourth season. The success which attended it thus far enables the subscriber to say with confidence, to all who wish to make a practical application of the Water-Cure Treatment, that they can pursue it here under the most favorable auspices for the removal of disease. The location, although in the immediate vicinity of one of the most beautiful cities in the Union, is still very retired. The water is very pure, soft, and abundant.

The charge for board, medical advice, and all ordinary attendance of nurses, is \$8 per week, payable weekly. T. T. SEELYE, M. D., Proprietor. oct. 8t

AMERICAN HYDROPATHIC INSTITUTE.—Dr. T. L. NICHOLS and Mrs. GOVE NICHOLS, will continue to receive patients for consultation and treatment, at their residence, 91 Clinton Place, 8th street, New York, until May 1st, 1852. Patients applying by letter, will be informed of the first vacancy. Terms of full board treatment, \$10 a week; consultations, personally or by letter, \$5; city patients, \$2 a visit.

The second term of the Institute will commence Monday, January 10, 1852, and continue 12 weeks. Fees, \$50, in advance.

Board, to those who wish us to provide it, three dollars a week. Text books, at wholesale prices, and washing at cost.

Those who have fully decided to attend this term, will please make early application. Nov. 1t.

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 PRE-PAID. DR. O. V. TRAYER, Principal and Resident Physician. oct. 6t—A. P. & W. C. J.

GREENWOOD SPRINGS WATER CURE, Cuba, Allegheny county, N. Y. The proprietors of this Institution respectfully announce that they are prepared to receive and treat the sick and afflicted during the coming winter. Terms per week, \$5 00, payable weekly. J. C. WHITAKER, J. B. FRASER. Nov. 3t.

EAGLE HOUSE WATER-CURE, at Pitchersprings, Chenango county, New York.—Dr. A. A. Mason has returned and taken charge of this establishment. Open for patients, Summer and Winter. Nov. 1t.

THE BROWNVILLE WATER CURE ESTABLISHMENT, under the direction of Dr. C. BELL, is open for the reception of patients, Summer and Winter. Ap. 1y.

FOR SALE—A WATER CURE ESTABLISHMENT, with an excellent practice. Enquire for further information, at FOWLER & WELLS—Nov. 1t.

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

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

VAPOR BATHS.—John Hanna, of 86 Foreyth street, near Grand, New York, will administer Vapor Baths daily, from 9 1/2 m. to 10 p. m. A female will be in attendance to wait on ladies. Nov. 1t. b.

WEBER'S ANATOMICAL ATLAS OF THE ADULT HUMAN BODY, NATURAL SIZE.—W. Endicott & Co., No. 59 Beekman street, New York, have lithographed and republished from the original German edition (the only American edition) the eleven entire figures contained in part first of the above-named well-known and valuable work, by Professor M. J. WEBER, of the Royal Prussian University FREDERICK WILLIAM, at Bonn.—Figures I. K. and L., representing the veins and arteries, are accurately colored from the original copy, and the whole work, with a comprehensive "explanation," is offered for sale in sheets and portfolio at \$15 per set, or mounted in the usual style of maps at \$25 per set. Nov. 1t. b.

NOYES WHEELER, Cranioscopist and Scientific and Practical Phrenologist, has become permanently located at 265 Washington street, Boston, where he is prepared to examine heads, describe character, capabilities, disposition and talents, write out characters, and mark charts.

CLASSES formed to teach the Sciences of Phrenology and Craniocopy

BOOKS FOR SALE, on Phrenology, Physiology, Hydropathy, Electropathy, Magnetism and Psychology.

SUBSCRIPTIONS received for the Phrenological Journal and the Water Cure Journal. OFFICE open DAY and EVENING. Nov. 1t. b.

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.

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CENTRAL MEDICAL COLLEGE, ROCHESTER, NEW YORK. The next annual course of Lectures in this Institution, will commence on the first Monday in November, 1851, and continue sixteen weeks. This is an Eclectic School, aiming to investigate fully and freely the various medical practices of the day, selecting from each liberally, with the exercise of a careful discrimination, and adopting only the SAFEST and BEST agencies for the treatment and removal of disease.

FACULTY.—L. C. DOLLEY, M. D., Professor of Anatomy and Operative Surgery; Levi Reuben, M. D., Professor of Physiology and Pathology; Orin Davis, M. D., Professor of Obstetrics; P. C. DOLLEY, M. D., Professor of Theory and Practice of Medicine and Surgical Diseases; W. W. HADLEY, M. D., Professor of Materia Medica, Therapeutics and Pharmacy; A. K. EATON, M. D., Professor of Chemistry and Forensic Medicines; J. H. TILDEN, M. D., Demonstrator of Anatomy and Surgical Prosector; Lorenzo N. Jones, Janitor.

FEMALE DEPARTMENT.—Mrs L. N. Fowler, M. D., Professor of Midwifery and Diseases of Women and Children.—Mrs. Fowler will render her pupils every assistance they may wish, in attaining a thorough knowledge of Anatomy. The ladies' dissecting room will be under her charge.

This Institution has now, longer than any other Medical school, admitted ladies to full and equal privileges for the study of medicine. Many ladies have attended, and the following, having complied with the requirements, and sustained strict examination upon the various departments, have obtained the degree of M. D.: Mrs. L. N. Fowler, of New York City; Mrs. R. B. Gleason, Matron at Forest City Water-Cure Office, New York; Miss S. R. Adamson, one of the Physicians to Blockley Hospital, Philadelphia.

LECTURES.—Six lectures will be delivered daily, and will be so arranged as to give each branch the number required by its importance and extent. Each Professor will subject the class to frequent and rigid examinations, in order to impress the knowledge communicated more deeply upon the mind of the student, and at the same time enable the teacher to ascertain whether he has thoroughly comprehended it.

FEES.—Aggregate cost of Professors' tickets, \$60; Demonstrator's fee, \$5; Matriculation fee, \$5; Graduation fee, \$15. For further particulars, address W. W. HADLEY, M. D., Dean of the Faculty, Rochester, New York.—Nov. 1st.

BLAKE'S PATENT FIRE-PROOF PAINT.—The original and only genuine article that can be sold or used without infringing my Patent, and which, in a few months after applied, turns to a SLATE or STONE, forming a complete ENAMEL or COAT of MAIL, over whatever covered, bidding defiance to fire, water, or weather. It has now been in use over seven years, and where first applied is now like a stone.

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POTNAM'S PATENT SPRING BEDSTEAD.—Manufactured and for sale at his Bed and Bedding Warerooms, 169 Fulton Street, New York, and 404 Washington Street, Boston. Nov. 2nd b.

82 NASSAU STREET, N. Y.—Boot Makers' Union Association.—Boots, Shoes, and Gaiters, at retail for wholesale prices. Oct. 1st b.

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