

# WATER-CURE JOURNAL



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### Contents.

Illustrations of Physiology, . . . . .	25
The Man of Bone and Muscle, . . . . .	26
The Arterial Man, . . . . .	26
The Venous Man, . . . . .	26
The Lymphatic Man, . . . . .	27
The Man of Nerve, . . . . .	27
Water-Cure in Organic Diseases, . . . . .	27
Scarlatina, or Scarlet Fever, . . . . .	28
The Teeth, . . . . .	30
Life and Character of Vincent	
Prisoners, with a Portrait, . . . . .	31
A Report of Cases, . . . . .	32
Chronic Liver Complaint, . . . . .	32
Dyspepsia, Drug Poisoning, . . . . .	32
Marasmus, . . . . .	32
The Position of Women, . . . . .	34
FEBRUARY NOTES, . . . . .	37
Cases of Suicide, . . . . .	37
Female Physicians, . . . . .	37
Neural Obstetrical Practices, . . . . .	37
Faith and Works, . . . . .	37
Reform in Written Language, . . . . .	37
Anaesthesia Mammææ Allopathic, . . . . .	38
The Street Children, . . . . .	38
REVIEWS, . . . . .	38

The Water-Cure Almanac for 1852, . . . . .	38
Homoeopathic Domestic Physician, . . . . .	39
MISCELLANY, . . . . .	39
That Discussion, . . . . .	39
Goats from Boston, . . . . .	39
The American Costume, . . . . .	40
Hydropathic Institute, . . . . .	40
Water-Cure in Paterson, . . . . .	41
BUSINESS NOTICES, . . . . .	41
VARIETIES, . . . . .	42
Kesoth—his Personal Appearance, . . . . .	42
Divine Providence Defined, . . . . .	42
Harmonies of Every-Day Life, . . . . .	42
Kesoth and Water-Cure, . . . . .	42
Prevailing Winter Fashions Illustrated and Contrasted, . . . . .	42
Good Manners, . . . . .	44
Entailed Estate, . . . . .	44
The Normal Schools of Canada, . . . . .	44
New Medical Receipts, . . . . .	44
A Hint to Letter Writers, . . . . .	44
TO CORRESPONDENTS, . . . . .	45
BOOK NOTICES, . . . . .	45
ADVERTISEMENTS, . . . . .	46

### ILLUSTRATIONS OF PHYSIOLOGY.

BY T. L. NICHOLS, M.D.

PHYSIOLOGY, in the broad sense of the term, is the science of nature. We conveniently restrict it to the science of life. Generally we mean the science of the phenomena of human life; and this, in my view, and not mine only, is a central science, more interesting and more valuable than all others. I see in it a true basis for social science, and a guide to all true reform. Education, literature, government, laws, institutions, and social arrangements and observances, must all be in conformity to physiological laws, or they are inharmonious with man's nature, and unadapted to his best condition.

Anatomy is the shell of Physiology. When we know every bone, muscle, artery, vein, nerve, organ, and tissue of the human body; when we have seen, handled, and examined them, we are but little wiser than we were before. The examination of the brain, the most careful that we can make, gives us no idea of its functions. It had been examined for centuries before Gall discovered its physiology. So the anatomy of the heart, arteries, and veins, was known ages before Harvey discovered the great physiological fact of the circulation of the blood.

In some things, anatomy gives a clue to physiology. The uses of bones, cartilages, ligaments, and tendons are pretty apparent; but who could infer, from the mere examination of a liver, a kidney, or a salivary gland, its special uses in the animal economy? Even now, the uses of many large and evidently important organs are only vaguely guessed at. Who knows anything of the use of the spleen, the thymus gland, or the supra-renal capsules? We have found but one function for the entire cerebellum; and how little do we know of the sensory ganglia! It is mortifying to a teacher of medical science, to confess to so much ignorance; but it is better to do this, than to skim over the surface, without even knowing that there is more to be discovered. In the present state of human science, those are the wisest who know how much remains unknown.

I do not propose, at this time, to write a careful and methodical treatise on Physiology, though such

a work is greatly needed. It may seem presumption in me to say so, but I find the greatest and most recent works on this subject very incomplete, imperfect, and every way unsatisfactory. A thorough, profound work on this subject does not exist, and is greatly needed; and no better service can be done to humanity than the writing of such a work, in such a manner that everybody will read it.

I propose to myself, at present, a humbler task—simply the illustration of a few physiological facts and principles in the columns of the Journal, aided by the enterprise of the publishers, who wish to spare no pains or expense in making this Herald of Reforms attractive and useful. Allow me, as one not unknown to the public, and as totally disinterested, except so far as their best good is concerned, to hope that their zeal will be met with the most zealous and energetic efforts on the part of every subscriber, to extend the circulation of the Journal, until it shall carry its reform of purity and health into every family in the land. Can any man do a better work for the world?

When we look at the human body as a whole, and in respect to all its parts, we are struck with the fact that we have a series of bodies—many in one. We have first, and most obviously, a body of bone and muscle, with their attached cartilages, ligaments, tendons, and aponeuroses—the system of locomotion. And how large a portion of man this seems! It appears to make up nearly all the weight and bulk of his body. Cut off the four limbs, remove the thorax and pelvis, with the masses of muscle attached to them, the neck, the face, and the cranium, and we have not much left in appearance, but how much in reality. The man is left. When an arm is amputated at the shoulder, you have taken away so many pounds, but have you removed any portion of the man? Take off, with adroit surgery, both arms and both legs, and the man remains. Let the fat and muscle around the trunk waste away, till nothing is left but the skin and bones, still the soul is unconscious of any subtraction. What, then, is the man? Evidently not the body he rides about in.

No—the body is not the man, and the man is not the body. This has puzzled all materialists. St. Paul, whose writings show learning, intuition,

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GENEROUS RESPONSES.—Our hearts have been gladdened, our ambition to do good increased, and our energy quickened, by the numerous hearty and "feelingful" responses, which every day come to us from near and distant friends. With such words of encouragement, accompanied with "material aid," as are showered in upon us, we gather additional strength, and make new resolves to carry onward and upward the glorious reforms in which all should deem it a pleasure even to be martyrs, for it is martyrdom, to a small extent, to contend against public errors and private interests; but we meet these enemies, not with revengeful feelings, but with a fervent desire to do good, and, thank God, we are liberally, yes, generously sustained by the integrity, benevolence, and devotion of intelligent people. They have our thanks. Together we may overthrow error, prevent premature death, and introduce a new and better mode of life.

or inspiration, tells us, "there is a natural body, and there is a spiritual body." Swedenborg elaborates and extends this idea. He assures us, from his intuitions or spiritual impressions, that all forms have their spiritual substance; that man is a spiritual being, and that the material body is but an outgrowth of the spiritual, and the medium of its temporary manifestation, but not at all necessary to its continual existence.

If we admit the doctrine of a spiritual body as a whole, we must also admit it in all its parts. We must have a spiritual head, trunk, arms and legs. We must have spiritual bones, cartilages, tendons, muscles, nerves, heart, arteries, veins, lymphatics, and all visceral organs. There must be spiritual brains, blood, secretions, and excretions. This will seem to some the application of the *reductio ad absurdum*; but it is not so intended. If there is a spiritual body, of which the physical body is an outgrowth and expression, there must be a minute and perfect correspondence, from the hair to the toe-nails. There must be spiritual thumbs and fingers, a spiritual skin, cuticle, and exhalant glands. And our diseases may be spiritual.

There are certain difficulties in the way of this philosophy, which we need not here enter upon, but there is no view of the phenomena of life without its difficulties. We shall find as few in the spiritual philosophy as in the material.

And it may be doubted whether the continued existence of the human soul can be accounted for on any other hypothesis. It is customary to say that a man has a soul or spirit. This is an unphilosophical expression. If there be both spirit and matter, the spirit must be superior, and *the man*. We should say, therefore, that a man has a body, and not that he, the body, has a soul.

Leaving these matters for the present, let us proceed to a consideration of the various physical bodies, which go to make up the "human form divine."

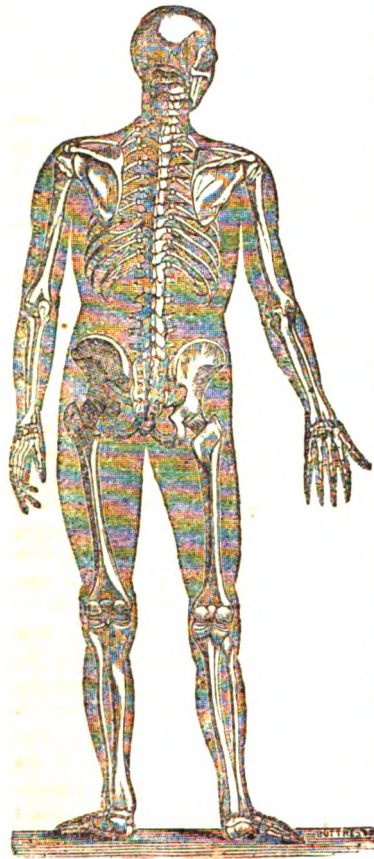


Fig. 1.

THE MAN OF BONE AND MUSCLE.

tem, we are lost in wonder at the extent and perfection of the apparatus.

Next to the man of bone and muscle we have the arterial man. We cannot prick through the skin without piercing some arterial capillary. Every organ, every tissue, every portion of the body has its arteries. The heart has its own arteries, penetrating every portion of its substance. Even the

We have, in engraving No. 1, a representation of the locomotive man—the man of bones and muscles—the skeleton being represented within its fleshy envelopments—Here much is simple and mechanical. The bones and articulations are admirable pieces of machinery, showing design and contrivance at every point. The muscles and tendons are arranged better than all the riggers in the world could place them. The more we study this mere outside machinery, this locomotive of the soul, the more shall we be impressed with the wisdom of which creation is full. But when we pass beyond the simple anatomy of these organs, and come to examine their action, we are beset with uncomprehended, if not incomprehensible difficulties. Muscular contractility is a problem which no one has explained. The man wills: instantly the muscle swells and shortens, and the work is done; and with a Herz or a Sivioli, or even a rapid talker, these muscles act with immense rapidity. But how, why, or in what manner? There is an act of the mind, a nervous action, a contraction of the fibres, and the work is done. When we consider the number, and variety, and complication of these movements, in all parts of the system, we are lost in wonder at the extent and perfection of the apparatus.

arteries have their own arteries—*vasa vasorum*—to give nourishment to their own tissues. Arteries are distributed upon the veins and the nerves. The blood nourishes everything, and, of course, penetrates everywhere. Thus

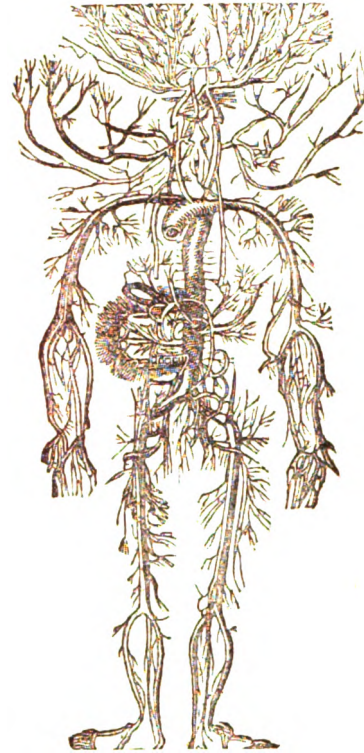


Fig. 2. THE ARTERIAL MAN.

we have a man of arteries; and if it were possible, by any chemical process, to destroy every portion of the human body beside, the arteries would make the complete man, giving the form of every organ.

Wherever we have arteries to carry the blood, we have veins to bring it back to the heart, and these in even greater number. Veins accompany all the great arteries, but frequently there are two veins to one artery; and then, besides these deep-seated veins, there is a vast network of superficial ones. The arteries are like the distributing pipes of the Croton Reservoir, carrying the water to every dwelling, while the veins are like the springs and rills that unite to form brooks and rivers, and carry it back to the great reservoir. So there is a venous man, as well as an arterial. Figure 3 gives an imperfect idea of this venous concatenation, unravelled out of shape a little, but giving a general idea of the point I wish to illustrate.

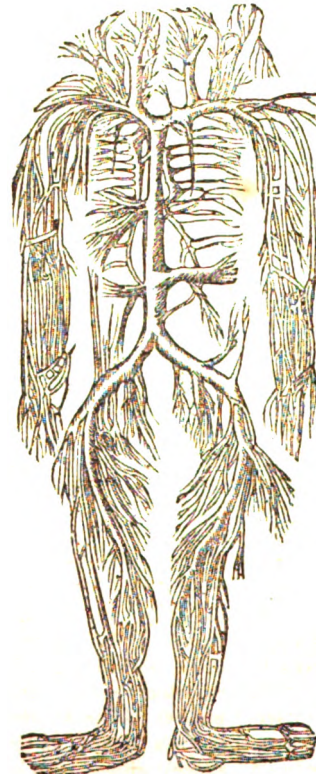


Fig. 3. THE VENOUS MAN.

But we have another man, or another human form, as perfect, perhaps, as either of the foregoing, made up by another set of blood-vessels, small, delicate, universally diffused, and carrying not the red blood of the arteries, nor the purple blood of the veins, but the white blood of the lymphatics. This whole system of vessels was overlooked until recently, and even now the doctors are quarrelling about its functions. Its existence, however, is sufficiently demonstrated; and in it we have another pervading system, capable, separately, of preserving the human form in all its proportions. A few of the largest of these vessels are shown in figure 4, but they enter, in microscopic minuteness, into every organ of the body, and have an important part to perform in the great function of nutrition. It was once supposed that these vessels acted as absorbents, taking up the waste matter to be carried off by the excretions, but this notion is now abandoned. It may rather be supposed that the white blood they carry is the purest and most elaborate of any, and that, having passed through the lower forms of life, or the coarser tissues, it has become qualified to enter into the highest organs, and assist in the most important functions.

However this may be, there is a pervading system of white blood vessels, having a peculiar circulation of their own, quite independent of the heart, and moved by vital forces which physiologists are not very well acquainted with.



WATER-CURE IN ORGANIC DISEASES.

BY E. A. KITTRIDGE, M.D.

We are often asked "if water will cure an organic disease?" We say yea, the 'Water-Cure' will do it if anything will. The next question is, What, if any, organic diseases are curable? I answer that that depends a good deal upon circumstances.

For instance, if a man, by a gross violation of the laws of his being, long persisted in, induces diseased action, which ultimately results in disorganization—he being naturally a healthy man—he has only to come into true, or Hydropathic conditions, to become well again; that is, if he comes under the law in any kind of season.

On the other hand, if a man, ordinarily careful of his system, becomes organically diseased by virtue of a scrofulous inheritance, that man will be pretty sure to die, although a rigid compliance with the laws of Hydropathy may prolong his life, and make him comfortable, comparatively speaking, while he does live.

Hence it will not do to say that Water-Cure, or any cure, will cure this or that disease.

All we can say is, that it will cure all curable diseases.

Taking this view, you see the untruthfulness of saying that such and such diseases can't be cured, simply because they are manifested in organs of vital importance.

For instance, it is generally supposed that an organic disease of the lungs is necessarily fatal. This, however, is a mistake, as every experienced and understanding physician knows.

Many of the cases of diseased lungs are consequent upon long-continued disease of the liver, which, being kept up by false living and irritating medicines, has caused at last a sympathetic action in the organs of respiration.

Now, it will not appear strange to any one conversant with the recuperative power of nature, that when the patient ceases to do that which kept up the disease in the liver, the lungs, which were diseased only from sympathy, should grow better. Always providing a man has no particular scrofulous habit.

In confirmation of this, I can point you to hundreds now living, who have only one lobe of the lungs left, or at most, not more than one and a half, that is of any service to them, and yet enjoy life "passing well."

There are still more instances of organic disease of liver being cured—or rather, of the patient being cured so as to keep!—in spite of indurations and even ulcerations.

The question then is not, with me, What organ is affected, but, *Who is the patient? and how did he come by it? and how long has he been so?*

A man's parentage is also to be taken into the account, in making up our diagnosis or 'verdict.'

The great reason why so many die prematurely, even after they commence with the Water-Cure, is that they are altogether too prodigal of their resources. They are too apt to think, that simply because they have come under the Hydropathic arrangement, they can do as they please—mope over the fire, or walk unheard-of distances, eat everything that anybody else can, and as much, &c., &c., trusting everything to the water!

Now, in my estimation, the water is the smallest part of the Hydropathic system!

I believe I can cure more without it—chronic cases, I mean—by strict attention to diet, &c., &c., than I could with it, without this attention!

The water is merely an adjuvant, and properly applied, is a most able auxiliary, and in all cases is much to be desired; but altogether too much stress is laid upon the use of water, and, in many cases, altogether too much water is used. The Water-Cure, in fact, is in its infancy yet.

A number of the 'sudden converts' to the Water-Cure, who run into it as they would into any kind of religion, or land speculation, or anything of the sort, just for the sake of the excitement, or perhaps because they think it will pay, soon begin to cry out, "Oh, Water-Cure is well enough in some cases, but it can't cure everything." How do they know! Perhaps "there are some things in heaven or on earth not dreamed of in their philosophy." And it is possible that they may not have been familiar with all its capabilities.

"Water-Cure," say these wisecracks, "may agree with some constitutions, but it is absurd to suppose it will with all!"

These are the ones whose constitutions have no affinity with labor—they are "willing to do anything but turn grindstone, churn, and work."

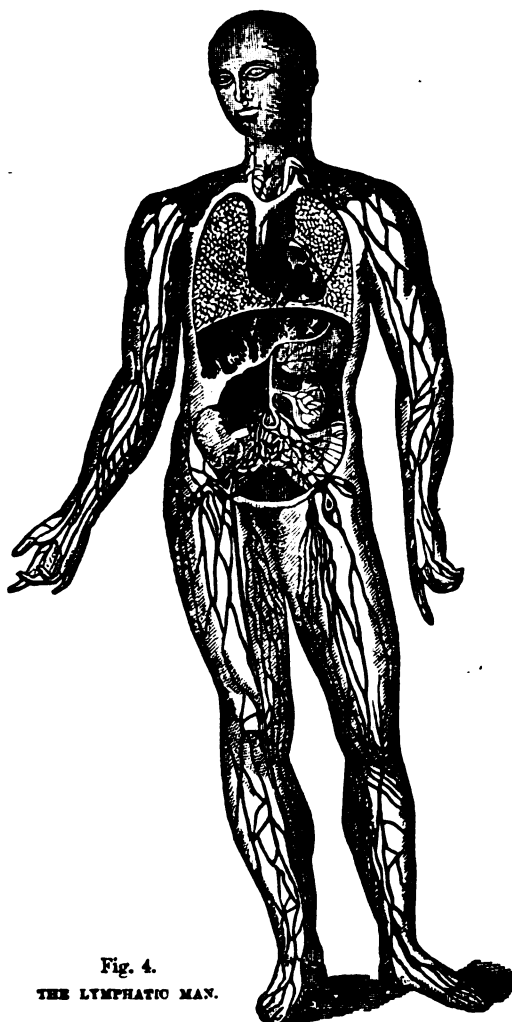


Fig. 4. THE LYMPHATIC MAN.

We have still another system, as pervading as either of those we have mentioned, filling the entire body, penetrating everywhere, piercing bone and muscle, and accompanying every vein and artery to their smallest ramifications. What! another man! you ask. Yes, another man, and this time it is a *man of nerve*. Taking the two systems of the nerves of animal and those of organic life, it is impossible to conceive of a more pervading substance. Every needle point of space on the surface of the body is occupied by a nerve, or multitudes of nerves. If you have any doubt, take a sharp needle, and try to find a place under the cuticle where there is no nerve of sensation. Throw away every tissue but this, and you would have a complete nervous man.

Figure 5 represents partially the distribution of the nerves connected with the brain and spinal cord, or the nerves of animal life. The distribution of the system of organic life is still more obscure and complicated, and, as we have good reason to believe, even more pervading.

There is one tissue more pervading than any of these, and entering into the composition of every organ of the body, and the minutest parts thereof. I mean the areolar, or, as it used to be called, the cellular tissue. It helps to form the skin, holds the adipose vessels, forms the sheaths of each muscular fibre, and each fibre of nerve, helps to make the coats of arteries, veins, and lymphatics, and forms the body of all the viscera. It is the tissue which helps to form all the rest, and joins them all together, and, if it were possible to separate it, it might be called the areolar man.

Thus we have taken a hasty survey of the ground we are to travel over in our future illustrations of Physiology.

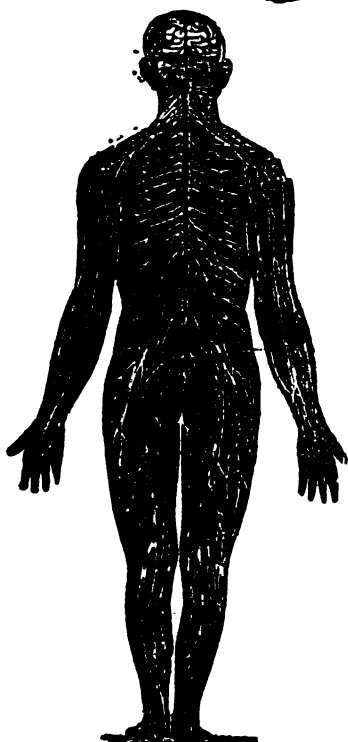


Fig 5. THE MAN OF NERVE.

Yes, we know of a good many such, who will never admit that it is good for them to work, and yet we well know that labor is the first law of health, and without it no man can be well, any more than he can live for years without eating.

The trouble is, they don't know what they are talking about when they say this.

Look at it in detail. "It may do for some to live in agreement with the moral laws, but not for everybody. It is absurd to suppose that everybody ought to do as they would be done by! It will do for poor folks and ministers of the gospel, but not for everybody!"

"It may do for some folks to keep the Ten Commandments, but it is nonsense to suppose that it will answer for everybody!"

"It is no doubt all very well for many persons to pay attention to cleanliness, but it is ridiculous to think it necessary for all to do so!"

"Very likely it may be serviceable to some to go to bed regularly and early, to live simply, and never eat too much; to drink nothing but water, and never to use tobacco: but of course it would not do for every one to live so!"

This is only the legitimate deduction of the assertion carried out, for the water-cure is nothing more nor less than the living in subjection to the laws of God and health, the recuperative powers within us doing the work of regeneration, if we are to be born again to health.

Where you find a perfectly healthy man, you will find a perfect Christian: the trouble is to find the healthy person; there are none. What should we think of the man who should declare that a well-made clock or watch, which had become almost useless from ill usage, want of cleanliness, &c., &c., would not keep good time again when put into the proper condition, always supposing none of the wheels, &c., broken—if he should say, "that cleansing such, removing all obstructions, taking means to prevent friction, &c., &c., might do very well in some cases, but it was not likely it would do in all cases"?

Well, is there any more certainty about the law of mechanics than there is about the law of being? No, no, friends; be not deceived with any such sophistry. God has made us all subject to the same laws: if we disobey them, we sicken and die; if we live in obedience to them, we shall seldom be sick—never except by virtue of our inheritance and by contagion—ay, I doubt whether a perfectly healthy man would even contract disease by contagion; if he did, it would not hurt him much.

"But we are sick: what shall we do?"

Have n't I been telling you?

"Live the life," and if that does not suffice, have the water applied as a curative, as well as a preventive agent, and my word for it, if it is possible for anything to cure you, thus living and doing will do it.

I know that many who are called Water-Cure physicians will tell you that a little medicine now and then will be useful; but those who have tried what the water-cure will do, instead of guessing what it won't do, year after year, before these doubters ever thought of trying it at all, will tell you, as I tell you, that it is all-sufficient. At any rate, where it does not succeed, you will find that

the addition of drugs will be more of an addition than an improvement; they will do harm if anything.

You can believe which class you please, but there it is. God is good, and Hydropathy is his own plan for the salvation of physical sinners. "Men have sought out many inventions," which tickle the fancies of the desponding invalid, but it takes Hydropathy to cure the diseases. Verbum sapientia.

## SCARLATINA, OR SCARLET FEVER:

ITS NATURE AND TREATMENT.

BY JOEL SHEW, M.D.

THE word "SCARLATINA" is reckoned by Dr. Good as being "a barbarous and unclassical term, that has unaccountably crept into the nomenclature of medicine upon the more classical name of ROSALIA." But notwithstanding the efforts of Good, Morton, De Haen, Huxham, Willan, and others, to change the word, the disease is yet known by people at large, and is treated of by the profession, as *scarlatina*. The term is from the Latin, signifying scarlet or red, the eruption of the disease bearing that color in a remarkable degree.

It is supposed that scarlatina, scarlet fever, or scarlet rash, as it is sometimes called, came originally from Africa. In Europe it is said first to have broken out in a severe form in Spain in 1610, and it raged at Naples in 1618. In 1689 it appeared in London, and in 1735 it spread gradually but slowly over the American continent.

Scarlet fever is for the most part a disease of childhood, although adults sometimes have it. Sir Gilbert Blane, however, says he never saw a person above forty affected by it.

PERIOD OF INCUBATION.—It is supposed that scarlet fever, like measles, *incubates* or *hatches* in the system from eight to twelve days before making its appearance. This interval between exposure and the appearance of the disease is supposed to be longer in adults than children. But some think the latent period of the disease amounts only to five or six days. It is difficult to ascertain the exact truth on this point. There can be no doubt, however, that the period of incubation varies considerably in different cases.

SYMPTOMS.—There is at the commencement fever, restlessness, anxiety, depression of spirits, paleness, chilliness of the surface, and pain in the head; which are soon followed by heat, thirst, and general sickness, with nausea or vomiting. The peculiar scarlet flush or rash appears usually about the second day of the fever, on the face and neck, and in the throat, spreading progressively over the surface, and terminating about the seventh day from the beginning of the fever. Sometimes, however, it happens that the eruption does not make its appearance for four or five days after the commencement of the attack. The eruption is usually at its height on the fourth day. On the second it comes out, and on the third it spreads itself over the whole surface; on the fourth it arrives at its height of redness, and on the fifth declines. On the sixth day usually the eruption becomes very indistinct, and before the end of the seventh it is gone wholly from the surface. After this the cuticle peels off by degrees.

Scarlatina is distinguished from measles by the scarlet appearance of the eruption, and by the smoothness of the surface. In measles the whole skin is raised in patches; but in scarlatina it is not elevated at all. In the latter disease also there are none of the catarrhal symptoms, such as we find in measles. The rash also makes its appearance about two days later in measles than in scarlatina.

Scarlatina is distinguished in its early stages from small-pox, by the fact that in the latter disease there is usually as it is coming on severe pain in the back and loins, and great tenderness of the epigastrium. These symptoms do not at all belong to scarlatina. If therefore, when a person is taken suddenly ill, and an eruptive disease is suspected, and there is yet no pain of the back or loins and no tenderness of the pit of the stomach, we may have measles, scarlet fever, or some other rash, but no small-pox. This is a distinction that is well worth remembering, both by the patient and the physician.

IS SCARLATINA CONTAGIOUS?—That scarlatina is contagious there can be no doubt, I think; yet there are those who deny the fact, contending that it is never so. If there is any contagious disease in the world, this must be one.

HOW LONG MAY A PERSON COMMUNICATE THE DISEASE?—It is not known how long a patient may communicate to others the contagion of scarlatina after he has had the disease. Two or three weeks is the probable period in ordinary cases and under ordinary circumstances. But if desquamation (peeling off) of the cuticle follow the disease, it is supposed that the exfoliations may give the disease so long as they continue to be formed. How long they may retain the poison after separation from the body it is not possible to ascertain. But one thing is certain, namely, that the contagion of scarlet fever often continues a very long time in a house or hospital in which it has been admitted. Dr. Elliotson mentions a case of scarlet fever that was received into a particular ward, and for nearly two years all the children and young men placed in the same ward took the fever, although the ward had been thoroughly whitewashed and cleaned. A case has also been given by Dr. Percival of the transmission of the contagion of scarlatina from England to Ireland in a box of toys, which would seem to show its tendency to adhere a considerable time to articles that have been handled or worn by patients having the disease.

It usually occurs but once in the same individual; yet, like all other eruptions, it may attack a person a second time; and while the disease is prevailing among the children of a family, the adults are sometimes observed to be affected with sore throat, which may be either slight or severe, but without eruption. It is believed by good judges that these have proved to be genuine cases, and capable of communicating the eruption.

Scarlatina, like all other severe and dangerous diseases, may vary so much in degree as in some cases to be so trifling a matter as to attract little or no attention from the parents; and on the other hand, it may become—as indeed it often does—one of the most fearful of all maladies to which the human body is liable. I have known children who were reared on a vegetable diet so healthy

that they have lived and slept even with those who had the disease, and yet got so little of it as only to be made a little feverish. But generally, and as sad experience too often teaches, it is the very reverse of these favorable cases.

**VARIETIES.**—There may be reckoned two great varieties of scarlet fever. These are:

1. *Scarlatina simplex*, simple or benign scarlatina, in which the fever is moderate, terminating with the eruption, the prostration of the strength being slight, and the contagion less virulent;

2. *Scarlatina maligna*, malignant scarlatina, in which the fever is severe, the throat ulcerated, the rash later in its appearance and less extensive, often changing to a livid hue, and the disease highly contagious.

Some writers have made three varieties of scarlatina; others but two. This is sufficient, I think, for all practical purposes, and all divisions are necessarily somewhat arbitrary.

**COMPLICATIONS.**—A variety of complications may occur in this disease, particularly in its severe form. Among these are the following:

1. Deafness, delirium, stupor, inflammation of the brain;
2. Inflammation of one or more of the parts composing the throat;
3. Constriction of the jaws;
4. Difficulty of deglutition;
5. Rattling, laborious breathing, inflammation of the chest;
6. A teasing, hawking, troublesome cough;
7. Enlargement and softening or ulceration of the various glands of the body, such as the parotid, submaxillary and mesenteric, the kidneys, &c.;
8. Diarrhoea, inflammation and violent pains in the stomach and bowels;
9. Small blisters on the hands and feet;
10. Petechiae, or small spots on the skin, resembling flea-bites, and which appear as a dangerous symptom in the course of severe fevers;
11. Vibices, or large purple spots like the marks of a whip, which appear under the skin in certain malignant fevers, and which also indicate great danger;
12. Hæmorrhages from the internal surfaces;
13. Sudden and unexpected dissolution.

Besides these and some other complications that may occur in connection with scarlatina, there is apt to follow the disease an affection of the joints resembling rheumatism, and a general dropsy of inflammatory character. These can, however, I am confident, amount to but little if the water treatment be judiciously followed throughout the whole course of the disease. Such at least must be the result in the majority of cases, and there is reason to believe that the complications so called of the disease are in a multitude of cases more the effect of the treatment employed than of the disease itself. If this opinion is correct, the "complications" of scarlatina often present a sad comment upon the fashionable medical doctrines and practice of the day.

**TREATMENT.**—It has been well remarked by an author of celebrity, that every extreme of medical treatment has had its advocate in scarlatina, and that the experience of the profession has not sustained the expectations formed of the effects of the remedies recommended. The most opposite meth-

ods have been recommended by authors of great celebrity. Tonics and stimulants were urged by Dr. Fothergill, copious blood-letting by Dr. Southwood Smith and others, and emetics by Dr. Cross. And yet, after centuries of experience and observation, in this as in some other diseases, the medical faculty have not fixed upon any plan of treatment as being the true one in this disease.

It is now agreed on all hands that common cases of scarlet fever will do well without any other treatment than that which is included in the term *good nursing*. "If we take care to do the patient no harm, he will in general do very well," Dr. Elliotson observes. There can be no doubt that a great many patients have been killed by the meddling and destructive practice of over-drugging, that has until quite lately been in vogue in this country. I know a physician of good judgment and great experience who affirms most honestly that he never saw medicine do any good whatever in this affection. A little son of his own had the disease, and so badly that he gave up all hope of his recovery. In the beginning he gave a dose or two of castor oil, and no other medicine. Even this mild oil, he said, he soon became convinced did more harm than good, so that he resolved to give no other remedies. Very soon the little patient's throat became so sore and swollen that he could swallow nothing, except, perhaps, a little water; and that even would often remain a long time in his mouth, so that when he was turned over to one side it would run out of his mouth as if he were a dead child. Five nights in succession the father himself sat up to watch him, and all the treatment he administered was to sponge the surface very often with cold water; fifty times in a night, as he said, meaning, of course, very often. Contrary to his expectations, the little fellow got well, and that without any medicine whatever, except the small dose or two of oil, which did him more harm than good. Now suppose the patient had been dosed with calomel, tartar emetic, etc., with bleeding, general or local, or both combined, have we any earthly reason to suppose that he would have survived the poisoning and life-destroying process? Certainly we have not.

This same physician—who, by the bye, is no half way man in the allopathic school—told us of two cases in one family that were killed outright in six hours, by doses of that detestable poison—tartar emetic. A young physician was called, and young physicians, we know, believe in dosing. He gave the fatal medicine, and the children died in six hours! The drug caused a terrible running at the bowels, resembling cholera. The elder physician referred to was called in the case, as the parents were not willing that the younger one should prescribe without counsel. It was his sad duty to inform the young practitioner—privately, of course—that he had himself destroyed the two children that had died, "for," said he, "there was never a disease in this part of the country that could destroy a patient in six hours." And yet it is to be remarked that this young man had high authority for doing just as he did in the premises. He may, it is true, have given too large a dose; but giving emetics, especially in the beginning of the attack of scarlatina, has been strongly recom-

mended by some practitioners of great celebrity.

It will not be uninteresting for us to know what medical authors have said in reference to the use of water as a remedy in this formidable disease. And it is a satisfaction to learn that there is less disagreement respecting the effects of this agent in scarlatina, than in regard to any other remedy which has ever been recommended.

Dr. Elliotson, of London, in a work entitled *Principles and Practice of Medicine*, remarks of cold affusion in scarlet fever:

"The disease has been cut short by taking a patient out of bed, and pouring cold water upon him. The heat of the body is so great in this disease, that no danger is to be apprehended from the cold affusion. It is true, there are cases where the patient is more or less chilly, but if, in this affection, the general rules I laid down in the case of common fever be followed, there is no danger whatever, but the greatest advantage, in taking the patient out of bed (however hot he may be) and pouring cold water upon him. These rules are, that the temperature is steadily above 98° (Fah); that there are no profuse general sweats; that there is no chilliness, and no inflammation of the chest or abdomen. I presume this would be done oftener than it is, were it not for its appearing a violent measure to take a person in fever out of bed, put him into a wash-tub, and souse him well with cold water. But at any rate, no friends will object to washing a patient with cold water. It is a great comfort to the individual, and as long as it is comfortable, it should be had recourse to. Sponging the hands, arms, face, and trunk with cold water, is grateful to the patient, and is an excellent practice in the disease."

Dr. Burns, author of a work on Midwifery, regarded affusion with cold water a remedy of utility in scarlatina. It is, however, but justice to him to remark, that he did not advocate the affusion in cases where internal inflammation existed, in connection with the disease in question. He says of the affusion:

"It is of consequence to use it early, if it is to be done at all, and whenever the skin feels steadily hot, the shivering having gone off, and the skin feels very warm to the hand of another person, it is time to put him into an empty tub, and pour over him a large ewer full of cold water. By this I have known the disease arrested at once, the eruption never becoming vivid, and the strength and appetite in a few hours returning. Even where it is not arrested, it is pleasant to observe the change which often is produced. The patient, from being dull, languid, and listless, feels brisk and disposed to talk or laugh; the skin becomes for a time colder, and refreshing sleep is frequently procured. The repetition must depend on the degree of heat, and the effects of the application. If that have done no good, it is useless to try it again. One application is sometimes sufficient, but it may be necessary the first day to use it twice, and once the next day. It is seldom requisite afterwards, for although the disease may continue, it is mild, and laxatives complete the cure. If the fever be mild, and the heat not pungent and great, we do not employ the affusion. We keep the patient cool, or have the surface

cooled frequently by a sponge dipped in cold water; and, indeed, this seems now, in most instances, to have superseded the use of the affusion."

Dr. Dewees, in the Practice of Medicine, says of the treatment of scarlet fever :

"In the early or inflammatory condition of scarlatina, when there is considerable arterial action, and vast augmentation of heat on the surface, cold ablu-tion or sponging gives great relief to the symptoms, and is a most comfortable process. Some, however, are afraid of these cold applications, because the throat is sore; but this forms no exception, for it is not accompanied with cough, or other pneumonic symptoms, like measles; and the sponging or cold affusion has checked the sore throat most evidently."

Dr. Currie, a very able writer on water fifty years ago, spoke of the results of his practice, after much experience, as follows:

"The plan that I follow, if called in at this early period, (namely, when the heat is great,) is to strip the patient, and dash four or five gallons of the coldest water to be procured over his naked body. This produces its usual cooling effects, but these are less permanent than in typhus. In one or two hours afterwards the heat is often found, on examination, as great as before. The affusion is therefore repeated again and again, as the obstinacy of the heat may indicate. It is necessary to use it ten or twelve times in the twenty-four hours. At the end of this time, but commonly earlier, the force of the fever is broken, and a few tepid affusions, at longer intervals, are sufficient to subdue it entirely. During this time cold water and lemonade should be used as drinks, and the bowels opened if necessary with calomel. In a few cases I have thought it advisable to assist the affusion by the diaphoretic (sweating) power of a solution of tartarized antimony. If left to myself, I use no other means."

Dr. Good, in speaking of various means of diminishing the "burning heat" of the skin in scarlatina, remarks:

"But our chief dependence for this purpose must be upon Dr. Currie's bold and happy plan of employing cold water freely. Sponging will rarely be found sufficient, or rarely will be found of equal advantage with affusion; the fluid may, indeed, in this case, be dashed against the patient till the heat is subdued, and the process be repeated as fast as it returns. The refreshment is often instantaneous, and operates like a charm, and seems to show not merely a refrigerant but an exhilarating power; the skin immediately becoming softer and moister as well as cooler."

Dr. Hiram Corson, of Conshohocken, Montgomery county, Pennsylvania, wrote an account of his remarkable success in the treatment of scarlatina, which was published in 1848, in a work by Dr. J. F. Meigs, of Philadelphia, on the diseases of children. Dr. Corson commenced the cold treatment, as he calls it, in 1844, a period later than that of the commencement of hydropathy in this country. Those who wish to examine this interesting account are referred to the first volume of the Water-Cure Library, page 284, where it will be found in full.

In this account, Dr. Corson tells that, being al-

together dissatisfied with the usual remedies prescribed for scarlet fever, he resolved, in spite of all prejudice and opposition to the application of cold water, to commence the new method. After this, his treatment consisted principally of cold applications, internally and externally applied, with a view of "quenching the fire which was burning the vitals out," as he expressed it. The method was faithfully and skilfully pursued, and any one who will read the account must come to the conclusion that it would be well nigh impossible to injure a scarlet fever patient with cold water, while in the active stage of the disease.

In concluding the account, Dr. Corson tells us that he had treated more than a hundred cases of scarlet fever after commencing the cold treatment; that in no instance where he could have it fairly applied had it failed of complete success; and that he had lost but two patients since he had commenced the new method.

This, then, is the great principle of treatment in scarlatina, as indeed in all inflammatory diseases—a principle to which I have so often alluded—to *keep down the general fever*. A local part cannot suffer much without the constitution sympathizing with it, in form of general heat and uneasiness. We treat also for local symptoms, as well as the general; as, for example, when the throat is sore, painful, and swollen, we keep wet compresses, more or less cooling, according to the heat in the case, constantly applied. And so also of the wet girdle; it is better to use it continuously, because this operates to keep down general fever, to relieve the throat by sympathy, and to support the strength. Still, the great dependence, be it remembered, is the *general means*.

As to the fears of Drs. Elliotson, Burns, and others, in regard to the use of cold appliances when inflammation of an internal organ is feared, they are altogether groundless. I repeat again: *we must treat all inflammatory diseases essentially according to the general fever*. We need have no fear then of the method, since the following out of this principle is the most efficient one of reducing the inflammation of an internal organ.

I am to remark, also, that I do not consider it necessary in many cases to use very harsh means in the treatment of this disease. Dr. Corson used a good deal of ice; but I have never yet found it necessary in any of the cases I have encountered. Nor have I lost any case of my own. One or two only I have seen in consultation with other physicians, that had been given up and finally died; and yet in those cases, after drugging had been practised to a fearful extent, and there were no hopes of recovery, the relief caused by the judicious application of water was very marked, and such as gained the gratitude of the parents.

It will be seen by the accounts of some, that the dropsical and other swellings of the limbs and joints, which are apt to occur after scarlatina, are for the most part prevented by water; some say always wholly so. This, however, is not my experience; such swellings I think will occur in some cases, do what we will to prevent them. They are not, however, troublesome, and soon pass off by the appropriate means, namely, such as are calculated to invigorate the general health.

I conclude this article by earnestly and confi-

dently recommending to all friends of Water-Cure this best of all remedies for the formidable disease of which we have been speaking. Use cold water fearlessly in the way of ablutions, pourings, wet sheets, compresses, clysters, drinks, etc., and fear not. If you have courage, such as a believer in water should have, trust your child to your own judgment and the knowledge that you may obtain, rather than to any doctor who is so stupid as at this late day not to understand the virtues of cold water in this disease.

Water-Cure Inst., cor. Twelfth st. and University pl.

### THE TEETH.—NO. III.

BY DR. J. W. CLOWES.

OUR design now is to present a few sketches of the internal arrangements of *some mouths*, copied from life. In the execution of this design, we shall refrain from all personalities; inasmuch as our object is not to jeer at the ignorance, nor amuse ourselves with the miseries of others, but rather to afford them instruction and relief. Suffice it then, that for every likeness herein set down, this vicinity contains its original.

SKETCH FIRST.—Mrs. — called on us some months since, to ask, but not (as the sequel proved) to profit by our professional advice. A brief description of her general appearance is deemed necessary, in order that the reader may better understand the *effects of a cause*. A medium stature, attenuated limbs, sallow complexion, jaundiced eyes, a stooping form, and vertical lines between the brows, indicative of much bodily suffering, were the most prominent morbid characteristics of her physical frame. Her nervous system, like a harp that discourses most miserable music, was completely unstrung. The delicate strings and beautiful machinery, tuned and set in order by a Divine creation, lay broken and in ruins! Of all that symmetry of form and harmony of motion which once crowned the perfect work of an Omniscient Architect, not a vestige now remains! In *their* places dwelt disorder and confusion—the hideous monuments of violated constitutional laws! We now proceed to the *opening of the mouth*; and in doing so, the first objects which meet our view, are *two dead remnants of dilapidated eye-teeth* of the superior jaw, which swing loosely in their spongy sockets, connected with the system which they pollute only by the ulcerous sacks surrounding them. Again we look, and further back in the mouth are seen various rude shapes *that once were teeth*, moving back and forth with a pendulous motion, and ejecting at every vibration a corrosive poison. The parts about them are inflamed to a high degree, and upon the slightest pressure, emit most unnatural discharges—a fluid so virulent and deadly, that it will make its way through firm unyielding steel! We now direct our eyes to the inferior jaw: its front teeth are all remaining, but not by any living attachment; for a thick incrustation of salivary calculus or tartar covers their entire lingual surfaces, fills up the interstices between them, and extends itself partially on their fronts, resembling nothing better than the *green mould* in cheese! Hence they have artificial sockets and corrupt attachments! Reader, is this not a modern Pan-

dora's box! Does it contain none of those evils which affect the human race? Have not they which escaped of old assembled in this mouth? Unlike the ancient, this modern box opens and shuts, receives and discharges, partakes of and imparts its peculiar qualities. *The tair, as it passes through it to the lungs, becomes contaminated, and the poisonous breath which inhale taints the outward atmosphere!*

SKETCH SECOND.—Miss —, who found her front teeth rapidly wasting away by decay, was induced, after several years of inexcusable delay, to apply for relief. The work of destruction had reached a sensitive point in each tooth; the palatal edge of every cavity was frail and crumbling, and the entire dental apparatus was covered with a veil of darkness. The large molar teeth, intended by their Maker for healthful and pleasurable purposes, are each an outlet for malignant issues! The mouth, as it opened to our view, bore a high-wrought resemblance to some polluted reservoir, whence rise loathsome and poisonous vapors, rather than the passage-way for nutriment and life! It was only required of us that *the front teeth be attended to.* On these, our care and skill were exercised, but we fear to little advantage, since their exercise was limited. The cause of trouble still remains. Purity must suffer if it fellowships with corruption, and sound teeth will fail by contact with diseased ones. The person whose mouth has been opened to us is *now*, has been, and likely ever will be subject to *sick-headache*, pain and cramps in the stomach, *dyspepsia*, *nervousness*, rheumatic affections, &c., &c. Having suffered all these for years, she still refuses to understand their cause; and the experience which pain and affliction have taught her, points only to the preservation of a few teeth, and to these simply from the position they occupy—the front of the mouth. The efforts at preservation, then, have been, not to benefit *self*, but to *please others* by an outside show! Lo! a gilded sepulchre, white and shining without, but within full of all manner of uncleanness! Death will surely knock untimely at such a habitation. *Can its inhabitants appear before God guiltless of voluntary self-sacrifice?*

### LIFE AND CHARACTER OF VINCENT PRIESSNITZ.

BY JOEL SHEW, M.D.

THE news of the death of VINCENT PRIESSNITZ will cast a gloom over the prospects of Water-Cure, which, though great as our loss is in the death of this remarkable man, will be only temporary, and must soon give way before the increasing confidence of community in this great reform of the healing art. Nor will the enemies of Hydropathy be able to gain any permanent advantage in the death of this great and good man.

Priessnitz was born, on the fourth day of October, 1799, at Graefenberg, a small hamlet situated about half way up one of the Sudetes, a chain of romantic and beautiful mountains in Austrian Silesia, in Germany, and near a small town, Friewaldau, containing about three thousand inhabitants. Although of humble origin, he could not be considered, strictly speaking, as "an igno-



VINCENT PRIESSNITZ.

rant and illiterate peasant," as his father was a respectable landed proprietor, and he received the rudiments of an education, such as is given in the Catholic schools of that country; which, however, it must be admitted, is far inferior to that afforded by our excellent schools, in the north of the United States, or in those of the Protestant parts of Germany. But the lack of a good education was in nowise sufficient to render dormant the remarkable powers, the strong will, and the indomitable perseverance of so great a mind as he possessed. This the facts of his life abundantly show.

It is not my intention, in the present article, to enter into a detailed account of Priessnitz's discoveries. For my present purpose it is sufficient to remark, that at the age of thirteen he sprained his wrist, and, suffering much pain from the inflammation thus caused, he instinctively pumped a stream of cold water upon it, from which he experienced great relief; but as this could not be kept up constantly, his already inventive genius led him to put the cooling bandage about it, which he renewed as often as his feelings of comfort dictated. Not long after this, being engaged at work in the woods, he met with the misfortune of crushing one of his thumbs, when he again resorted to his favorite remedy, and with similar success as before.

These comparatively trifling accidents, however, were not sufficient fully to arouse the energies of his youthful mind to the great importance of water as a healing agent. It was in the sixteenth year of his age that he met with an injury that well nigh cost him his life, and no doubt had much to do with his after illnesses and his death. He was engaged in the hay field, driving a young horse with a load of hay down the mountain,

when it became necessary to cog one of the wheels, to prevent the too rapid descent of the cart. While standing before the horse, holding him by the head, others being engaged at chaining the wheel, the horse took a fright and ran violently down the hill. Priessnitz, unwilling to allow the animal to destroy himself, held on, and was dragged down beneath his feet. While in this posture, three of his teeth (two of them upper incisors) were broken, and his arms and body severely bruised. The cart also passed over his body, breaking three of his ribs, so that when he was taken up he was found to be insensible. While in this state, the government surgeon at Friewaldau, being summoned, probed his wounds and pronounced them incurable. After returning to his consciousness, Priessnitz, feeling the most intense agony from his wounds, bethought himself again of the virtues of cold water. He tore off the bandages which the surgeon had applied, and substituted in their place cold swathing. By persevering in the application, the violence of the inflammation was subdued, the pain alleviated, and he felt confident that he should, after all, recover. He replaced his broken ribs as well as he could, by pressing his abdomen with all his might against the window-sill, at the same time inflating the lungs so as to swell out the chest. Thus, by this simple though painful process, the wet bandages, and spare diet, he recovered; although to the day of his death he bore in his side the deep impress the wheel made in passing over him. This occurrence naturally gained Priessnitz a considerable degree of celebrity, and from this time onward his mind was directed particularly to the healing powers of water. For some years he was in the habit of visiting patients at their own houses, and it is said that he sometimes walked to



the distance of fifty miles, to attend the sick. Afterwards it became necessary, for the most part, that those who wished his advice should come to him; and in this way his great establishment was formed, the reputation of which is known in every part of the civilized world.

But the way to renown is never a smooth one. Reformers are necessarily beset with obstacles on every hand. The laws of Austria are very strict, and no one is allowed to practise medicine without a license. In 1821, the three practising physicians of Freiwaldau, Dietrich, brother-in-law of the burgomaster, and two brothers by the name of Gunter, made a plot to destroy the new practice, which was already making considerable inroads upon their employment. They endeavored to establish the pretence that Priessnitz made use of some secret remedy in connection with water. If the case could have been made out, he would have been silenced for ever. One signal advantage, however, arose from this persecution, which was, that he was stimulated to his utmost exertions in making water alone supply the place of all drug medicaments. In 1828, Priessnitz's opponents made a most determined effort to silence him, but it was all in vain. It seemed, indeed, that the more they opposed him, the more he succeeded in establishing the merits of his system. The whole country was scoured, to see if they could not find some one of his patients who was willing to testify against him. Among those summoned, there was one, a miller, whom, as one of the Gunters declared, he himself had cured, and not Priessnitz. On being asked by the Court "who had helped him," he said, "Both; Gunter had helped him out of his money, and Priessnitz out of his gout." On being again asked "what he paid Priessnitz," he replied, "Nothing; I still owe him thanks, which I now repay him."

For thirteen years this opposition against Priessnitz was kept up, when it ended in his being fully sanctioned by the Austrian government to go on in his practice. He was even authorized to give certificates of inability for service to military officers who might place themselves under his care, thus being exalted to a station equal to that of the surgeons of the army, and equal at least to that of any of his opponents. The sequel of his career is too well understood to need particular comment in this place.

In regard to the credit due Priessnitz as a discoverer, I shall here merely quote the words of Sir Charles Scudamore, himself an eminent physician of London, long known and recognized as such, and who himself underwent the treatment at Graefenberg. He observes: "I think that some writers on Hydropathy have not expressed sufficient praise and acknowledgment to Priessnitz, as the inventor of a treatment constituting a complete systematic plan. To follow in a path is always comparatively easy. It is quite true that parts of the whole plan and the principles have been known and practised since the time of Hippocrates, and by none more ably and scientifically than the late Dr. Currie, of Liverpool. But all that can be quoted from history bears no comparison with the regular and systematic whole which Priessnitz has so happily constructed, and by which he has raised himself an imperishable fame."

Looking at this man in a PHRENOLOGICAL point of view, we find—

1st. A full-sized BRAIN, with the intellectual group of faculties well developed. INDIVIDUALITY, EVENTUALITY, COMPARISON, together with the perceptive organs, generally large, while IMITATION was but moderately developed.

2d. A very active TEMPERAMENT, with a dense and compact fibre, with no indication of a surplus of adipose matter.

3d. Of the sentiments, we find FIRMNESS, BENEVOLENCE, and HOPE, large; CONSCIENTIOUSNESS, full; while VENERATION is only moderate; SELF-ESTEEM and APPROBATION are large; Concentrativeness full; the domestic group only moderate.

With such an organization he could not be idle, but constantly occupied with doing good, in the most practical manner.

The first account we have of Priessnitz suffering any severe illness in the later years of his life was that of an attack of apoplexy, January 27th, 1847. On the previous day his eldest daughter, Sophia, who was yet very young, was married to an Hungarian nobleman, and having been up at a ball till three o'clock in the morning of the 27th, and being overheated and fatigued, she was suddenly taken ill, when she retired to her room, where she was attended by her father, who prescribed for her the rubbing wet sheet, followed by a foot-bath of cold water, in which the feet were actively rubbed. About eight o'clock the same morning she left her father's roof for her new and distant home. The same day Priessnitz went, as usual, after breakfast, to visit his patients at Freiwaldau, and while there, he perceived a numbness and loss of power in his right arm. He however apparently made light of this occurrence, and, on returning home, took a cold bath, and afterwards went, as usual, to dinner, in the large saloon of his establishment. Immediately after dinner, while the greater part of the patients were yet in the room, he was found in a state of insensibility at the door of his secretary's room. His breast and feet were instantly rubbed with hands wet in cold water, with the view of restoring consciousness. In a few minutes more, a shallow bath, slightly tepid, having been prepared, he was placed therein by Mr. Böhme and Mr. Matiche, a Polish gentleman, who had been a long time in the establishment. In this bath, the water being renewed from time to time, to prevent its becoming too warm from the heat of the body, Priessnitz was rubbed for half an hour by eight men in turns, and cold affusion was also repeatedly applied to the head. Having shown signs of returning consciousness he was taken out of the bath, and placed in the bed, when he had a relapse, but not of so long duration as the first attack. He was again rubbed in the shallow tepid bath as before for half an hour, and when again taken out of it, and replaced in bed, he fell asleep, and slept for twelve hours, at the end of which time he returned to consciousness, and was able to converse with his daughter, who had been recalled to him. For a week afterwards he took *thrice*, daily, three successive wet sheet packs, each from fifteen to twenty minutes, and the shallow tepid bath after them. For another week he took, every morning, for fifteen minutes, the shallow tepid bath and the cold bath

in combination—that is, going repeatedly from one to the other, beginning and ending with the tepid bath.

About the middle of the summer of 1850, Priessnitz experienced another apoplectic attack, in which he remained insensible for several hours, but the treatment being resolutely applied as before in his illness, he was so far recovered the next day as to be able to go out of doors, and the next after he attended his patients as usual.

For the past year, Priessnitz, we are informed, considered himself as gradually failing in health, and at the beginning of the cold season, for the first time during a long life of usefulness, he found himself unable to go from the immediate vicinity of his establishment, to minister to his patients. This must have been a great privation to him, as he had for years been in the habit of going daily down to Freiwaldau, on horseback, where the larger number of those who came to take his treatment resided. Within a month before his decease he showed symptoms of general dropsy. All along he treated himself with the utmost clearness of mind, although he entertained little hope of recovery; and it was his prediction that he should not live to see the spring return.

Up to the very last he was in the habit of receiving all who came to him for advice, and he continued to prescribe for such with the utmost clearness of mind; but, as we are told, he looked like a shadow, and had no longer a smile on his face.

The day before his death, after taking the treatment, he was seen sawing wood for exercise, in a warm room, and warmly clad, thus exhibiting, at this late emergency, that strong confidence which he had so long felt in the system he had so efficiently promulgated to the world. On the day of his decease, which was Friday, November 28th, 1851, his symptoms became gradually worse, and growing very weak, at about five o'clock in the afternoon he laid himself upon his bed without assistance, and in one minute afterwards breathed his last!

Thus it will appear that Priessnitz died at the age of fifty-two, a period scarcely beyond the prime of life. But it should be remembered that his task had been no ordinary one. Probably no man who has ever lived has had so much as he to do with chronic disease, which is always the most difficult of cure. He was never in the habit of travelling or taking recreation, but worked incessantly from one end of the year to the other. While invalids were in the habit of coming from the most distant parts of the civilized world for his advice, it was not in his heart to go away and disappoint them. In the midst of the winter season, when his numbers were the smallest, never less than three hundred were upon his list. In the summer, from seven to eight hundred was his usual number of patients. He was always too much careworn, and would often fall asleep upon his chair, before he left the supper table. The severe injury he received in his side was a source of permanent weakness, and, while young, he was fearfully scathed by the small-pox. He always considered his constitution as being far from good, and remarked that it was only his system and mode of life that kept him up.

But this great and good man is gone from



among us, and who is there that can fill his place! Nowhere in the wide world can such a man be found. His career is wholly without parallel; he has cured disease with greater success than the world has ever before known. Sad will it be for us who survive him, if we do not profit by his example, and faithfully do our work. If we allow that noble system, of which he was the founder, to go again into disrepute, the fault will be ours, and not his. He has done his work faithfully and well. May we in like manner do that which belongs to us.

Thus much briefly have I said concerning the life and character of Vincent Priessnitz. I would gladly say much to the readers of the Water-Cure Journal in explanation of the principles and practice of this remarkable man. I have never wished to conceal the fact that I felt a great regard for his opinions; and although I had had, at two different times of visiting Graefenberg, ample opportunity of conversing with him, and the last time, in 1848, took full notes of all his different modes, I would yet have visited him the past year, if I had known that he would probably depart this life so soon. No one, however, varied the treatment so much as Priessnitz according to the case in hand; and no one improved it from year to year so much as he did. If I can find time, I propose, in a future number, to attempt an exposition of his peculiar doctrines and modes of practice.

## A REPORT OF CASES.

BY J. C. JACKSON, M.D.

**IVY GAZELLE:**—You ask me to report through the Water-Cure Journal, for the benefit of the public and the encouragement of the sick, cases of severe disease which I have treated and cured at Glen Haven, this past season. I comply with your wishes. If I can, by so doing, encourage any to try the Water-Cure, who might otherwise fail to try it, and by so doing secure health, where now haggard disease dwells, I shall be amply repaid. I do not wonder that you, having been at the Glen, and witnessed with your own eyes such results from Water treatment, are now as enthusiastic as formerly, when knowing nothing of its practical workings, you were faithless. Years ago I felt as you did before you came to the Glen. Now sneers from doctors fall harmless at my feet, like an ill-shot shaft from a cross-bow. I know whereof I speak; you know what you have seen. The world has the glorious privilege of unbelief; those who have been cured by the Water treatment can well afford to let the world—and especially the world of *Doctors*—hug its skepticism.

### CHRONIC LIVER COMPLAINT, AND SPASMS OF THE STOMACH.

**Case 1st.**—This was a woman, married, and about forty-two years of age; came to "the Glen" on a bed, having been confined to her room for fourteen months, of which time she had been bed-ridden eight weeks: temperament, bilious; origin, Irish; and had never been a mother. She weighed one hundred and seventy pounds on entering the establishment. She had taken large quantities of calomel, and other drugs Physicians had given her up; and said she could never

get well. I told her, after a thorough examination, that if she would give me six months, I would cure her. Her husband and herself consented. In twenty-two weeks I sent her home, to the joy of her husband, and the astonishment of the citizens of the village where she dwells. But she was very sick for seven weeks. Within three days after she commenced treatment, she walked across our piazza four times, after a half bath; but the fifth day a fever came on her that lasted for fourteen days; and for eight of them I gave her no food, except water, and then nothing but water porridge for six days more, all the while keeping down her pulse and the temperature of the skin by short packs, half baths, sitz baths, foot baths, and the like. At the end of this attack a diarrhoea set in quite severely, which I treated by sitz baths, abdominal compresses, injections, and occasional packings. This lasted ten days. Then came an eruption from armpits to hips, dark, fiery red, not confluent, but terrible to bear, as well as unpleasant to look on. This lasted, more or less, till the last fortnight of her stay. At the end of a fortnight from this time diarrhoea set in again. Evacuations frequent: large quantities of pure bile passed, mixed with clots of liver-looking substance. This lasted for eight days, when it ceased; and vomiting of mucus from the stomach followed. Of this she would throw up a large quantity, once in twenty-four hours. It was at the same hour of the day, and lasted three days. For the last attack of diarrhoea, I gave sitz baths, compresses all the time, half baths, and occasional packings; for the vomiting, warm water emetics, and half baths, with great rubbing over the abdomen. She grew very weak, lost seventy pounds of flesh in seven weeks, and from this low point commenced a fine uprisal, and gained most admirably till she brought on a relapse by over-eating. From this it took some time to recover. At last, however she recovered her old point, gained flesh on an amount of food which most persons would declare no person could live on.

There were one or two very interesting points in this case, which, aside from its general severity, are worth noticing.

She had been troubled with spasms of the stomach. They originated from great sudden fright. When on, they prostrated her completely, making her cry involuntarily, and so affecting the left arm, side, and lower limb, that a false sensation was the result. She would say her foot was as "large as a kitchen shovel." This would last only as long as the continuance of the spasm. Another point of interest was the mistake—I have had patients afflicted with spasms of the stomach very often make the mistake—that the pulsation of the stomach was palpitation of the heart. But now, spasm of stomach, splay foot, extra fleshiness, have all fled, and she is a bright woman and good wife. I trust her husband will never regret having committed her to my hands.

### DYSPEPSIA, DRUG POISONING, AND BLOODY FLUX.

**Case 2d.**—This case was that of a young man from Canada. He had been a student; had brought on severe dyspepsia by too close intellectual application, and want of bodily exercise. He had tried the Regulars, the Homeopaths, the Canadian Eclectics, and a German Quack. He had

taken largely of all their medicines, and was worse. Of the German's medicines he had taken steadily for three months; and the German had admitted that his combinations were among the most powerful poisons in the *Materia Medica*. After all these, he experimented largely in the "Patent Medicine" line, and took, for a local difficulty, quite freely of Vaughn's Lithontriptic, but with no benefit. So he came to "the Glen."

I put him under treatment. Half bath on rising; sitz, at 10; fountain douche, 11 o'clock; sitz, at 3 P.M.; foot bath at night; injections twice a day; and bandages over the liver, stomach, and lower bowels, during the day, and over the kidneys, in addition, at night. In four weeks I had a diarrhoeic or bowel crisis on him; which, after four days, was complicated with vomitings from the stomach of stuff such as I never saw come from a human stomach. It was of a color like to indigo blue, and was like the medicine which at one time he had taken. He vomited, at one time, a quart or more of this fluid, as unmingled with mucus as well might be. He thought and affirmed that it was in taste and color like the medicine he took of the German the winter previous. He was in a fair condition to do well, but, from some cause I am unable to explain, soon after this a bloody flux commenced, the direst in feature I have ever had to treat. In one night, of blood and mucus, there came from his bowels no less than sixty-four large evacuations; and so severe was his case, that I dared not trust him to any of my attendants, and I sat up with him eleven nights out of fourteen myself. During the day, for short intervals, I trusted him with others. He recovered, became hardy, and the day but one or two before he left, walked his *twenty miles*. Dyspepsy, local ailment, and nervous prostration all gone.

During the time of this severe drain on his system, which run him very low, I made my chief reliance on injections of tepid water, followed by injections as low as sixty-five degrees, giving him a hundred or more in twenty-four hours, on the wet compress kept over the bowels, all the while, changing often, and the sitz bath, as cold as he could bear it, and I was able to give him it colder than I otherwise could by letting him have a warm foot as an accompaniment.

Had I been called to this case out of my Cure, not knowing anything of it previously, I might have thought it *dysenteric* in character. As it was, to my own mind, it was not. It had too marked a distinctiveness for that. Be it whatever it might, it was a case that demanded all the skill and vigilance and endurance of which I am master to carry it to a successful issue; but I did it, and the poor fellow thanks God and Hydropathy this day.

### MARASMUS, OR WASTING OF THE FLESH.

**Case 3d.**—This was the case of a young man, a resident of Michigan. He was, on his arrival at the Glen, the poorest man, with one exception, I have had. He could hardly cast a shadow. A dearly beloved mutual friend induced him to visit me, and put himself into my hands, and so I told him I would try to save him. I satisfied myself that his lungs were sound. So far his case was a good one. I am suspicious of lung cases, marked by great cadaverousness of body. He reported that was the original difficulty with him in-

flammation of the liver, and succeeding dyspepsia, that he had had fever and ague, and for a long time had been severely troubled with constipation.

I dealt gently with him, giving him, on rising, dripping sheets, at seventy-five degrees, half baths at eighty, and sitz baths at the same degree, for twenty minutes, reduced for five minutes to seventy-two degrees. If the bath was likely to chill him I gave him warm foot baths as accompaniments. In four weeks I had skin crisis of *boils*, as many as he could well bear; and from that time he gained flesh. Reactions after baths were good. Appetite, which had been voracious, came to be manageable, and he steadily recovered, till at last he was able to assist me in my bath duties. He is now in Michigan, a saved man.

Now the three cases I have here reported were of such a nature that their physicians had abandoned them, and declared them incurable; yet they have been cured by Hydropathic treatment. Before I close this article, I must, in justice, say; that I gave great care to their *diet* and exercise; that I put them, as I do all who entrust themselves to my direction, upon courses of great regularity, knowing well how necessary these are as aids to the water treatment. Yet it will not do for any to ascribe the recovery of these guests to their freedom from the anxiety of business, to mere salubrity of climate, pleasant associations, and plenty of sleep. Who so gets dispossessed of devils, such as haunted these, my friends, will not forget the virtue of *water*. In a future number of the Journal I will, Deo volente, report some cases still farther showing how water saves where drugs fail; and not only so, but in spite of drugs. Till then, a God's blessing on you and all who hold to the Hydropathic faith.

Glen Haven Water-Cure.

## THE POSITION OF WOMEN

WITH REGARD TO MEDICAL SCIENCE.

BY MRS. CAROLINE HEALEY DALL.

"With stammering lips, and insufficient sound,  
I strive and struggle to deliver right  
That music of my nature."—E. B. BROWNING.

THE interest which is at this moment felt in everything relating to the intellectual development of woman, and the questions which all thinking men are asking of themselves, as to her present position in society, make the most insignificant facts of her past history valuable. Ourselves indebted to the ready apprehension and scientific thoroughness of women, on several of the most important crises in life, we cannot regard the matter as one of secondary importance, or in any respect unworthy the most serious consideration of all who are interested in the future growth of society. It is true that woman entered this scientific arena through a breach in its wall; for had not the opportunity presented itself for the uneducated woman to sustain, perchance assist Nature in the most natural office of midwife, we should hardly have seen any petitioning for opportunities of culture, as early as the time of Agnodike. Once there, she not only defended her own right with so much pertinacity and success, that she has retained a certain sort of place in it until the pres-

ent day, but she assaulted and defeated most vigorously many of the false pretenders of the other sex, who, as she had quickness enough to see, knew no better, and meant far worse than herself. The information which this article contains has been procured with much labor, from many sources, during a succession of months. A part of it depends upon a "History of Celebrated Midwives," published at Paris, within twenty years, by A. Delacoux. Knowing little of Mons. Delacoux's reputation, we have preferred that many of his statements should await confirmation from other reliable sources; and as he seemed in some instances to espouse the cause of the sex with the somewhat unhealthy zeal of a partisan, we have tested his conclusions and assumptions by every means within our power. If these should have been greater or more satisfactory, let the owners of medical libraries closed to women, and the votaries of science who debar her its pursuit, take the responsibility. That midwifery was originally in the hands of women alone, is a fact so apparent, that even if history were silent on the subject, no one could deny it. Before the progress of civilization had complicated the diseases and distorted the forms of women, children were born into the world as simply as their suffering mothers drew their breath, relying on infinite love rather than human aid. For the indispensable services of the hour, the nearest female relative or friend, or among the poor and lonely, the nearest neighbor would naturally be called in. While the agricultural interest was paramount, and the population of any country was thinly scattered, cases of great difficulty would be rare, and as will easily be seen, a class of elderly persons, accustomed to such duties, would necessarily exist. But as the population became more dense, the shock of interests would rupture the ties of kindred affection and neighborhood, and out of the above class might be drawn a number of persons, who would give their services to strangers, not only for the love of God and humanity, but for money. With the growth of cities would come a greater proportion of difficult cases, and these, treated repeatedly by the same person, would offer an experience whereon to base a science. It was in this way, and by a sacred fidelity to their painful duties, that the midwives of the early ages acquired a decisive position and influence. Not only the Sacred Scriptures, but all profane and classic authorities, Plato and Aristotle, Plautus and Terence, attest the fact that this practice was anciently confined to their hands. The obstetrical theory of Hippocrates may be thought to be an argument upon the other side; but its impracticability and its very hazardous nature strongly sustain our statement, and go to prove that it was never founded on experience. In Egypt and Arabia, in Chaldea and Greece, in Persia and Rome, woman ministered to woman. Greece was the first country that developed anything like a medical science or a medical school, and with this development unfolded also a spirit of exclusion and caste. At some era not precisely ascertainable, the Areopagus, in prophetic intimation of what might be done by a modern Athens, passed a statute forbidding "women and slaves" to practise the art. But the women of Athens were heroic, and they preferred death to an innovation which they did not approve. Agnodike, the young daughter of Hierophilus, pitied their terror and dismay.

She devoted herself to their interests, and loosening the massive braids which betrayed her womanhood, she entered the lists with the physicians of the time. Hierophilus himself had the manhood to sustain and instruct her in her career. Her extraordinary popularity roused the hatred of the cliquo. They accused her of the basest corruption; and it was not until her life was in danger that, slipping her professional gown from her shoulder, she disclosed her sex and silenced her accusers. "No matter," cried the disappointed empirics, "she has violated the law; let her be condemned for that." How the Areopagus might have decided, we have no means of knowing; for the women of Athens, who watched every stage of the proceedings with absorbing interest, rushed in a body to the assembly, requiring her to be set free. What they had not yielded to compassion or to justice, they yielded to tumult and impurity. Agnodike was released, and a law was immediately passed, empowering all free-born women to learn midwifery. Not yet did they do justice to the slave. Long after the fall of Rome, women exercised this profession there. During the middle ages they alone practised it in France; and it was not till after the accession of Henry IV., that men laid claim to its privileges. How slowly it passed into their hands, may be gathered from the fact that Weitt (or Veites) was burned alive at Hamburg, in 1522, for having dared to assume the post of midwife. About the middle of the sixteenth century, the beautiful but unprincipled Gabrielle d'Estries, to pique the attendants of the Queen, feigned a timidity she did not feel, and desired the aid of a surgeon. Two competitors presented themselves. She called Larivière to her assistance, and D'Alibon died of grief. No similar innovation is known to have taken place at the court of France, until more than a century after, when the dissolute grandson of Henry, Louis XIV., desired to save the reputation of La Vallière. This gentle favorite dreaded the gossip of the court, and in order that she might escape from the tongue of a woman, one of the most accomplished physicians of the time, Julien Clement, was called to her side. The result equalled the anticipations of the discarded midwife. "It was not twenty-four hours," says the historian, "before this adventure was known, not only throughout France, but wherever a day's post could travel." Sacourbe, the satirist of that age, forgetting the story of La Gabrielle, says that Clement was the

—"first in Europe to make Lucina blush."

Verily, gentlemen of the medical profession may be proud when they consider through whose hands, and in what manner, this branch of their practice was transmitted to them. A century later, midwifery is found to have passed into the hands of speculative physicians. The practical experience of the ages rested with women. There were no models, nor preparations, nor plates at that time, nor until thirty years after, calculated in any degree to supply the place of this. What then did the human race gain by the change? A rash theoretical practice succeeded to patient attendance. The physicians pocketed their fees, and swallowed their fright. The change was doubtless precipitated by the unfitness of the means of education for women, and the number of ignorant women, who, from the beginning of the seventeenth century, had been pensioned and brevetted throughout France. The first obstetrical school was established at Leyden, in 1733. It was followed by that at the Hôtel Dieu, in 1745. The course of lectures delivered here to women, only benefited those of the metropolis, or occasionally the women who, having been educated here, returned to England, and struggled more or less successfully against the empirics with which London swarmed. But it was not till Mad. Boivin became the head of the School of the Maternity in Paris, in 1809, that any serious attempt was made to remedy the evil. Then special schools, under competent

heads, were established throughout the provinces. The ablest pupils from the provinces came up to Paris to complete their education, and after they were graduated, receiving the credentials of the hospital, their success depended not so much upon any difference of preparation, as on the native difference in tact and manipulative skill. Justice has not been done to woman in the history of medicine, and in order to draw the attention of those far better fitted than ourself to the discussion of the subject, we shall sketch a few of the lives that in this connection have interested us most deeply.

Since the beginning of history, the lives of eighty-nine women, eminent not only for obstetrical skill, but capable of extended medical practice, have been written. Fifty-two of these women were French; forty-one only were married; twenty-eight were remarkable for their contributions to medical instruction and general literature; ten received the degree of M.D. from colleges of high standing; and seven only could have had their enthusiasm kindled by their sympathies and affections, for only seven were wives, mothers, or daughters of surgeons. When we say that we know something of eighty-nine women devoted to medical science, we do not mean that no larger number have made themselves distinguished, but that a sufficient degree of study will yield a clear and satisfactory account of these. Little more than a dozen names have come down to us from the period preceding the Christian era. The history of Agnodiko has already been presented to you, and four other names may be mentioned which will possess a general interest. They are those of Aspasia, Artemisia of Karia, Cleopatra, and Elpinike. The accounts of Aspasia are clear and satisfactory; but it is not decided that Aspasia the midwife was the Aspasia of Pericles. The period at which she lived, the talent she evinced, and the fascinations ascribed to her, have, however, given rise to the conjecture. Artemisia was the queen who assisted Xerxes so boldly at the battle of Salamis. In his first naval engagement, Xerxes refused to follow her advice; but when misfortune had opened his eyes, he again consulted her. She advised retreat. To the pride of Xerxes, that was too humiliating. When the engagement began, her conduct was so distinguished, that Xerxes, who looked on, said that the only men in the battle were the women. Her boldness drew upon her a hot pursuit, and perceiving herself inadequate to the emergency, she hoisted Grecian colors, and attacked a small Persian ship. The manoeuvre, though only half understood in the confusion of the hour, insured her safety; and Xerxes forgave her treachery in admiration of her genius. Strange as it may seem, this woman was tender and efficient at the bedside of the sick. Cleopatra of Egypt found time, between her various flirtations, assassinations, and military undertakings, to write several books. Of these, history preserves the names of but two. One was a treatise on Midwifery, the other an Essay on the Art of Dress. In Greece, Elpinike, the daughter of Cimon, and sister of Miltiades, is known to have pursued the same profession. So sacred was the position of a midwife, that at this era, queens, princesses, and priestesses at the altar, did not hesitate to perform its functions; and long after, at the court of France, when the purity of Joan of Arc was called in question, it was not a college of surgeons, but five women of the noblest blood, who made the legal depositions consequent upon examination, which wiped away the aspersion. *Yvouta* is the earliest among modern midwives, of whom we find any distinct account. She was born at Salerno, in the middle of the thirteenth century. She published several works, and one of them, "De Mulierum Passionibus," is said to have produced an era in medical literature; but an influence of this kind, exerted before the invention of printing, must of necessity have been very limited.

In the fifteenth century, only two women seem to deserve especial notice.

The first of these is *Mad. Perrette*, whose name was famous throughout France. She was sworn into office as a midwife, in the year 1408. After a life of singular usefulness, she was imprisoned and condemned to death for sorcery. The letter of condemnation, written in very old French, and signed by the king, may be found in Delacoux. It is a striking specimen of the superstition of the time. The execution, however, did not take place. Perrette had made herself too valuable. The ladies of France demanded her services, and she was pardoned.

The second was *Mad. Gaucourt*, one of the examiners of Joan of Arc, later in the century.

In the sixteenth century I find but four names of interest—*Mad. Francoise, Olympia Morata, Mad. Perronne, and Louise Boursier Bourgeois*.

*Mad. Francoise* was the midwife of Catherine de Medicis, and she is the first female lecturer in obstetrics of whom we find it recorded, that she lectured ably to large classes of both sexes. This was a little before the middle of the century.

*Olympia Morata*, born in Ferrara, in 1526, was educated as a companion to the Princesses of the House of Este. She was one of those rare geniuses, capable, in a short life of twenty-nine years, of leaving a permanent impression behind her. She was a professor of Greek, and a woman of singular sweetness. She had the intelligence to become a convert to the reformed religion, and becoming suspected, married hastily a young physician, whom she followed to his home in Germany. It is stated that she prepared the lectures which he delivered at Heidelberg. Her mental activity continued through the horrors of a war which then devastated Germany, but her precarious position shortened her life, and she died after two imprisonments, and the destruction of the University, in 1555. The letters written by her husband to his friend, prove that she was not the less a tender woman and devoted wife, because she was also an accomplished scholar. An edition of her letters, and her Latin and Greek poems, was published by her master, Celio Secondo Curio, in 1562, and dedicated to Queen Elizabeth.

*James Guillemeau* was a French surgeon of eminence, who died in 1612. His works are considered valuable, but *Mad. Perronne* is said to have contributed to them all the obstetrical observations; "for," adds her biographer, "we owe to the observation of women all that physicians have written on this subject, until the time of Moriceau."

*Louise Boursier Bourgeois* was born in 1530. She married a surgeon, and after reverses of fortune, owing to the accession of Henry IV., studied late in life. Even then the physicians who examined her were not free from a jealousy which has been their disgrace in later times. Finding her preparation thorough, they reproached her with the inability of her husband to support her. She answered with becoming spirit, that those were the most truly inefficient men who selected wives incapable of self-support. She was appointed to attend the Queen of France. She published many valuable works, and among them a letter to her daughter full of wisdom, in which she entreats her "to continue to learn to the last day of her life." She was remarkable for precision, sagacity, and frankness. She wrote verses which are still read with pleasure; and a cotemporary poet says, with the extravagance of his nation, that to praise her properly, would require the "pen of an angel, and the mind of a god." She conquered the prejudices to which we have alluded, so far as to be, at the time of her death, in correspondence with all the celebrated physicians of the day. She was, moreover, the original discoverer of the true cause of uterine hæmorrhage, and having followed her own convictions until she was assured of their soundness, she published a book on

the subject, which produced a total change in the management of such diseased manifestations. In this book she feelingly laments the death of an accomplished lady of the Court of France, which took place in consequence of her own adherence to the practice of the time.

In the seventeenth century we find the names of thirty women. Three of them, *La Marche, Siegmunden, and Boucher*, have claims to the remembrance of our time.

*Mad. La Marche*, who was born in 1638, was chiefly remarkable for literary attainments. Her name is valuable, because it shows that women of great accomplishments did not disdain the profession. She published a work on Obstetrics, which shows great genius, but is too complicated to be useful as a practical guide.

*Justine Dieterich Siegmunden* was born at Weh-mutter, in Silesia, in 1650. She published some controversial works, and was remarkable for the precision and accuracy of her observations. She had the good sense to write in her native tongue. "Had she written in Latin," says a cotemporary physician, "her works would have placed her in the highest rank." Solinger, a medical authority of eminence, drew all his facts from her observation. She was remarkable for a profound knowledge of human and comparative anatomy, and her obstetrical works passed through six editions. She stood in the rank of the most capable practitioners of her time.

*Boucher*, who arrived at some eminence, was the attendant of La Vallière, after her unfortunate experience of Julien Clement's flippant tongue.

Thirty women made themselves eminent in this profession in the eighteenth century. So many of them were remarkable, that we shall hardly have time or space to mention their names.

First came *Mad. Breton*, who perfected a system of artificial nourishment for babes, still in use in France. She was not much respected by the men or women of her time; for instead of giving her invention to the world, and trusting to the future overflow of the Nile of human gratitude for her harvest, she procured a patent, and virtually shut out all but the children of the rich from the benefits of the invention.

*Elizabeth Blackwell* follows; and those of us who are looking forward with hope to the career of a countrywoman of that name, will bear with interest some particulars of her courageous prototype. She was born in England, in 1712. Her sick husband becoming bankrupt by extraordinary reverses, she studied midwifery, in the hope of supporting her family. The jealousy of the faculty hindered her success. She was, however, encouraged to print a large work on Medical Botany, at the early age of twenty-four. It is stated, on the authority of a physician, that this work, published in 1736, with large plates, in 3 vols. folio, at London, was the first of its kind in any country.

*Mad. Ducondray*, born at Paris, in the same year, influenced by her advice not only all the physicians of her neighborhood, but of her time. She possessed patience, seal, and a simple and clear, but exact method. Her first treatise on Obstetrics was written, as she said, from pity of the miserable victims of malpractice. She was the first lecturer who used a manikin, which she herself invented and perfected. It was approved by the French Academy of Surgeons, Dec. 1, 1758. In 1766 she delivered, by special request, a series of lectures before the Naval Medical School at Rochefort.

Next in order comes the name of *Morandi*, who was born at Bologna, in 1716; but it is impossible to mention her without naming, also, *Mlle. Bihéron*, born at Paris, in 1730, fourteen years later. To these two persons is owing the invention and perfection of wax preparations; a matter of which all persons interested in Signor Sarti's fine figures will at least perceive the

importance. The men who write about these two women grow red and angry over their respective claims, and remind us of the struggle, in later times, for the honor of the invention of ether. Having decided for ourselves in favor of the younger aspirant, we must dwell at some length on the facts of her history. She possessed an enthusiastic love of anatomy, but on account of the poverty of her parents, could rarely attend a dissection. From her small girlish earnings, she contrived to pay persons who stole and brought to her bodies, which she concealed in her chamber. Practically she conquered the difficulties of the knife; but the bodies were often in such a state, that she could not preserve them long enough to satisfy her curiosity. For this purpose, she rapidly imitated the parts in wax. The intenseness with which she pursued the most disgusting avocations is almost frightful to think of; but in spite of prejudice, she was eventually aided by Jussieu, a member of the French Academy, and Villosin, a celebrated physician of Paris. For thirty years, says the historian, "elle fut l'unique et la première en ce genre de talent." She perfected her own invention and the common manikin. Her collection of wax-work was open to the public on every Wednesday, was crowded by visitors, and finally purchased by Catherine II., of Russia. Medical despotism forbade her to lecture, and twice forced her to quit Paris. It is to the credit of England, that Hunter and Hewson received her with enthusiasm at London. Hunter's fine work on the Uterus was published seven years after the construction and exhibition at Göttingen of the wax uterus of Bihéron. She began her studies at the age of sixteen; and we claim for her the independent invention of wax preparations, because she had finished a good preparation about three years before Morandi entered upon the pursuit.

Morandi married at Bologna a wax modeller named Manzolini; and it naturally occurred to her, as a student of medicine, that the material in which he worked might be useful in illustrations. He taught her to use it, and it was probably her great success and skilful lecturing which raised her, in 1758, to the chair of Anatomy in the University of Bologna. Her collection of wax-work was thought worthy of a visit by Joseph II. She died in 1774.

Elizabeth Nihell was born in London, in 1723. She studied at the Hôtel Dieu, and returned to England, where she made herself memorable by opposing, on the one hand, a distinguished physician, and on the other, a notorious quack. Dr. Smellie was lecturing on Midwifery at London, aided by an attempt at a manikin it would be too great a tax upon our soberness to describe. Enough that Elizabeth Nihell succeeded in making his assortment of strings and leather, reed, and cork plugs wholly ridiculous. At the same time, a notorious quack named Godalmin was agitating theories, and showing experiments to the physicians of London, too disgusting and absurd to be more than alluded to here. His companion in this work of darkness was named St. Audre. Wm. Gifford was the only physic an in London who withstood the imposition; but Elizabeth Nihell and Sarah Stone, both practising midwives, did so. Sarah Stone was the elder of the two, and the author of a work published in 1737, and called "Complete Practice." Gifford's name is honorably mentioned in the history of this affair, but who remembers that of Nihell or Stone? The unwilling witnesses to their honorable conduct are men; and one of them goes so far as to say, "If sometimes, in the history of Midwifery, we have found woman superstitious or weak, we have never found her projecting deliberate fraud, nor capable of rash experiment."

Mad. Raffatin, born in 1720, was the author of a work on "Delayed Accouchments;" and

Plisson, born in 1727, contributed respectfully to the general literature of her time.

Margaret Stevens, born at London, in 1750, was the author of the "Domestic Midwife," London, 1795.

Mad. Luel, who was practising in Paris, in 1750, is said by a French physician to have observed with great precision, and described with rare happiness. She published a work which elicits his warm admiration. It appears to have been written with the enthusiasm of genius; for he speaks of the manœuvring described in it as splendid, but not to be trusted, he says, to any but a student of the soundest judgment. Why did it not occur to him, that in a woman the exercise of tact might supply the exercise of reason?

The name of *Madame La Chapelle* cannot be mentioned as that of a stranger. None of the faculty deny the value of her researches. One of the oldest of Boston physicians dwells with pleasure on his indebtedness to her. She was born in 1761, and took, as we know, the degree of M.D. Her lectures were equally distinguished for clearness, force, and beauty.

Of Mad. Lerebours, I only know that she is the author of a work entitled "Avis aux Mères," published in 1770, which shows learning and practice. It merits great confidence.

Mad. Wittenbach was born at Haineau, in 1773. She was distinguished for her knowledge of Greek literature and composition, and took the two degrees of A.M. and M.D. from the college at Marbourg, in 1827. She was at first housekeeper to her uncle, the celebrated Greek professor of the same name; but in order that his library and his honors might come safely into her possession, he married her two years before his death. An Hellenic production of Mad. Wittenbach's, entitled *Theogenes at the Banquet of Leontes*, was translated into French, German, Dutch, and modern Greek. The titles of her professional works we have not been able to procure; but after the death of her husband, she was loaded with honors, and died with great calmness, and a still active mind, a few hours after writing some letters in Latin, April 12, 1830.

At the very close of the century, an Irish midwife made herself remarkable by performing the Cæsarean operation with success. Twenty-five cases are reported by Barlow and Blackburn in their "Medical Researches," published in 1793, of which this was the only one that ended happily. Her name was Dunalley. She performed the operation with a razor, seized in the absence of every suitable implement, and the impossibility of procuring a surgeon. She held the wound for two hours with her lips.

The nineteenth century is not yet gone, and the tribute it shall bear to the feet of history will depend very much upon the women of to-day. Ten have already contributed their mite to its medical glory.

Mad. Rondet, born in 1800, is remarkable for having perfected a tube for the restoration of children born in a state of aphyxia. A tube had been invented by Chaussier, but was too inconvenient to be used. The Royal Academy still ascribe the honor to him, but the habit reflects no credit on their medical knowledge. Dr. Aikin had published at London, in 1786, a work on Midwifery, suggesting such an instrument. It is not probable that Mad. Rondet ever heard of this book, but it would be disgraceful to the Academy not to have read it.

Mad. Dian, practising in 1821, was celebrated for manual skill.

The name of Mad. Boivin is well known to the faculty. It suggests to every mind a splendid success in the profession to which she devoted herself. Her first work, "Memorial des Accouchemens," was published in 1812, and went through three editions. The celebrated Chaussier published for her her engravings and diagrams. In 1819 she published a memoir on Hemorrhages, and another on Tumors; in 1827 one on "La Môle Vesiculaire;" in 1828 a memoir on Abortion; and in 1829, another on the "Absorption of the Placenta." Most of these have been translated into German. She has herself translated elegantly; and eleven of her original memoirs are well known to the medical public.

It may be said, that in sketching lightly the history of so many Sages Femmes, we have not proved that women have contributed anything to medical science. It is easy to see how small a number of women have devoted themselves to it in any single century. They have done it in spite of great difficulties, and amid much opposition; but how much have they accomplished! We forbear to dwell on their rich contributions to both the medical and the general literature of their time. It should be remarked, however, in passing, that these contributions owe what popularity they have to intrinsic merit. They have sought and found the light of day, without the pompous recommendation of institutions, or the forced encouragement of a clique. Morata's lectures were not confined to obstetrics; and we have the testimony of physicians themselves, that until the time of Moriceau, not only the ordinary medical authorities, but distinguished men like Solinger and Guillemeau, depended upon women for the observations from which

their theories were deduced. Mad. Bourgeois altered the practice of the whole world in the treatment of a large class of hæmorrhages. Mad. Breton perfected, more than a hundred years ago, a system of artificial nourishment, still in use in France.

Mrs. Blackwell prepared the first illustrated Medical Botany. Meslams Ducoudray, Bihéron, and Morandi independently assisted in perfecting the manikin; and Bihéron and Morandi independently perfected wax preparations. Mrs. Nihell and Mrs. Stone resisted successfully quackeries which deluded all the faculty of their time. Mrs. Dunalley, with the roughest instruments, succeeded in an operation in which twenty-four physicians had failed. Mad. Rondet adapted, so that it became of practical benefit, the tube that not all the genius and learning of Chaussier could redeem from inapproachable clumsiness. Mad. Wittenbach was consulted by all the physicians of her time, and medical science felt and acknowledged her signal ability through all its ramifications. Her interest in it was free from folly or personal weakness, and with her last breath she desired that the result of a post-mortem examination might be forwarded to a scientific friend at Paris.

We would not be thought, from the facts above presented, to have a narrow or illiberal interest in the education of women. We do not wish to turn them into a swarm of midwives, or a college of physicians; but we wish the sources of all knowledge to be thrown generously open to them, and we have thought that to inquire what they had already done, might decide the question, "What have they a right to do?" The limit to human acquisition must be set in the greater or less intensity of human desire, and no question of sex can complicate the statement.

Bihéron, destined to be an anatomist, will be such, whether a college of dissectors smile or frown. Wittenbach, versed alike in the mysteries of ancient tongues and modern physics, becomes the counsellor of the strongest men of her time, in spite of the precious hours stolen from the young German housekeeper, by her pantry and her needle. In the first efforts to gain a thorough education, in whatever direction pursued, some confusion must arise. Old landmarks will be thrown down, new ones will but slowly take their place, and the whole of society will miss, in this period of transition, that heavenly order which it always desires, but has never yet attained.

Sad it is to think, that many will come up to the work unsuited to its duties, and unprepared for its sacrifices—women who will lose their household graces, in a mad ambition or a foolish notoriety. Such women are malefactors, whom no tribunal can condemn, but that of the Infinite Father who protects the beauty and truth of the moral nature. They will hinder when they cannot help; and for this trial we must be prepared. In our patience, in our strength, in magnanimous trust in God, let us await it; and let us preserve, so far as in us lies, a sobriety and tenderness that shall make our mission acceptable where it is not desired, desired where it was at first hardly endured. If God has made woman unsuited to the struggles of life, no formal statutes and no want of them can deprive her of the sheltered niche originally hers. Leave her free, and she will learn, by trying, what she cannot do; and the bitter experience of one half century will settle the question for the race. But on the other hand, if God intended her to walk side by side with man, wherever he sees fit to go, the movement now commencing must materially aid the civilization of the present. Finer elements will be poured into the molten metal of society, and when the final cast is taken, we shall see sharper edges, clearer reliefs, and finer lining than we have been wont. It is not necessary to part with the gentler graces of womanhood, when we aspire to the ability and acquisitions of students; and they who act as if they thought so, cruelly wrong their sex. The classical world bitterly mourned the young Morata, but not with the broken-heartedness of the husband whose strength and life she had always been. Clotilda Tambroni was crowned not only with the laurels of a Greek Professorship, but "with modesty and every virtue." It was the tender appreciation of the women of Bologna that erected a monument to Laura Veratta, who was not only a professor of natural and general philosophy in the college, but enhanced the glory of her sex in private life and gay society. Let us not commit high treason against the memory of women like Lady Jane Grey and Margaret of Navarre, by such a faith. It seems to us that women, above all, should be encouraged to the full use of whatever strength their Maker has given them. Is it not essential to the virtue of society, that they should be allowed the freest moral action, unfettered by ignorance, and un intimidated by authority? For if women were not weak, men could not be wicked; and if women were sound and faithful guides, men need never be ashamed of their influence, nor afraid of their power.



New-York, Feb., 1852.

IT WILL BE OUR AIM to adapt the Journal to the wants of "THE PEOPLE" EVERYWHERE. It is not, as some have supposed, designed for medical men only, but for ALL MEN and ALL WOMEN.—PUBLISHERS.

OMITTED, APPROVED, AND REJECTED ARTICLES.—We have received numerous acceptable communications, for which we hope soon to find room. Among others, the following:—Chemistry of Life; Hydropathy vs. Allopathy; Water-Cure for the People; Drippings from a Wet Sheet; The Pathies Defined; The Suicides' Grave; Physicians vs. Reformers; Notes and Experience of a Water-Cure Book Agent; Testimony of an Old School Convert; Water-Cure in America; Home Experience, by L. S.; a Letter from S. O. G., and numerous miscellaneous articles.

COMMUNICATIONS NOT YET EXAMINED.—To Mothers; Home Treatment in Childbirth; Hydrocephalus Cured; An Appeal for Tobacco Consumers.

REJECTED.—Who should practise Hydropathy? by H. K.

WANTED.—We shall, in future, announce through the Journal all applications for Water-Cure Physicians. We cannot promise, however, that each "want" will at present be supplied.

When application for a Physician is made, all particulars should be given; such as the location, the route by which it may be reached, the number of inhabitants, the quality of water, etc., etc.

Applications have recently been made by the citizens of Plymouth, N. H., where the water is said to be unsurpassed for Hydropathic purposes. The people of Lockport, N. Y., are also desirous of having a good Physician, who will practise on Hydropathic principals. A large number of Water-Cure Journals have been taken at this place. If we mistake not, there are about 5000 inhabitants in Lockport.

TO PREVENT MISCELLANEOUS, all letters and other communications relating to this Journal should, in all cases, be post-paid, and directed to the publishers as follows:

FOWLERS AND WELLS,  
No 131 Nassau street, New York.

## FEBRUARY NOTES.

BY R. T. TRALL, M.D.

THE STAFF OF LIFE.—Whether this be bread, beef, potato, or cabbage, it is certain that it is always important to have good bread. It is more than twenty years since the bread reform has been among the topics of agitation in this city; yet probably at this day not one in twenty of our people can distinguish between a healthful and an unhealthful article of bread, or between good and poor flour. Graham flour or wheat-meal is very seldom ground as it should be at any of the mills. Instead of being cut into fine particles, the bran is scaled or mashed off in flakes; and the consequence is that, when yeast or fermented bread is made of it, the finer particles are over-fermented while the coarser are not fermented sufficiently. This destroys, in a great degree, the flavor as well as healthfulness of the article; besides rendering the loaf dry, hard, and rough. The difficulty is still greater in making cakes of any kind, or pie-crust.

A new article of flour has lately appeared in this market from the "Arcade Mills" of L. A. Spaulding, Esq., Lockport, Niagara co., in this State. We have tested it in various ways, and find it excellent. It supplies the desideratum of having the branny portion finely comminuted. A small portion of the outer bran is rejected, but the gluten, which exists most abundantly in the inner portions of the bran or outer particles of flour, is retained, which is an important consideration

when any separation of the proximate constituents of the grain is made. Those who are not thoroughly experienced in bread-making will be able to manage this flour much better than they can the common article of Graham flour, for the reason that it ferments more evenly and uniformly; while for making cakes and pies it will be much more tender and need much less shortening of any kind than the ordinary flour—provided shortening is used at all.

The wheat from which the Arcade Mills manufactures this flour we know to be a superior quality of "white flint," extensively known as "Genesee wheat," and among all the rich wheat-growing counties of Western New York, none produces a better article than Niagara. We take pleasure in commending this article to the patronage of Water-Cure establishments, and to the public generally. It may be had in this city of N. H. Wolfe, 17 South street; and in Boston of L. D. Gardner & Co.

CAUSES OF SUICIDE.—The Hartford Courant discusses the following paragraph on this subject:—

The *Westfield News Letter* enumerates several instances of suicide that have taken place in New England, and the editor writes a very good article on their causes, among which he mentions wounded pride, improper education, effects of fashion, intemperance, jealousy, unhappiness in the conjugal relation, poverty, &c., &c. All these circumstances are rather, in our opinion, to be considered as the occasions, not the causes of suicide. The cause lies farther back in the constitutional tendencies of the system towards a derangement of mind. One philosopher has remarked that *no sane man ever committed suicide*, and that such an act is *prima facie* evidence of insanity, because it contradicts the natural instinct of self-preservation. All the circumstances enumerated above may exist and not drive a man to suicide, unless there is this constitutional disorganization of the mind which prompts to it. The tendency of Monomania, especially of a depressing character, is always to suicide. The mind becomes deranged, flung off its balance, and then any of the above-mentioned conditions become the occasion of suicide. It is a lamentable fact that suicide is becoming common among us, but it does not increase beyond the natural increase of the number of inhabitants, and is by no means so prevalent as in other countries.

The above is all very well as far as it goes; but we would suggest to the Courant that the cause lies *still farther back*, in whatever produces those "constitutional tendencies;" and this brings us to the practical point—our habits of life.

FEMALE PHYSICIANS.—The Allopathic journals are generally vehemently opposed to the idea of educating female physicians to supersede the male doctors in the practice of midwifery, and are frequently parading in their journals a prodigious extent of possible dangers which might result from the substitution; we might say *restoration*, for it is not yet two centuries since the practice of midwifery throughout the whole world was in the hands of females; and it is at this day among more than nineteen twentieths of the people of the earth. But we have lately met with something statistical on their side of the question, which is the following article in the *New Hampshire Medical Gazette*:—

NOVEL OBSTETRICAL PRACTICE.—A person having a diploma from the Boston Female Medical School, and practising in our vicinity, we are credibly informed, has performed the following curious

operations. In a case of twins, immediately after the birth of the first child, the placenta was torn away. Result—death to both children. In a case of protracted labor, when the scalp projected as a tumor of some size, it was opened by a free incision to the bone, the perineum of the mother at the same time being cut into. Result—death to the child, and a narrow escape from death on the part of the mother. Is this the kind of "Madame Boivins" which will be furnished to the community by this establishment?

Now the above may be all truth or all fiction; or, as they say of novels, "fiction founded on truth." If true, such accidents are no worse in the hands of the inexperienced young female doctors, than when committed by diplomated young male doctors; and all persons conversant with medical literature know that they are lamentably too common in the latter case. But the vague and loose manner of telling the story inclines us to doubt it altogether. At all events, the statement, true or false, furnishes another exemplification of the fact that *nature* is the best operative midwife, and of the sound philosophy embodied in the saying of a celebrated Professor of Obstetrics—"Meddlesome midwifery is bad."

FAITH AND WORKS.—The manner and style in which the death of Priessnitz is noticed by the Allopathic periodicals, and some of the newspapers who are orthodox on medical matters, is well illustrated in the following from the *Boston Medical Journal*:—

*Death of Priessnitz, the Hydropathist.*—This somewhat distinguished individual has recently died at his home at Graefenberg. Neither his faith nor his works could ward off the attack of disease.

How many Allopathic doctors, younger than Priessnitz, have died in this city and Boston during the last year, in spite of their faith and works!

REFORM IN WRITTEN LANGUAGE.—The following selection from a recent report of the Boston Primary School Committee is interesting, as well as within our legitimate province of criticism, the Journal being the "Herald of Reform," in everything that relates to the actions and uses of the functions of human beings; and this extent of field of course includes the functions of talking and writing:—

"That adding letters to a language is not improving it, is made certain by comparing the principal languages in that respect. The great languages of the world, those that have had the greatest influence on its destinies, are the Hebrew, Latin, Greek, German, French, and English. Of those the Hebrew and Latin have only 22 letters in their alphabet; French, 23; Greek, 24; and the German and English, 26. Now mark the principal languages that have more than 26 letters in their alphabets, and see how, as they severally exceed that number, they dwindle in importance. The Spanish alphabet has 27 letters; Arabic, 28; Coptic, 32; Persian, 32; Turkish, 33; Armenian, 38; Russian, 41; Slavonic, 42; Sanscrit, 50; Japanese, 50; Cherokee, 82; Tartarian, 202. Any one of the first named languages, employing twenty-six letters and less, has given to the world greater treasures in the way of history, poetry, eloquence, science, art, and general literature, than all the last named languages, employing more than twenty-six letters, have done put together. Indeed those first named are the languages of the earth. Experience would seem to have tested the question, and decided that less than twenty-six let-

ters is the model alphabet; for, what Hebrew and Greek were to the ancients, and Latin was to the middle ages, French has long been in modern times; and those four languages employ the least number of letters of any of the great languages.

The first clause of the proposition, that "adding letters to a language is not improving it," is most true; but not so the implication of the latter clause, that the less number of letters the better; nor is it correct that "less than twenty-six letters is the model alphabet." The true principle is this: Every language should have precisely the number of letters that it has elementary sounds. Every rudimental sound should have its distinct representative character, and this is the principle of phonographic reform. The English language has *forty-four* elementary sounds—some reckon but *forty-two*—and hence should have an alphabet of that number of letters.

ANATHEMA MARANATHA ALLOPATHICA.—With the leading spirits of the Allopathic journals there is no virtue equal to a blind assent to the whole mountain heap of ridiculous dogmas which have been concocted and propagated by "regular" professors; and no sin so black as rationally believing in and honestly confessing some truth which has been discovered out of the profession. No man is so high, so pure, so good, or so intelligent as to secure him for an instant against the misrepresentations, persecutions and slanders of the well-paid ministers of medical orthodoxy, if he depart the least from "established usages," or countenance, in the remotest degree, any approach to irregularity.

A few years ago Dr. Forbes, who ranked at the very head of the profession in Great Britain, and whose position as a writer and critic compelled him to investigate the theories of his profession a little more closely than Allopathic professors are in the habit of doing, began seriously to doubt the utility of the promiscuously drugging practice; and he candidly expressed his doubts. This led him to examine also the pretensions of other systems, Homœopathic, Hydropathic, &c. On comparing notes he found the success attending those irregular methods of doctoring, in *some diseases*, far superior to that of the drug system and he honestly acknowledged the fact. He even went a little further. He wrote an elaborate article on the Water-Cure, explaining its processes and recording the results according to the best evidence he could find on the subject, and *giving his reasons why* medical men ought to use more water and less drugs in the treatment of *many diseases*.

Now how is Dr. Forbes answered by his professional brethren? Does any one dispute his facts, controvert his arguments, or war against his reasoning? Nothing of the sort. Instead of this they traduce, slander, vilify, ridicule, abuse and black-guard him! Gentlemen of the drug trade, call you this gentlemanly? Is this *all* and the *best* that can be done and said on your side?

The following complimentary notices—we do not know whether to call them purging pills, caustic powders, sour drops, bitter extracts, leech bites, moxa burnings, dry scarifyings, lancet-stabs, or alterative mixtures, or all together; at any rate their characteristically *killing* intention is plain enough—we clip from the editorial of the Boston

Medical and Surgical Journal. The italics are ours:—

DR. FORBES, OF LONDON.—We have very recently had occasion to chronicle, among the sad evidences of the degeneracy of the times, the professional apostasy of this *once* distinguished gentleman. \* \* \* It was only within the last year that Dr. Forbes's *treason* to the *liberal* profession which had sustained and elevated him to the proud position he has long occupied, aroused the indignation, while it challenged the *pity*, of the fraternity. *Until then*, he had been everywhere known and honored as the able advocate of philosophy and truth. He was not only the popular editor of the British and Foreign Medical Review, which was patronized all over the scientific world, but the homage of his brethren, universally awarded him at home, had elevated him to be Physician in ordinary to Her Majesty's household, and Physician Extraordinary to His Royal Highness Prince Albert. \* \* \* \* \*

But, alas! how has the mighty fallen. Then he was courted, flattered, fawned upon, by troops of friends, while millions paid him the homage due to honorable integrity, rank and talents, exemplified by an *esprit du corps* which he had, till then, ever illustrated by consistency in *adhesion to the liberal profession* whose patronage had made him what he then was. But now, none so poor to do him reverence—so sad, so grievous has been his fall.

Enough said. The "cloven foot" is sufficiently visible. So long as Dr. Forbes "adhered to the profession," right or wrong, he was all right; but no sooner does he undertake conscientiously to discriminate between the right and the wrong, than he is all wrong! It is customary and expected of professional politicians, who labor solely for the spoils of office, to "court, flatter, and fawn" upon all those who will "go for our side, and swear it through;" and to denounce and persecute all who are presumptuously afflicted with a vision or conscience adverse to the special interests of the party. But it *ought not* to be so in a "liberal profession."

AN ASYLUM FOR IDIOTS.—In Gov. Hunt's late message, this enterprise of questionably-directed benevolence is thus noticed:—

In pursuance of the act passed by the last Legislature, the trustees appointed for the purpose have established an Asylum for Idiots. They have fortunately secured the services of Dr. H. B. Wilder as Superintendent, whose efforts for the improvement of imbeciles have been attended with great success. A suitable building was procured in the vicinity of this city, and the school has been opened under encouraging circumstances. The report of the Trustees will present their proceedings more fully, and impart some valuable information in regard to the merits and prospects of this noble undertaking.

It would be a "noble undertaking" to educate, as far as possible, those unfortunates who are born minus some portions of the brain, provided ample measures were first provided to give a decent education to all who have brains to educate. It is one of the weaknesses of our people, that they are much more disposed to bestow dollars on monstrosities who are susceptible of but a trifling improvement, than pennies on those who have the natural capacity, and only want the means of improvement. The same labor and expense that will develop one idiot's brain to know a *very little*, would prevent a hundred well-born brains from becoming idiotic. We profess as much sympathy for this unfortunate class as any one feels; but it is wrong, we think, so to misapply our charities.

THE STREET CHILDREN.—Mayor Kingsland, in his late message, has very kindly commended the poor beggared children, who run our streets naked, hungry, and houseless, to our attention and sympathies. This is well as far as it goes; but it does not go far enough, nor quite in the right direction. It is well known in this community that our "City Fathers" annually license, *contrary to law too*, four or five thousand grog-shops; and it is equally well known that these are the principal causes of the poverty, destitution, beggary, and even crime in our midst. Immortal honor awaits that Mayor and Common Council who will reform this evil altogether and at once, by doing their sworn duty in the premises. Give us the glorious Maine law, Messrs. Aldermen!

## Reviews.

THE ILLUSTRATED WATER-CURE ALMANAC, FOR 1852, with Calendars adapted to all the different Meridians in the United States, and embracing a variety of articles enumerated below, on Life, Health, and Happiness, containing 48 pages. Price 6 cents. Published by FOWLERS AND WELLS, 131 Nassau street, New York.

THE HEALING ART, by Dr. Trall, is an able article, in which the History of Medicine is taken up and discussed in such a manner that no one can fail to understand the subject. Striking contrasts are given between the old and the new modes of practice.

MORNING PLEASURES.—The advantages of Early Rising, and THE BLOOMERS, with engraved illustrations, are considered.

HEALTH MAXIMS, by Dr. Nichols. Here we have a chapter full of facts, which *everybody* ought to know, and indeed commit to memory. It may be called "Mulum in Parvo."

MAGNETIC THEORY OF SLEEP.—It is assumed that the earth is a magnet, with magnetic currents constantly playing around it. The human body is also a magnet; and when the body is placed in relation to the earth, these bodies harmonize—when in any other position they conflict, etc.

RESPIRATION.—A subject of vast importance, but of which our people know quite too little. This is also illustrated with physiological engravings.

A HINT TO LADIES, by a Lady, on the interesting subject of Beauty and Dress; and a good hint it is.

WATER-CURE STATISTICS.—The amount of capital invested, the number of patients treated, together with the names and post-office address of the principal establishments.

PICTORIAL LESSONS FOR GIRLS AND BOYS.—The most important Physiological information is imparted in this chapter, nor can men and women read it without advantage.

THE HYDROPATHIC ENCYCLOPEDIA.—A brief review of this excellent work is given.

TREE TRAINING, in which practical instructions, with engraved illustrations, are presented. Our country friends, and all farmers, may advance their own interests and comfort by reading and adopting the plan herein laid down.

GOOD ADVICE.—Referring to the most judicious course, when dealing with dishonest, abusive slanderers—"a sermon in a nut-shell."

THE CIRCULATION OF THE BLOOD, with an engraving exhibiting the heart and lungs. A descrip-

tion of the circulation, purification, and coloration, etc., etc.

**INSECT BITES**—their varieties, effects, nature, and Hydropathic treatment.

**PHYSIOLOGICAL LAW OF THE PASSIONS.**—The importance of self-control is pointed out and enforced on Physiological principles. Especially important to mothers.

**LEARNING TO SWIM**, illustrated with engravings. This will please the boys, every one of whom should learn this useful and healthful art.

Closing with a selection of pleasant varieties, and a list of the various Water-Cure publications. Altogether we think it richly worth the insignificant price of six and a quarter cents, or twenty-five copies for a dollar.

Will not the friends of Hydropathy see to it, that every family is supplied with a WATER-CURE ALMANAC FOR 1852?

## REVIEW.

BY E. T. TRALL, M. D.

The "HOMŒOPATHIC DOMESTIC PHYSICIAN," containing the Treatment of Diseases, with popular explanations of Anatomy, Physiology, Hygiene, and Hydropathy; also an abridged *Materia Medica*; is the title of a work by Dr. J. H. PULTE, which has reached its third edition. It is published by A. S. BARNES & Co., New York, and H. W. DERBY & Co., Cincinnati.

The author is an experienced practitioner of the Homœopathic school, and his work evinces learning and industry. The work also contains much valuable information, but it does not advance any new or even state any old principles. To be sure theory itself is of no practical importance when all the facts and details collected and presented are carefully considered and properly arranged. But such is not the case with the book I am considering. In some cases the reasoning is absolutely self-stultifying, and the assumed facts egregious errors. For example, take the following article entire:

### NIGHTMARE.—(*Incubus*.)

A well-known troublesome disease, consisting in a heavy pressure on the precordial region, which impedes breathing, creating thereby many images of fancy—monsters, robbers, bears, &c. It occurs mostly in the first hours of sleep, and, if recurring every night, would certainly injure the general state of health.

It is caused either by an overloaded stomach, congestion of the blood to the abdomen, or to the precordial region, when lying on the back.

**Treatment.**—Persons liable to this disease must first avoid the above-mentioned causes, and then the following remedies will have their effect:

**Acornite**, especially in women and children, when feverishness, oppression of the chest, anxiety and inquietude prevail.

**Nux vomica**, after drinking spirituous liquors, eating a full meal in the night, or by sedentary habits.

**Opium**: The principal remedy in severe attacks, snoring, respiration, eyes half open, face covered with cold perspiration, and convulsive movements of the limbs.

Besides these remedies, daily exercise in the open air, use of cold water internally, and externally in shower and sponge baths, are recommended.

The above is certainly very loosely put together. One might reason, *a priori*, that if the causes were removed the consequences would cease, without the remedies.

I am sorry that the author has, carelessly or hastily no doubt, adopted some of the exploded errors of Allopathy; for example—*bleeding in cases of apparent death from a fall or blow!* (See page 27.) True, Dr. Pulte limits his recommendation to bleed to cases in which the pulse is full and slow, which, by the way, is never the case until the apparent death is succeeded by decided convalescence; but it is sanctioning a principle which Homœopaths generally condemn, and a practice which the most eminent surgeons of the school Dr. Pulte opposes have long since denounced and repudiated as absurd and injurious.

The Hydropathist will find his *exclusive* faith strengthened by a perusal of this work. As usual with all late authors of all medical schools, Hydropathy has the honor of being adopted as a "valuable auxiliary." It is however put forward as the effective medication in a good portion of the diseases named in the book, hence, practically, this work is perhaps the best Homœopathic work extant for popular guidance and direction in home treatment.

## Miscellany.

**THAT DISCUSSION.**—We regret exceedingly to be obliged to inform our readers that our invitation to the Allopathic faculty, to discuss medical differences with this Journal, has not yet been accepted. We are aware, however, that the present is a busy season with those professors who are most practised in writing and most ready in debate, many of them being engaged in lecturing at the different schools. But the lecture term will close at most of the schools in a few weeks, and we confidently indulge the hope that we may be enabled to announce the acceptance of the challenge in our next number. OUR SIDE is ready any time, gentlemen!—PUBLISHERS.

## GOSSIP FROM BOSTON.

BY NOGGS.

TALKING with a friend the other day, he remarked that Mr. R., of Lynn, (who was one of the first and most zealous converts to the Water-Cure, and whose life had been saved by it, as well as his children's, when nothing else could have saved them) "had gone to using medicine again, after having told hundreds that it was all-sufficient; using it too in the very kind of case he had when the water snatched him literally like a brand from the burning, quicker than any medicated thing could possibly begin to do. What does it mean?"

It means simply this, that poor human nature is weak, lamentably so; and this man, though hitherto he had come bravely up to the work, was at last, as many thousands have been before, induced to listen to the tempter and do evil that good might come.

Like all who thus do, he has had to suffer long and dearly for his indulgence. Under the water-cure he was out in a day or two. This time, with the best medical aid Boston could afford, he was sick two or three weeks.

The only possible justification in this case was, "that he was in great suffering, and didn't know or care what they did, and the dread of using severe treatment, such as the Water-Cure doctor gave him before," which is just no justification at all; for he knew enough to know that even morphine could not ease him quicker than the ice-cold sheet, &c., did, and that, though momentarily more unpleasant, it was ten thousand times more effectual.

He knew, too, the "eyes of the world" were upon him, and he ought not, for the sake of a temporary oblivion, to do what he knew was unnecessary and therefore wrong.

This same man would not hearken to any such plea when made by the drunkard, whose friend he always has been.

It will seem incredible, what I am about to relate, which is worse than the above. A Mrs. —, in Providence, was afflicted for three months with a most severe sciatica and visitation of doctors: a complication which kept her on her bed for three months, in suffering all the time, almost beyond endurance. At last she was induced to send to Boston for a Water-Cure physician, who visited her only twice, and relieved her entirely of all her pain, &c., so that in less than a week she was up and about, and got well "right off."

A year or so afterwards, neglecting good advice,

she was taken down precisely so again, and sent for an Allopathic physician!!! The justification in this case was, that "it cost too much to send to Boston for a doctor." This might be allowed, if the parties had been poor; but in this case it is null, as the "husband" was one of the richest men in P. The miserly fellow got well come up with, however, as she was sick something like a year, and two physicians daily, a good deal of the time, whose bills alone, probably, did not amount to less than five hundred dollars, to say nothing of the other expenses! Verdict in P., "served him right."

Poor, short-sighted mortals! we think we are a-going to save something, by taking down a "dose of physic in season!" and find out too late that it costs more than we were aware, as one dose generally makes a necessity for another; and so we go on, till we can go no more. "Isaac begat Jacob, Jacob begat Judah, and Judah peopled the twelve tribes of Israel;" and, in like manner, pills beget irritation, irritation begets inflammation, inflammation peopled the whole system with annoying symptoms, the end of which, sooner or later, is death.

"Touch not, taste not, handle not," is the best motto, the only safe one. "You cannot touch pitch and be undefiled," much less calomel, arsenic, iodine, &c., &c., &c.

Others there be whose lives have been saved by the Water-Cure, yet when their children come to be sick, use drugs! because they "can't believe water can be good for everything." Christianity can't cure everybody; but I never heard of its doing anybody much harm, if properly applied! The same is true, precisely, of the Water-Cure. If good for anything, it is good for everything, and will cure in the one case as well as the other, if possible to cure with anything.

The simile is truer by far than even Water-Cure folks think for.

We transgress moral law, and Christianity is the only hope for us. We may temporize, and tamper, and deceive ourselves into the belief even that we are cured of our evil propensities and shortcomings, but it is of no use; till touched by the live coal from the Christian altar, we are not healed; the leper may cover up his sores, but he is a leper still. So with physical sin, we may change their location and even their nature, cover them up, hiding the hydra-head, ostrich-like, beneath a pill or powder; but we will sooner or later find "that there is no peace to the wicked," physically or morally so, and that obedience, long continued, ever abiding perseverance in obeying the laws of health and being—which is, in other words, Hydropathy—can make the physical sinner whole.

For myself, I should just as soon think of getting up a "compound tincture" of Holiness to cure the sins of the soul, as to think of giving medicaments to cure the sins of the body!

Look at it a moment.

Cure for stealing a sheep:—

R. Tincture of Holiness, one ounce. Dose, a teaspoonful, once in four hours.

Remedy for lying, swearing, and other bad symptoms of a diseased soul:—

R. Tincture of Holiness, one part; essence of obedience, three parts. Mix, and take a table spoonful three times a day!

This would not be a bit more absurd than the custom of giving tinctures, &c., &c., for the cure of physical sin. The man though, who should do it, would instantly be denounced as a most daring impostor and reprobate.

But physicians may substitute drugs of the most poisonous kind for obedience to the laws of health! and it is all right!! O tempora, O mores, O "drugs!"

Eds. W. C. J.—We want your thirty-five thousand subscribers to remember it needs but a slight effort, on their part, to procure each an additional subscriber,

or one tenth part of them to procure, each, a club of ten, and your circulation is doubled.

Readers of the W. C. J., you have but to will, in this matter, and it is done. Let it be done before another month shall have passed away, and we will promise you a happy year indeed. Happiness, in the consciousness of doing good.

Do you wish to make an acceptable present? Send it to some friend or family that have been, or are being "regularly" victimized, and have never heard of this cure, "high over all."

"Let your light shine," "put it not under a bushel," and the heaven that is now so efficiently working, will soon have leavened the whole lump.

Truly yours, SETH WHALEN.

THE AMERICAN COSTUME.—[We copy the following from that most respectable and even venerable authority, CHAMBERS'S EDINBURGH JOURNAL:]

So is it that our people see women every day defying common sense and good taste by the length of their skirts, and say little about it, but no sooner observe one or two examples of a dress verging a little too far in an opposite direction, than they raise the shout of a persecuting ridicule. We say there may be some little extravagance in the Bloomer idea, but it is common sense itself in comparison with the monstrous error and evil which it seeks to correct.

That some reform is wanted, all the male part of creation agree. Many of the ladies, too, admit the inconvenience of the long skirts which have been for some years in fashion, though they profess to be unable to break through the rule. Let there simply be a reduction of the present nuisance, an abbreviation of those trolloping skirts by which even a man walking beside the wearer is not unfrequently defiled.

If the question is between the present skirts and Bloomerism, then we are Bloomerites; for we would rather consent to error in the right direction than the wrong one.

We have alluded to fashion and its slavery. It is a curious subject, not unworthy of even a philosophic attention. In the late wondrous exhibition of the industrial arts of the civilized world, how many admirable devices were presented for articles of utility and ornament! What an idea did it in its general effect give of the amount of ingenious intellect exercised on such matters! Yet we never see any of the same taste and ingenuity exercised in the fashioning of clothes. Milliners and tailors appear to be the most brainless of all professions. We scarcely remember to have ever seen a new fashion proceed from them which accorded with true elegance, and which did not tend to deform rather than adorn the human person. At present they make a woman into a bell shaped object, painful from the sense of its incompleteness—feet being wanting. Always some absurdity reigns conspicuous in their models of form. Each of them will tell you: We cannot help it—it is the fashion. But whence comes the fashion, if not from some of their own empty heads? And how is it that no one of them can help it, but that no one of them has the sense or spirit to devise, set forth, and promote anything better? The tailors are better than the milliners, and do not in general misdress mankind to such an extent as to call for a particular effort of resistance; but the women are treated by their dressmakers in a way which would call for and justify a rebellion. A friend of ours goes so far as to say that the one thing above all which convinces him of the inferiority of the female mind generally to the male, is the submission which women show to every foolish fashion which is dictated to them, and that helplessness which they profess under its most torturing and tyrannical rules.

PROCEEDINGS OF THE WOMAN'S RIGHTS CONVENTION, held in Worcester, Mass., on the 15th, 16th, and 17th of October, 1851, 1 vol., octavo, pp. 112. Price 25 cents. Published for the Committee by FOWLERS AND WELLS, New York. The friends of this movement will be glad to learn that the official Report, containing these proceedings, is now ready. In our next, we shall speak of this document more at length.

### COMMENCEMENT OF THE AMERICAN HYDROPATHIC INSTITUTE.

The first term of this Institution closed on the 6th of December, with a social meeting of the pupils and a few of their friends, at the residence of Dr. and Mrs. Nichols. This had been preferred by the students to any public ceremonial, for they felt that their parting hour should be sacred.

At 8 o'clock Dr. NICHOLS seated the assembly in order, and said:—

"My Friends: The last hour has come, and our last words are now to be spoken to you. Mine will be brief. I have nothing to say to you, which I have not said. I have nothing to add—little to regret. In the hundred and forty lectures I have given you, I have said all that I wished to say, and were the same course to be gone over again, I do not know that I could make any addition. I have tried to do my duty to you, and I am entirely satisfied with the manner in which you have received our teachings. You are a class of which any institution might be proud, and you are going forth upon a glorious mission. I feel that I can say to you without irreverence, "Go ye into all the world and preach *this* gospel to every creature." I cannot say, "Behold, I send you forth as sheep among wolves;" for the people are prepared, and waiting for you, and will receive you with open arms. Go then, strong in the might of truth—heal the sick, and teach everywhere the laws of health. It is a glorious work, and I feel that you are worthy of it. I welcome you to the world's great work of reform and progress. May you all be as happy as you may be useful."

Rev. T. L. HARRIS, whose ministry many of the class had attended, then gave a brief address on the connection of the physical life and health with spiritual development, and urged upon them the importance of the spiritual relations of man with an earnestness and fervor which found their way to every heart.

Dr. REDFIELD, who had give a course of lectures on Physiognomy, gave an exceedingly ingenious and valuable address on the elements of life, particularly as they are found combined in water, which contains in itself oxygen, the great supporter of combustion and the vital processes, hydrogen, the lightest and most penetrating of the gases, with an immense amount of electricity, which recent investigations have shown to be active in all vital operations.

S. P. ANDREWS, Esq., who had frequently addressed the class during the term, then made the following remarks:—

*Young Gentlemen and Ladies:* It is the habit, when one intrudes upon the province of the clerical profession, to say apologetically, "I am neither a prophet nor the son of a prophet." I should say in the same spirit of apology, that I am neither a doctor nor the son of a doctor, and that you may perhaps see no propriety in my being called upon to address you on the occasion of your parting from your instructors and from each other. Allow me to call your attention to an appropriateness in the selection, however, which may have escaped your observation. You are aware, from previous communications that I have had the honor and the pleasure to make to you, that I am deeply interested in the science of the true social relations of mankind. I wish now to point out to you the fact, in the few words which I shall feel authorized, on such an occasion as this, to utter, that the Science of Society is a legitimate and an indispensable part of the science of medicine, and of the art of preventing and curing diseases. By so doing I shall place myself rightly before you to-night, and at the same time, extend your view, perhaps, of the magnitude and importance of your calling.

Man to be in health must be harmonized with himself, and inasmuch as his social relations constitute a part of him, these two must be harmonious; but what I mean in what I have just said, has reference to a more practical, or if you will, less metaphysical view of the subject. I mean simply that in order that you may apply the knowledge you have earned of the best methods of cure, you must have patients in such conditions that they are susceptible of being cured. There is an old anecdote, which you may all have heard, told of a young physician who went before Doctor

Abernethy (?) to be examined. The old doctor, probably to test his self-possession more than his medical skill, asked him what he would do for a patient who was blown up by gunpowder. "I should wait," replied the young man, "for him to come down again." In other words, he must first have his patient within reach of his remedies before he could administer them. This, then, is what I mean. As things are now in the world, with our miserable poverty in the production and our still more miserable *iniquity* in the distribution of wealth, it seems to me that there are two thirds, or three fourths, or nine tenths of mankind who are hopelessly beyond the reach of any judicious medical treatment, whatever may be your skill or their wants. Their poverty precludes the possibility of the rightful application of such remedies especially as the Water-Cure physician resorts to as the only conditions of health—namely, cleanliness, the abundant administration of water, which requires some leisure and conveniences, pure air, well regulated exercise, mental repose, and the like.

If I am very sick and you inform me that I must die unless I visit a more genial climate, and recommend Havana, and I am destitute altogether of the wherewithal to convey myself on board ship, and to pay my passage from this point to that, what good purpose does your prescription serve? Your skill is useless and worse than useless, so far as I am concerned. It robs me of the sweet illusions of hope, while it confers no benefit in return. You have plunged the dagger of despair into a constitution already tottering under the assaults of disease, and you finish by hastening the ravages of death, instead of warding off or procrastinating his approach, as it is the end and aim and glory of your profession to do. There is evidently something all wrong in all this, by which the very aim and purpose of your healing art is defeated, and your art itself converted into the means first of torment and despair to your unhappy patient, and finally of his more speedy destruction; and it behoves you, as it seems to me, as a part, and a legitimate part of your medical education, to investigate and ascertain wherein the wrong lies. The difficulty is not in the fact that I am not sick and in need of your skill, nor that I am not aware of that want, nor is it in your want of skill to discover and prescribe the appropriate remedy. It is to be sought for and found in my pecuniary deficiency, and the cause of the evil is to be traced back to the cause of that. Perhaps I have been imprudent, reckless and dissipated in my former life. Perhaps I have been the immediate victim of a vicious commercial system, and have been brought by the fluctuations of trade to a sudden bankruptcy. Perhaps I have labored hard and long during my whole life against fearful odds in the harsh strife of competition, for which by organization I was never well adapted, until finally with failing health my courage sank, and my physical and mental powers and hopes of wealth collapsed together in one fatal wreck, and left me the miserable sufferer who now comes to seek relief and consolation at your hands, as one whose business it is to "cure the sick." And now, alas! it becomes your sad office to add the last bitter drop to the brimming cup of despair which has to be drunk to the dregs by the victim of a social disease reaching far beyond the individual pathology of the patient before you. Without something more than medical skill, the skill you have must then remain a mere mockery of the wretched sick, in cases so numerous, that if you go forth to practise your profession with your eyes open to the facts, you will soon seem to yourselves almost impotent for good.

Do you not then begin to perceive that Sociology, the Science of Society, the science of true human relations and conditions, and of the means of securing them to all classes and all individuals of the race, is part and parcel of your legitimate professional knowledge, without which your profession must ever remain a lame, an incomplete, and in some aspects a contemptible thing? If men are imprudent, reckless and dissipated, remember that there must be a cause or causes for such phenomena just as certain and ascertainable as the causes of scrofula, consumption, or fever, and that they must be just as susceptible of prevention and cure by true social conditions and relations, as these individual ailments by the true conditions of health. That physician is but half a doctor who knows individual disease and individual therapeutics, and has no knowledge of the diseases of the grand man called society, and of the appropriate remedies for these last. The few moments allotted to me for this evening do not permit me to enlarge upon this idea, as I hope to do upon some future occasion; but permit me to assure you that a philosophical view of the true office of the physician, as a devotee to the regeneration of human health, is inclusive of social physiology as well as of that of the individual man. To that end a knowledge of the fact that "cost is the true limit of price," and that nothing short of that principle in operation can distribute the results of industry equably, and abolish



the extremes of poverty and the stagnant and deleterious accumulations of wealth which are now the chief causes of disease, remote as such an axiom may appear to be from your range of studies hitherto pursued, is nevertheless not only a legitimate, but, as I have said before, an indispensable part of your professional knowledge, both as physicians and reformers.

Permit me to conclude by expressing the hope that each one of you will ever feel animated by the spirit of genuine religious devotion to the true development and regeneration of mankind, limiting your views to no narrow range even within the field of human progression, but keeping your hearts always open to a lively sympathy with what relates to the common well-being of the whole family of man.

Finally, Mrs. GOVE NICHOLS arose, almost overpowered by her emotions, and amid the starting tears of all who were gathered around her, said:—

"I have a few words to say to you. I have told you for twelve weeks my thoughts and my experience. You have learned to know me, my views, my feelings, my aspirations, my prayers. You know that better than all else I love this human race of ours—that I desire above all things the salvation of Man. You know that ourself, our true self is the race, and that there is a wise and holy selfishness that comprehends all of good for all. We are to be true to ourselves and to our self. In view of all this, my happiness is great when a band of men and women, whom I love and revere, goes out from us to preach Truth. It is not my truth that I have preached to you—it is not your truth that you will preach—but it is God's truth. I have given you this truth because you had it or the capacity to receive it. Unto him that hath shall be given, and he shall have abundance. Because you thus abound in Truth and the love of it, you were willing to receive from us.

"I have given you the life of my life. I feel that through you the hot blood of my heart is poured out for the revivification of the world.

"From the depths of my spirit I give you my blessing, and I pray God to bless you now and always as I do."

The simple Diploma of the Institute, engraved on parchment, is in plain and concise English. It is as follows:—

**"AMERICAN HYDROPATHIC INSTITUTE.**

"We certify that ———— has diligently attended the Lectures and Instructions of this Institute, and has acquired such thorough knowledge of the Principles and Practice of Medicine, Surgery, and Obstetrics, as to merit confidence as a Water-Cure Physician."  
(Signed by the Professors.)

This Diploma was conferred on the following Ladies and Gentlemen:—

MARY ANN TORREY,	Alabama.
AMANDA M. COOK,	Massachusetts.
HARRIET K. AUSTIN,	New York.
ESTHER C. WILDMAN,	Ohio.
MARY G. PUSKY,	Pennsylvania.
MARY J. COLBURN,	Massachusetts.
CAROLINE E. YOUNG,	Connecticut.
MARGARET W. SILL,	New York.
HARRIET A. JUDD,	Connecticut.
JAMES S. DEWEY,	Michigan.
WILLIAM F. REH,	Louisiana.
WILLIAM G. READ,	New York.
HENRY K. W. AUSTIN,	New York.
HIRAM FRESHE,	Ohio.
HORACE KNAPP,	Maine.
JOSEPH H. HANAFORD,	Massachusetts.
WILLIAM STEPHENS,	Pennsylvania.
EDMUND DODGE,	New York.
JAMES CATLIN,	Pennsylvania.
JOHN B. GILLY,	New York.

At a meeting of the Students of the Hydropathic Institute, the following resolutions were presented by a Committee chosen for that purpose, and unanimously adopted:—

*Resolved*, That we consider pure Hydropathy as the only natural method of preventing and curing disease, and that any other simple or mixed treatment only increases the number of diseases and their so-called remedies.

*Resolved*, That we, having entered here as students to qualify ourselves for true Water-Cure practitioners, intend to apply our knowledge not only to lessen the sufferings of our fellow-men, but also to enlighten their minds by increasing their self-knowledge.

*Resolved*, That the only qualification of a physician is a knowledge of the healing art in all its branches, and the only judges of that qualification are the physician and the public.

*Resolved*, That, whilst we consider Hydropathy as the only true system of medication, we still hold and believe the establishment and support of any system of medicine by the State to be an infringement upon those individual rights which should ever be held sacred.

*Resolved*, That, in our opinion, no disciple of Water-Cure can consistently pursue his studies in the old Allopathic schools, imbibing the errors of the drug system, whilst an Institute exists in which a pure science is taught, and the philosophy of a true life inculcated.

*Resolved*, That, in our opinion, the world owes much to Dr. T. L. Nichols and Mrs. Mary S. Gove Nichols, for the establishment of an Institute in which persons of both sexes can be educated in all those sciences necessary to a successful practice of the Water-Cure.

*Resolved*, That we deem it but justice to Dr. T. L. Nichols and Mrs. Mary S. Gove Nichols, and a duty which we owe to the "Water-Cure" public, to express in this manner our deep appreciation of all their labors in the Institute during the past term; and that, for providing a spacious residence in which most of the students could be brought together in a family—for neglecting no means by which our happiness, harmony, and progress could be secured—we return to them our sincere thanks.

CAROLINE E. YOUNG,  
WILLIAM M. STEPHENS, } Committee.  
WILLIAM F. REH,

New York, November 21, 1851.

WATER-CURE IN PATERSON, N. J.—Dr. Nichols gave a lecture on Hydropathy in this enterprising city, in December, and had the pleasure of introducing to his audience a resident Water-Cure Physician, Dr. WM. F. REH, whose name will be found among the graduates of the Hydropathic Institute. Dr. Reh has gone to work in earnest, diffusing light among the people, distributing Water-Cure works; and he has already obtained a handsome list of subscribers for the Journal. In practice, he has also had the most encouraging success, and already performed some extraordinary cures. One of these was a case of acute laryngitis or croup, in an old lady of nearly seventy years, which he relieved in a very remarkable manner, by his energetic and skilful treatment. We hope to find room to give this and other cases in full, from the same source.

The Hydropathic Institute sends out a strong reinforcement to the Water-Cure army. We hope they may all soon find themselves in active service.

OUR FRIEND DR. STEADMAN has hoisted the Hydropathic gates in Greene County, N. Y., by which that region is likely to be pretty thoroughly inundated. The Doctor is planting (Journals) in a good soil, and a bountiful crop is sure to reward him for his zealous, honest, and intelligent labors.

**Business Notices.**

FOR ONE DOLLAR A YEAR—Either of the following named Journals may be obtained:

THE AMERICAN PNEUMOLOGICAL JOURNAL—A Repository of Science, Literature and General Intelligence, amply illustrated with Engravings. Published monthly by FOWLERS AND WELLS, No. 131 Nassau street, New York.

THE WATER-CURE JOURNAL and Herald of Reforms—Devoted to Physiology, Hydropathy, and the Laws of Life, profusely illustrated. Terms the same.

THE STUDENT and Family Miscellany, designed for children and youth, parents and teachers. Illuminated with engravings. Terms the same.

THE UNIVERSAL PHONOGRAPHER—Devoted to the Dissemination of Phonography and to Verbatim Reporting, with Practical Instruction to Learners. Printed in Phonography. Terms the same.

Either, or all of these Monthlies, will be sent by mail to any Post Office in the United States, for one dollar a year each. All letters and orders should be post-paid, and directed to FOWLERS AND WELLS, No. 131 Nassau street, New York.

**PUBLISHERS' NOTICES.**

THIS JOURNAL will be sent in clubs to different post offices when desired, as it frequently happens that old subscribers wish to make a present of a volume to their friends, who reside in other places.

A FEW MOMENTS' TIME is usually enough to convince every reasonable person of the great superiority of the Water-Cure system over all others; a complete knowledge of which may be obtained through the WATER-CURE JOURNAL.

It is believed that a greater blessing cannot possibly be bestowed on the human race, than the universal diffusion of the LIFE AND HEALTH PRINCIPLES advocated and taught in the WATER-CURE JOURNAL.

DRAFTS on New York, Philadelphia, or Boston, always preferred. Large sums should be sent in drafts or checks, payable to the order of FOWLERS AND WELLS, properly endorsed.

All LETTERS addressed to the Publishers, to insure their receipt, should be plainly written, containing the name of the WRITER, the POST OFFICE, COUNTY, and STATE.

FRIENDS AND CO-WORKERS in the advancement of THE WATER-CURE will see to it, that EVERY FAMILY is provided with a copy of the Water Cure Journal for 1852. Now is the time.

MONEY on all specie-paying Banks may be remitted in payment for the WATER-CURE JOURNAL.

SPECIAL NOTICE.—All letters and communications relating to this Journal should be POST-PAID, and directed to FOWLERS AND WELLS, No. 131 Nassau street, New York.

THE WATER-CURE JOURNAL, AND HERALD OF REFORMS, is on our table. We are not prone to be carried away with humbugs, nor do we condemn any theory without investigation. The increasing popularity of this work speaks well for its usefulness, and it would be well for our medical men to examine the system and to test its effects. The work has now reached its eleventh volume, and although it has excited but little attention in the West, it seems to grow in the estimation of those who have long patronized the work, and who have adopted many of the precepts of its editors. Strong prejudices everywhere prevail against innovations in the practice of medicine, or the treatment of diseases, and no one has stronger prejudices than ourselves; yet these prejudices are not against the innovation so much as against the innovators, who are generally persons without science and without experience. This, however, is not the case with the editors of this Herald of Health. They are men of science, and seem to be impelled by motives of philanthropy, and we should be greatly pleased to see some of our scientific practitioners investigate the subject, and test the merits of the Water-Cure system.—Western Missouri Weekly Express.

MORAND'S DAGUERREOTYPES—The well known Morand Daguerrean Gallery, established in 1840, and for the last five years located at No. 132 Chatham street, has been removed to the beautiful new "Free Stone Building," No. 65 Chatham street, next door to the Chatham Bank, and opposite Chambers street. The elegance with which these rooms have been fitted up, insures to ladies and children comforts rarely met with at any other establishment. The artistic arrangement of light, as well as the perfection of the chemical and mechanical departments, together with the fact that Mr. A. Morand attends personally to every picture taken, insures a perfect likeness. We recommend all to call and examine for themselves this temple of the beautiful art of Photography.

[We not only endorse the above from a city paper, but cheerfully add: Besides being an excellent artist, Mr. Morand is an honest, intelligent, obliging man.]

"WHAT A PLEASANT REFLECTION to know that a much loved, though distant friend, may enjoy, at the same time, the reading of the same entertaining and useful publication." Thus writes a lady co-worker, who has undertaken to place the Water-Cure Journal into the hands of all her family relatives, who reside thousands of miles away.

About two years ago, this WOMAN became a subscriber, regained lost health through the advice contained in the Journal, and she is now spreading the 'glad tidings' wherever it is possible for her to do so. We commend this example to others.

MERCHANTS from the South and West will soon visit New York, to purchase goods, by whom our distant subscribers and agents may send for books, to be packed and sent at the same time. The various Expresses furnish the necessary facilities for all who reside on any of the public routes extending to our city.

## Varieties.



### KOSSUTH—HIS PERSONAL APPEARANCE.

None of the pictures of Kossuth, that we have seen, give as correct a representation of him as the one above, though most of the likenesses resemble him sufficiently to enable those who have seen them to recognize the original. So far from flattering him, they all fail to do him justice. He is much better looking than the portraits. The forehead, in most of them, is too prominent, and too broad at the top. The eyes are not well done, and the fineness of the mouth and nose have not been delineated. Above all, the intellectual character of the face is not portrayed. The attempts of the papers to describe him have been equally unsuccessful. Kossuth is of the middle height, erect, and well formed, neither robust nor very slight, but of compact frame. His gait is as dignified as his noble face. He does not look older than he is. The furrows which mark his countenance are the lines of thought and character, rather than age. His head is slightly bald in front; he wears a moustache and beard of some length, both being of a dark brown; he has a finely chiselled Grecian nose; his mouth, and the lines adjoining it, show much delicacy of feeling. His large, blue, intellectual eyes are the most striking feature of his countenance, showing, at the same time, great intelligence and great power of expression. His dark brows are finely arched, and serve to give a contrast to his eyes. His forehead is a very model for the phrenologist—"a front of Jove." Both the perceptive and reasoning faculties are highly developed, and the indications of benevolence and firmness are strongly marked on the upper part of the seat of thought, much more so, indeed, than in the above portrait. The expression of his face, when inactive, is somewhat cold. There is evidence of strong and deep affection. The intellectual and reasoning faculties appear to prevail over the animal feelings. Yet Kossuth is not without imagination—his oratory being a combination of the massive argumentative style of Webster, with the bright and vivid fancy of Clay. There is a quiet and calm dignity about his face, that is very remarkable. Self-possession pervades it all. He is animated when speaking, and his fine, musical voice warms up with enthusiasm at particular passages, but he is never carried away. His action, when speaking, is beautiful and appropriate. When an address is being delivered to him, you see the workings of thought in his clear, beaming eye, and it is evident that he is seizing the salient points for reply. On the whole, Kossuth seems more a nobleman of nature—of universal humanity—than of any particular nation. Superficial people have been disappointed in his appearance, expecting to see a demi-god, and not a man; but to the shrewd observer of human nature, there is enough in his face to indicate that greatness which has stamped itself upon the age, more widely and deeply than the impress of any other living man.

DIVINE PROVIDENCE DEFINED.—[While in Washington, Kossuth received an invitation from the citizens of Alexandria, Va., to visit that city.]

"In reply, Kossuth thanked the gentlemen for the attention that they had been pleased to bestow upon him. There were many remarks in the address which suggested to his mind considerations which he would very much like to express. They had wished him the success of Washington. That was, indeed, a glorious success; nor did it abate anything of its glory, that nineteen millions of European money, twenty thousand arms, thirty men-of-war, and three thousand European troops, were contributed to the success of this country. He had always believed that freedom ennobled the heart, and he had, indeed, found it so in the United States. The people were full of noble sentiments, which could be derived only from the glorious source of freedom. He would hope that one amongst the peculiar realities of these noble sentiments, would be the remembrance of received aid. They had expressed the hope that Divine Providence would yet give freedom to his country. So he hoped; but Divine Providence acted through the instrumentality of men. Divine Providence had liberated him from captivity, but by what instrumentality was he liberated? By the instrumentality of the generous people of the United States. May God Almighty give them also to be instruments to ease somewhat the thorny way of the struggle which was to bring his own, and with it all the nations of Europe, to liberty."

STOCKBRIDGE, MASS.—MESSRS. FOWLERS AND WELLS.—Being a well-wisher of the great reform in dress, I will give my experience in the same, hoping it may influence others to lay aside their timidity, and adopt the "New Costume." I was induced, some months since, to lay aside my burden of unnecessary clothing, and, in its stead, wear a dress every way as good, and of not one half the weight. I met with much opposition from some who called themselves friends, (but surely they could not be true friends, who would have me carry so great a weight as to be obliged to wear an abdominal supporter to strengthen my feeble back, which same I have been able to dispense with, also distressing pain and weakness in the back, loins, and kidneys,) but all unheeding, I would be comfortable, for all dressing like my grandmother. A great deal has been said on both sides, but I do not consider any one a competent judge, till they have tried both ways. Some urge, as an objection, that the dress makes a person look too young. I don't know about the looks, but it certainly makes one feel young. Yes, I can take a walk now, although the ground is covered with snow, without bedrabbled my clothes, or being obliged to employ both hands in holding up long skirts, falling up stairs, and into carriages, and so on. I have heard many say they liked the fashion, and hoped it would prevail, but should not dare to wear them till they were more common. If this is all the objection, ladies, let us make them common. It is customary for those who have received benefit from quack medicine, to send in a certificate. Will Mrs. Bloomer receive this as one towards her list of cures? Yours, truly, A. BLOOMERITE.

HARMONIES OF EVERY-DAY LIFE.—[We copy the following curious observations from the "INCARNATION," by M. EDGEMOUTH LAZARUS, recently published:]

Our social affections lead us into harmonious co-action with nature, for where we love, there we seek to manifest our love by practical uses and benefits, by the production of useful and beautiful things from the germs which God intrusts to our hands. Thus love and family ties are specifics for aimless roving, and make farmers out of our Western horse and alligator heroes. The first natural association is that of human forces and wisdom, with those of the Earth and the Sun, in agriculture and gardening. Let it be, if nothing more, only a potted rose, a geranium, a tumbler of rice, or a tulip bulb on our mantelpiece; but preserve the sacred symbol, for Heaven sends with it a blessing to the heart. With the simplest objects the purest pleasures twine. There then is a galaxy the glorious firmament, and when our life runs pure the stars have much to say to us.

We should accustom ourselves to watch their movements and positions, like the Indian or backwoodsman, who by such practical intelligence with the heavens, directs his journeys on earth, and measures times and seasons by the original almanac.

Stars and flowers, how they love to be named together. There are few of you, ladies, I think, who have not felt the charm of some beautiful piece of embroidery, whose flowers of worsted, silk, or bead, as they grew beneath your artful fingers, seemed to hide the forms of fairy or of Dryad, mistaking you for mother Nature, and made captives in your labyrinth.

Judge then of the joy of the Sun and stars in their embroidery, that living tapestry of flower and vine which they spread over our hillsides and meadows, expressing in every varied form and hue their fancies, their affections, their sympathy with the earth, and reflecting in emblems and hieroglyphics, his man life, its passions, characters, and social effects.

Not less, if Fourier has guessed aright in his magnificent poem the "Cosmogony," are we indebted to the stars, as it is practically certain that we are to the Sun and Earth, for our animal sympathies. The little girls of harmony will not be found wasting the tenderness of their fresh, rich hearts on inanimate dolls; the preliminary to destructive courses of novel reading; perverting their affections by a morbid and unbased idealism, which deprives them of all sane appreciation of the actual and positive of life, which saps their health and unfits them to sustain the relations of true women.

Dogs, horses, birds, all valuable domestic animals now known, and others still nobler which cannot associate with man in his state of subversion, will be the objects of youthful affection and delight, and by the circles of animal magnetism thus created will add immensely to the strength and development of the juvenile constitution.

Plants, animals, and the functions connected with them, will be the text-books of harmony, which always anticipates theory by practice, and in its education recognizes it as the teacher's duty to determine attraction toward every useful study through the agency of the senses and affections.

The absence of love is the absence of the Divine Spirit, and nothing otherwise pursued can bring that happiness and internal unity which assures us of its approval.

We should recognize as sacred seasons of elementary communion, the sunrise and sunset, hours of transition from darkness into light and from light into darkness; fraught with the sweetest associations of hope and of memory, as the glowing east anticipates God's image in our planetary system, or the western clouds bathe in changeful radiance the memory of his departure. Thus in the greater seasons of the year; May and October, in this climate, give us periods of harmonic expression, when we retire to beautiful spots in the country, and revive our communion with the soul of the planet, which is for us no inert mass of matter, but a living being of higher order than ourselves, with whom our maternal and religious sympathies offer a fountain of exquisite though not unmixed enjoyment. Some of these elementary sympathies are of a more practical character, as the humbler uses of life are emphatically termed. The harmonian of the future, and the harmonist of the present, will, like the early magian who approached the same unitary religion, hold pure water in the highest respect. It is the natural hieroglyphic of truth, and as, like light, the athermal hieroglyphic of truth, it is essential to every form of truth expressed in organic structure, so it is equally essential to the healthy continuance of that life, and its use as a drink, in swimming, bathing, and that invaluable application, the wet-sheet pack, is the sovereign restorative of nature, and to many organisms an unequalled luxury."

KOSSUTH AND WATER-CURE.—Dr. Wesselschæff's Water Cure Establishment, at Brattleboro', Vt., including patients, principals, and servants, has contributed \$25.00 as an offering to Kossuth, in aid of Hungarian liberty.—*W. C. Democrat.*

[We wish it were in our power to give the Austrians, Russians, and other despots, a cold salt-water shower bath in mid-winter, and wouldn't we keep the water running though? The fact is, there's a "regular" conspiracy among the would-be kings and emperors, to keep down Kossuth—Republicanism; and who knows but they'll soon be trying to suppress the Water-Cure Journal? If they do, we'll raise a troop of Bloomers, with broomsticks, and bombard their forts, prisons, and cities, and drive them into the Red Sea, or into Mount Vociferous crater, where they'll get a foretaste of the "future." We go for letting everybody mind their own business, settling their own "domestic concerns," according to Kossuth, Liberty, and the Konstitution. Hurrah for the right side!]

PUBLIC SPEAKING—"I never," says Pope, "could speak in public. And I don't believe, if it was a set thing, I could give an account of any story to twelve friends together, although I could tell it to any three of them with great pleasure. When I appeared for the Bishop of Rochester, on his trial, though I had but ten words to say, and that on a plain point, (how that Bishop spent his time when I was at Bromley,) I made two or three blunders in it, notwithstanding the row of lords, which was all I could see, were mostly of my acquaintance."—*Mining Register.*

[Every youth should be taught to "speak in public." It should be a part of his "common school education."

DIFFIDENCE may be overcome, and CONFIDENCE acquired, by every child, if properly instructed. Ability to "speak in public" depends on a happy self-reliance, acquired only by training and practice. Let every one be instructed in this branch of education, in which even the immortal POPE was deficient.]

"A FEARLESS AND INDEPENDENT PRESS"—Col. Webb, the champion defamer of the good man KOSSUTH, is printing articles in his Austrian organ under the above caption. Why not change the title, Colonel, so that it shall read more truthfully? thus, "A Faithless and Impudent Press," or, an individual Bully, attempting to pervert the noblest of human impulses—namely, the love of liberty and of truth. But he is acting out his nature.



FIG. 1.—AMERICAN COSTUME.



FIG. 2.—FRENCH COSTUME.



FIG. 3.—AMERICAN COSTUME.

The Prevailing Winter Fashions Illustrated and Contrasted.

Fortified with truth, the laws of nature, and of God, we shall continue in the advocacy of this DRESS REFORM, while there shall seem to be occasion for us to do so, nor be driven from the field by soft silly simpletons, or low vulgar vagabonds, who fight for fun, and resort to blackguard or ridicule, for want of reason, righteousness, or religion, in their opposition.

In all we have written, published, or said, on this subject, we have kept this one point conspicuously in view, namely: THE LIFE AND HEALTH OF WOMAN, and as a legitimate consequence, that of her children.

We pronounce it impossible for a woman to perform the natural functions of a mother, while her vital organs are thus cramped up, her body nearly out in two, and loaded down with such a cargo of useless dry-goods. No, if she survives, her offspring are doomed to a premature grave, or a life of pain and misery, as a penalty for violated physical law, no matter whether ignorantly or otherwise.

We are gravely told that tight-lacing is no longer practised by "ladies." Would to God it were not. But while we write this, our eyes give the lie to such a wicked falsehood. Look at the "Ladies' Magazines," containing the "latest Paris fashions," and then say whether or not "tight-lacing is fashionable." We have before us a recent number of "Godey's Ladies' Magazine," with those suicidal fashion plates, intended to represent the prevailing fashions, let the consequences be what they may.

In the same number of this Godey's Ladies' Magazine, the editor boastingly quotes what a newspaper says of his course in relation to the "new costume:"

"We have been much gratified that Mr. Godey has given no encouragement to the Bloomer folly." To which Godey adds: "We were right. Even those who paraded our streets at night have given it up. The thing is dead."

Thus we have the character, will, and wishes of this cock of the fashionable walk. Let us not call hard names, but rather convert him to the TRUTH, as it is in PHYSIOLOGY, and thereby make him the means of doing good, instead of as now practising his art of woman-killing, through his murdering "fashion plates." But we need not single out this man Godey; there are others just as bad, though perhaps less bold, in denouncing our heaven-demanded reform. The following is from MRS. BLOOMER'S LILY, for January:—

"We take pleasure in laying before our readers two styles of the new costume, for winter, [Nos. 1 and 3,] as worn by ladies here, [Seneca Falls, N. Y.,] and in other localities.

"A lengthy description of these fashions we deem unneces-

sary, as they show for themselves what they are; but as we have been inquired of frequently what material was to be worn for winter, and in what style to be made, we will say that broadcloth, velvet, tweed and merinos are used, according to the taste and means of the wearer. The dress is usually made with a yoke at the neck, and plaited waist, without bodice or whalebones, and a full skirt set on with a belt or cord; or a plain waist, buttoned part way up in front, and then left open, displaying an under kerchief, or buff vest. There are other styles, but with these we are most familiar. The trousers are worn both full and plain, according to choice. The full ones are more to our liking. We think them not as liable to get muddy as the plain straight ones, for the reason that they are gaged up several times and set closer about the ankles. They are made like children's drawers at the top—open at the sides, and button to a waist.

"Although we have dearly loved our dress since its first adoption, we never fully appreciated its beauties and benefits till since the coming on of winter. It is much warmer, with a smaller amount of clothing, than the old style, and there are no long skirts to gather up mud and snow, and whip it upon the ankles, or to become drabbed and frozen a foot in depth. We know that many look upon us as singular—that many frown upon us for daring to do different from the mass; but having experienced the blessings of freedom, we cannot rivet the chains upon ourselves again, even to gain the good-will, or to avoid the frowns of slavish conservatives.

"Many put on the short dress in sport, during the excitement of last summer, and after making a display of themselves a few times, laid it aside. Others there were, who, being deeply sensible of the great injuries and discomforts inflicted on our sex by the prevailing style of dress, rejoiced in the prospect of the speedy emancipation of woman from the tyranny of fashion. Believing that thousands had offered themselves a sacrifice upon the altar of this goddess, and gone down to the grave in the spring of their days, and knowing that the mass of women who now live are bowing and worshipping at the same shrine—sacrificing health and comfort, and reaping for themselves disease and premature decay of all the faculties—they needed no persuasion to enlist them on the side of reform. These adopted and advocated the new style from principle, and still adhere to it, despite the ridicule and censure which has been meted out to them so abundantly.

"Many aware of and acknowledging the evils of the old style, and convinced of the advantages of the new, are yet deterred from adopting it by their fear of ridicule, their dislike

of doing different from the mass, and making themselves conspicuous, or from a restraint put upon them by their own friends. They 'really hope it will be the fashion,' but they 'cannot adopt it till it becomes general.' Thus, while nearly all admit its superiority, but few have the courage to act out their feelings and wishes.

"But whether women generally adopt the new style or not, one great point is gained. We are frequently told by ladies, who would gladly escape from slavery, did not fear of the 'world's dread laugh' bind them hand and foot, that the agitation of this subject will do great good—that whether our dress is generally adopted or not, a great reform will follow the discussion of this subject.

"In our view, this subject of dress is not without importance. It is but an evidence of woman's progress. Nothing short of ignorance of physical laws, and a slavish observance of custom, could so long have caused her to torture and deform God's most perfect handiwork! Woman cannot be free or great, with limbs swathed in long skirts, the vital organs compressed to half their natural size, and bound in stays, and a grievous weight hanging upon them and dragging down the whole form. She cannot be healthy in body or mind, or produce vigorous and healthy offspring, while thus enslaved. Whether any radical reform will follow immediately upon the agitation of this subject is doubtful; but emancipation must come—it may be slowly—but it must and will come, as surely as woman is a creature of intelligence and progress, and according as she advances in a knowledge of Nature's laws and the designs of her own creation. Once burst the fetters of ignorance, and remove the fears and prejudices which have obstructed her path hitherto—let her drink at the fountain of pure knowledge, and be baptized with the spirit of liberty and equality, and she will no longer offer herself and her offspring martyrs upon the altar of fashion, or dare to call down upon herself the wrath of the Almighty for thus mutilating and destroying the work which came perfect from HIS hand."

FASHION PLATE No. 2.

GENTLEMEN:—In the proof of the fashion plate submitted to me for some anatomical and physiological observations, I find the following hideously unnatural conditions: The waist is compressed into about one third its natural diameter; the ribs and costal cartilages are bent and overlapped in the most frightful manner; the diaphragm is very much diminished in size, and its action nearly destroyed. The space marked by the six lower buttons of the vest contains the



liver—the average weight of which is four pounds, and its length twelve inches—the stomach, the spleen, the pancreas, the duodenum, the arch of the colon, the kidneys, and portions of the abdominal aorta, ascending vena cava, &c. I need not say, for it is sufficiently evident, that there is not room for these organs. The space they should occupy is compressed into, at the most, one fifth of its proper dimensions, and these organs are either crowded up against the heart and lungs, causing consumption, atrophied, or pressed downward toward the pelvis, producing prolapsus uteri, and a whole train of female weaknesses.

The creature represented in this magazine plate, and in the fashion plates, almost without exception, is a monster. She, or it, does not belong to the human species, but requires an entirely different organization. The publishers of these magazines are committing thousands of murders every year, and destroying the very race, by tempting "silly women" to dress in imitation of these ugly abortions of humanity.

One of these magazines is edited by Mrs. Hale, another by Mrs. Kirkland, both estimable women. Cannot they be prevailed upon to stop, so far as they are concerned, this wholesale murder of women, and the miserable short-lived children that must be born of such distortions? Every true woman, having the health and happiness of her sex at heart, should refuse to contribute to, or in any way support a magazine, whose fashion plates violate the anatomy of the human figure, and the laws of health; thus tempting the young and thoughtless to a suicide as real and less excusable than the poison or the rope. If men were called to account for the lives they carelessly or wantonly destroy, the publishers of such fashion plates would have a heavy reckoning.

T. L. NICHOLS, 91 Clinton Place.

**GOOD MANNERS.**—There is no better test of ill-breeding than the practice of interrupting another in conversation by speaking, or commencing a remark, before another is fully closed. No well-bred person ever does it, or continues conversation abruptly waived, closed, or declined by the former, without suspecting the cause. A well-bred person will not even interrupt one who is in all respects greatly inferior. If you wish to judge the good breeding of a person with whom you are but little acquainted, observe him or her in this respect, and you will not be deceived. However intelligent, fluent one may appear, this practice proves the absence of true politeness. It is often amusing to see persons, priding themselves on the gentility of their manners, and putting forth all their efforts to appear to advantage in many other respects, so readily betray themselves in this particular.

**MRS. BLOOMER AT THE WOMAN'S CONVENTION.**—A committee of twenty-four women, mounted on horseback like gentlemen, with an omnibus driven by a woman, met Mrs. Bloomer in the environs of Worcester, and escorted her to the "Woman's Rights Convention."—*Arkansas Intelligencer.*

[Mrs. BLOOMER did not attend the Worcester Convention. Then what a wicked — has that *Intelligencer* told! But these gentlemanly opponents, for want of a better argument, resort to that most miserable and despicable means, with which they are most intimate, *vulgarity* and *falsehood*. But it won't do, on the long run.]

**THE HILLOTYPING COMING!**—The following extract, which we cut from the Report of the Committee of the N. Y. S. Daguerrean Association, fully justifies us, we think, in the belief that the above remarkable invention must be rapidly on its way to our beloved institution, where, we doubt not, it will be received with appropriate honors. We hereby respectfully petition our "Keeper at the Gate" to make room for the Hillotype, among the other curiosities at his office. If the inventor himself should accompany it, why just

Raise the gate as high as the sky,  
And let him (and Mr. Paine too) pass by.

[We clip the above from "THE OPAL," a serial, edited and published by the *patients* of the New York State Lunatic Asylum, of Utica. From this, it appears they expect soon to be joined by the Messrs. HILL and PAINE. Is this to be the "upshot" of these magnificent inventions—the *Water Gas* and *Colored Daguerreotypes*? If so, what shall be done with the "Rochester Knockings"? When is the Insane Asylum to be enlarged?]

**GEOLOGY AND MINERALOGY.**—Our friend and contributor, Dr. ANTISELL, has, during the past month, delivered a course of fifteen lectures, on these interesting subjects at his rooms,

No 63 Franklin street, New York, where he has an extensive cabinet of specimens. The Professor contemplates forming a class, and giving practical instruction in CHEMISTRY, which will also be amply illustrated. Young men, no matter of what occupation, cannot do better than join these classes. Chemistry and Geology are every day coming more and more into general use, and all should understand them. We were glad to find young women taking an interest in these subjects.

**ENTAILED ESTATE.**—Every man who desires to entail a valuable and enduring inheritance on his children, which cannot be docked; of which rogues cannot defraud them, and on which the sheriff cannot levy execution, and which they cannot alienate by a general assignment; may accomplish his wishes by bringing them up in habits of persevering industry in any useful calling, by instilling into them habits of economy, securing to them a *good constitution*; and, above all, by imbuing their minds with correct and practical views of PHYSIOLOGY, *the laws of life and health*, together with intellectual culture and good moral precepts.

**THE NORMAL SCHOOLS OF CANADA** are said to be in a more flourishing condition than those of any other State or country. This is but the dawning of a brighter day, when educated children shall become active raling members of society. Go on, Canada, let thy light shine from the tops of a thousand liberally conducted schools. This is the road to greatness, goodness, perfection.

**NEW MEDICAL RECEIPTS.**—To sharpen the appetite, swallow a whetstone.

To give a tone to the stomach, get it lined with bell metal.

To prevent the tic-dollar-owe, never run in debt.

For a tightness of the chest, first get your heart open with some mild, charitable laxative, and the lid to your chest will open easily.

To cause a white swelling to disappear, cover it with shoe blacking or Japan varnish.

To prevent the hair from turning gray, make up your mind to dye.

For a felon, arrest and imprisonment.

For fits, consult a tailor or a patent doctor.

**MATRIMONY AND SINGLE BLESSEDNESS.**—*Matrimony*—Hot buckwheat cakes, warm beds, comfortable slippers, round arms, red lips, (ahem!) etc., etc., shirts exulting in buttons, redeemed stockings, boot-jacks, happiness, etc.

*Single Blessedness*—Sheet-iron quilts, blue noses, frosty rooms, ice in the pitcher, unregenerated linen, heelless socks, coffee sweetened with icicles, gutta-percha biscuits, flabby steak, dull razors, corns, coughs and colics, rhubarb, aloes, misery, and so forth. Ugh!

**THE NEW TILE.**—The Kossuth hat, the Philadelphia "Lodger" says, is a decided improvement upon the hard-shelled silk hats, and is becoming all the rage in Philadelphia and New York. It is made of felted wool, is soft, pliable, and allows the perspiration to pass freely from the head.—*Washington Telegraph.*

We regard the introduction of this Kossuth hat a blessing. It is a most decided improvement in every point of view; more convenient, comfortable, and infinitely more healthful than our common French stove pipe tops. Long live Kossuth and his hat!

**A HINT TO LETTER-WRITERS.**—The following lines, written on the envelope of an unpaid letter which passed through the Portland post-office the other day, may serve as a hint to correspondents to pay their postage, on the score of economy:

"The Post an extra gain has made  
Because your last was not prepaid;  
The same is true with this reply—  
You've lost two cents, and so have I."

[The custom of pre-payment has now become so general, that he who fails in this respect is looked upon without smiles, if he is not actually put down as a "bad man."]

**NEVER** allow a man to do a favor for you without paying him, for he will get treble the pay before he has done with you.

**THE** success of Hobbs, says the *Yankee Blade*, has produced a vast amount of lock-jaw, both here and in England.

**IF** girls would have roses for cheeks, they must do as the roses do—go to sleep with the lilies and get up with the morning-glories.

AS the sun appears largest when he is about to set, so does the proud man swell most magnificently just before his fall.

**MR. BUSTER** is an opponent of free schools from principle. He goes "agin education," not because of its unconstitutionality, but because it's unnatural. Ignorance is "Natur," he says. We are born ignorant, and ought to be kept so. We should not wonder if our men of wealth nominated Buster for the Senate, at the next election.

**HENS AND CHICKENS.**—A New England correspondent (of course) writes us that a white Middlesex hen laid two hundred eggs, and raised forty chickens, in ten months, from which he realized \$27. [Wonder if this man has any "white Middlesex hens" to sell?]

The same writer adds: "Another hen [New England, we suppose] lays every day except Sunday. She has never been known to lay on Sunday. This is of the topknot Polish breed." [This last statement seems to cast doubt even on the first hen story, but why should not these remarkable people have remarkable hens? We still remain in the dark.]

"Hans, where was you born?"

"On de Halldoorbarrack."

"What, always?"

"Yaw—and before, too."

"How old are you, then?"

"When de old school-house is built, I was two weeks more nor a year, what is painted red, as you goes home mit your back behind you, on the right hand side, by de old black-smidt shop, what stands where it was burnt down next year will be two weeks."

"Egg-zely! just so."

"I'll be hanged if I pat onize that line," said a traveller to a steamboat runner, the other day. "Then, sir, patronize some other line and be hanged," replied the runner.

[We think if the term "blowed up," had been used, it would have been more likely to have been realized.]

A MAN attempted to spell crockery, yesterday, and proceeded thus:—Kraughkearreighe—but expired, adds the Post, in a spasm, before he could make a y, with which he intended to end the word.

GIVE your children education, and no tyrant will trample on your liberties. Give your children education, and the silver-shod horse of the despot will never trample in ruins the fabric of your freedom.—*Kossuth.*

**SCENE IN A GROCERY.**—Exit customer with a jug. Grocery keeper to his sons—"Jonathan, did you charge that rum?"

"Yes."

"Timothy, did you charge that rum?"

"Yes, sir."

"Joseph, did you charge that rum?"

"Yes, sir-ree!"

"All right—so have I!"

**IF** you would increase the size and prominence of your eyes, just keep an account of the money you spend foolishly—say for tea, coffee, snuff, or tobacco—and add it up at the end of the year.

**CHILDISH SIMPLICITY.**—"Mother," said a bright little girl, "is hell a hot place?" Being a little puzzled what reply to make, the mother answered, "Yes." "Then," said the little girl, "why don't they turn the dampers?"

**BAD COLD!**—Whenever a person is afflicted with a cold, he generally assures you it is a bad one. Did any person ever hear of a good cold? Eh?

**FOGGY.**—The ocular vision of those professional Allopathic medical croakers, who cannot discover the compatibility of Hydropathy.

The first public commencement of the Female Medical College in Philadelphia took place recently, and eight female M.D.'s graduated.

**POLITENESS** is like an air cushion—there may be nothing in it, but it eases your jolts wonderfully.

**DEFINITIONS.**—"Another scientific wonder"—the last patent medicine humbug.



**Our Correspondents.**

We must beg Contributors and Advertisers to send in their communications early. To insure insertion in any number, they should reach the publishers during the first week of the preceding month.

**LIVER COMPLAINT, WITH FLATULENCY.**—"What is the best article of food for a person with the Liver Complaint, where the pain comes on every afternoon or evening, commencing in the right side generally, and extending across to the left, with flatulency of the bowels?" Dry brown bread, dry toast, paroled corn, boiled rice, wheat-meal water cakes, Graham crackers, crusts of good bread, with baked potatoes, &c.

**WEAK BACK AND UNNATURAL DISCHARGES.**—Mrs. K., Wisconsin.—You have unquestionably a bad condition of prolapsus, or other displacement, requiring mechanical or surgical treatment. You could be cured in this city, or perhaps at establishments elsewhere; but it would be useless for you to undertake your own treatment. You may, perhaps, get some relief from hip-baths and the wet bandages to the abdomen.

**CHRONIC COLD IN THE CHEST.**—H. O., West Charlton.—Instead of feeding your boy on buckwheat cakes, with butter and molasses, and flesh-meat, two or three times a day, give him good brown bread and milk, cracked wheat mush, potatoes and apples, and he will get well, with very little bathing.

**INTERMITTENT PULSE.**—R. P. writes:—"A woman of sixty-eight years of age, who has enjoyed a remarkable degree of health, who has borne and nursed a large family of children, and is now very active for a person of her age. She still superintends the affairs of her household in all its departments, and looks young. She is, and has been for some time, (say two years,) sensible of an inconstant or intermitting pulse; the beats are one—three—five—up to ten or more, with intermissions. How can this be remedied?" This variety of pulse is very common with aged persons, and need excite no alarm; nor does it require any medication beyond attention to the general health.

**PNEUMOTY.**—A. S. C., Rochester.—Probably the pain in the side, coldness, &c., your friend complains of, is owing to a torpid liver and constipated bowels. Give her a daily ablu-tion, one or two hip-baths, and coarse opening food.

**SWELLING AND ITCHING OF THE FEET.**—J. C. F., Warren, Pa.—Bathe the feet often in cold water, and avoid sudden and extreme alterations of temperature; especially going to a hot fire when the feet are very cold.

**WORMS IN CHILDREN.**—I. B. K., Panama.—An extremely plain diet of brown bread, potatoes, apples, &c., and copious water injections, constitute the general plan. The diet is always the most important part of the treatment.

**DYSPEPSIA.**—J. B. K.—The two patients you name are evidently dyspepsias, and bad ones too. They require, of course, the application of the whole water-cure system, as explained in Hydropathic books.

**SCARLET FEVER.**—W. D., of Ohio, details the cases of fifteen children who were treated hydropathically for scarlet fever, fourteen of whom recovered, and one died, and asks us to tell how it happened that this child died, what the treatment should have been, &c. On examining his report carefully, we find that a drug-doctor took charge of the fatal case after it was considered dangerous; and as we know not what his treatment was, we have no opinion to give. W. D. also asks us to write out the proper treatment for scarlet fever and hip-disease. It is already written out in the books on Water-Cure, which all who practise this system ought to be in possession of.

**BATHS AND WATER-CURE DIRECTIONS.**—M. J. informs us that some subscribers complain that they know nothing of the Water-Cure processes, wet sheet packs, douches, &c. Then they ought certainly to inform themselves, and several books have been written for the purpose of furnishing such information. The suggestion to publish a synopsis in each number of the Water-Cure Journal is impracticable. A fair explanation would occupy every page of the Journal.

**CRAMP-FIT.**—J. B., Wisconsin.—Probably the fits in your son's case are connected with digestive derangement. At all events it would be safe, and conducive to his general health, to put him on a very plain, opening diet, in connection with a morning ablu-tion, and a hip and foot-bath daily.

**PERIODICAL BLINDNESS.**—T. M., Jr., Nobleston, Pa.—Employ hip-baths and foot-baths frequently, especially walking foot-baths, and adopt a plain vegetable and fruit diet. If this does not succeed, have the eyes examined by some competent person, to ascertain if any structural disease is threatening.

**PALPITATION.**—J. H., Brandon.—Nervous debility and constipated bowels are the most frequent causes of this troublesome affection. Attend very carefully to the diet. Tea and coffee often produce it, and have to be abandoned before a cure will result.

**SPASMS IN THE STOMACH.**—J. N. C., West Fayette.—Drink plentifully of warm water when there is sickness or pain in the stomach. Use mostly dry solid food, employ hip baths frequently, and wear the abdominal bandage, well covered, constantly.

**TOBACCO INFECTION.**—Friend H. A. French writes from Michigan:—"The Water-Cure Journal is exerting a good influence in this region. Some old tobacco-chewers are about giving up the vile practice. A very intelligent and worthy man who has been a slave to the quid for thirty years, which is the whole of his period of life, except the first eight years, wishes to know what course he had better take to expel the poison from his system?" If he stops putting any more of the poison into his body, "nature," aided by a daily bath, will soon rid the system of the nuisance already within. If he is in a hurry to have his blood and nerves purified, a few packs will very much expedite the process.

**SPITTING.**—C. H. S., Ogdensburg, wishing to call us out in relation to the "American habit of spitting," asks: "Is it not deleterious to the system to swallow the secretion of the nostrils and the mouth, when its taste is acrid?" Unquestionably; we would always advise spitting enough to eject all acrimonious secretions of the mouth, from whatever cause. But those who live healthfully, and are in health, will not have such secretions. The American habit of spitting, when not connected with tobacco-using, is generally the result of gross feeding; the mere force of habit, however, can greatly aggravate the vulgar custom.

**THE PACKING SHEET.**—The above correspondent asks, in behalf of several subscribers: "Does the packing sheet have a tendency to drive the blood or heat to the head?" Not usually; but it has the tendency spoken of when carelessly or injudiciously managed; or if applied when the superficial circulation, especially of the lower extremities, is very feeble; or when there is excessive nervous irritability of the head, combined with feeble circulation of the lower extremities. The precautions are, hot bottles to the feet, or the hot foot-bath and foot exercise before packing, with cold applications to the head. When this determination to the brain is severe and obstinate, the shallow-bath should be employed some time before the packing process is persevered in.

**Book Notices.**

It has been a common and very just complaint of our literature that it is not national—that for any American characteristics it possesses, it might as well have been produced in France, Italy, or England. But no such objection can be urged against an admirable work just issued by J. S. REDFIELD, New-York, under the title of **CLOVERBROOK, OR RECOLLECTIONS OF OUR NEIGHBORHOOD IN THE WEST.** It is by ALICE CAREY, the queen of western song, and traces with infinite grace and the most felicitous touches of humor and tenderness the rise of a pioneer farming society into the condition of the village class, and that of the suburb of a rapidly growing western city. It is a book worthy of Miss Mitford or Mary Clavers, and, in many respects, decidedly superior to anything in the way of domestic fiction which our country has furnished since Irving gave us the most delightful portions of the *Sketch Book*.

**THE UNIVERSAL PHONOGRAPHER,** a monthly journal, is already published for January and February. Edited by E. WEBSTER, and published at one dollar a year, by FOWLERS & WELLS, New York.

This system seems to find great favor with TEACHERS throughout the country, wherever it has been introduced. We trust it will soon be taught as a regular branch in all our Schools. The Phonographer is just the thing for learners.

**THE CONSTITUTOR OF THE UNITED STATES,** printed in Phonography. By E. WEBSTER. New York: FOWLERS & WELLS. Price, 20 cents.

We will not speak of the *matter* contained in this book, as it has already been pretty extensively expounded, not only by Webster, Calhoun, Clay, but by the IMMORTAL KOSBUTH. But we will say, that it is most beautifully executed in Phonography.

**THE DECLARATION OF INDEPENDENCE** has also just been published by the same author, and in the same style. Price, 10 cents.

**PHONOGRAPHIC LETTER ENVELOPES** are now manufactured and sold in packages of one thousand, for \$3.00. By the same author and publishers.

All who think well of this great spelling and writing reform, will aid the cause by using and circulating these envelopes.

**HAND-BOOK OF THE USEFUL ARTS,** including Agriculture, Architecture, Domestic Economy, Engineering, Machinery, Manufactures, Mining, Photogenic and Telephic Art: being an Exposition of their Principles and Practice, and a Compend of American and European Invention. By T. ANTISSEL, M.D. New-York: GEORGE P. PUTNAM.

A work of about 700 12mo pages, answering in every respect to the above elaborate title. Who can afford to do without this HOME ENCYCLOPEDIA? We congratulate the author, the publisher, and the public on the completion of a book which will prove of great service in still further developing the riches of the world. Let a copy be placed in every public and private library.

**THE PITTSBURGH SATURDAY VISITOR;** a Weekly Journal, designed for the instruction and Entertainment of its Readers, and the Promotion of Moral and Social Reform. Edited by Mrs. JANE G. SWISSELM, and published at two dollars a year. Pittsburgh, Pa.

Perhaps there is no woman in our country who has exhibited more independence, integrity, and real practical common sense as a public journalist, than Mrs. Swisshelm. She takes the progressive and reformatory side of all questions, and discusses them ably. In her prospectus, she says:

"The leading object of the *Visitor* will be to advocate Woman's interests. In this the editors aim to make it a balance-wheel between those who would destroy all political and social distinctions between the sexes, and those who would have the one remain the absolute legal master of the other. They believe that the highest development of Woman's faculties, and the largest liberty for their exercise, are strictly compatible with the possession of feminine graces, and that she may enjoy all her natural rights without any attempt to cultivate moustaches, or any neglect of those domestic virtues and duties which are peculiarly hers. To define and enforce her duties, and to advocate her rights, shall, therefore, be our primary object. This we shall do to the extent of our abilities, and without being responsible to any party or sect.

**VEGETABLE PORTRAITS OF CHARACTERS,** compiled from Various Sources, with Original Additions. By M. EDGEWORTH LARIBUS, M.D. New York: FOWLERS AND WELLS. Pp. 263. Price, 50 cents.

This is a curious production, and a very readable book—readable, because curious. On every page the reader will find a new idea, and as pleasing as new; and although it may contain some theories or speculations that we cannot endorse, it will serve to stir up the sluggish and inactive mind, and relieve the tedium of heavy metaphysical or philosophical study, where bright lively thoughts are as rare as mirth in the ocell of a stoic. The extracts from Emerson, Cornwall, Harriet Winslow, Fourier, and others, are gems, while the original matter signed Edgeworth portrays a mind and genius of no common school. As wine to the drinker, or young beauty to the beholder, so is this book intoxicating to

the reader. Some have called it purely imaginative; and if it is so, it only shows the beauty of the imagination. The author seems to find for each passion or character to be found in man a corresponding type in a plant or flower; or, as his preface better expresses it, "Human portraits are here illustrated by the pencil of the Divine Artist, with which he has traced upon the canvas of nature the animate symbols of passions and characters." The Providence Journal says:

"This is a strange book, and quite defies criticism; at least, such criticism as finds its way into a commercial paper. It draws fancied resemblance between vegetable and human life, and finds in flowers and fruits the characteristics of men, and women, and children. The writer is evidently a man of marked and erratic genius."

**PHOTOGRAPHY: A Treatise on the Chemical Changes produced by Radiation, and the production of Pictures from Nature, by the Daguerreotype, Calotype, and other processes.** By ROBERT HUNT. With additions by the American Editor. New-York: S. D. HUMPHREY.

A handsome 12mo volume of about 300 pages, which, we presume, will find its way into the hands of all Daguerrean artists, as it is of special interest to them. Now that the "Hillotype" delusion has passed away, our people are again patronizing all good Daguerreans. This volume sells for one dollar.

**INTERNATIONAL MAGAZINE for January.** STRINGER & TOWNSEND, publishers.

The best idea of the character of any work may be given by proper quotations. We have space for but two from this Magazine; fortunately they are both eminently characteristic. The first will interest all the friends of the Rights of Woman, where the editor, on page 135, speaks of "a delegation of those disgusting creatures of the feminine or neuter gender, who hold conventions for the discussion of 'Woman's Rights,' &c., &c. The other is on page 144, where the thousands of noble American women who believe in and labor for a reform of the present unwholesome and cumbersome costume for women, may read of "the vulgar or profligate women who expose their natural shamelessness and ambition of notoriety by appearing in what is called the Bloomer costume—a costume which, it is scarcely necessary to say, has never yet been assumed by a really respectable woman."

We trust that the International will continue to receive all the encouragement its honesty and manliness deserve.

**THE AMERICAN MANUAL,** containing an outline of the origin and progress of Government, the Laws of Nations, a clear explanation of the Constitution of the United States, &c. &c. Adapted to the use of schools and general readers. By J. B. BURLING, LL.D. Philadelphia: LIPPINCOTT, GRAMBO AND Co.

From an examination of this work we are inclined to believe it will answer a purpose for which one has long been needed. There is certainly among us a too limited knowledge of the civil laws by which we are governed and of our relations with other nations; and if this manual will serve to disseminate information relative to these points, the author and publishers will be entitled to public gratitude.

**THE AMERICAN MUCK BOOK;** treating of the Nature, Properties, Sources, History, and Operations of all the Principal Fertilizers and Manures in Common Use, with Specific Directions for their Preparation and Application to the Soil and to Crops, &c. Illustrated with engravings. By D. J. BROWN. New York: C. M. SAXTON

A work of over four hundred 12mo pages, printed and bound in the usual handsome and permanent style of Mr. Saxton. The importance to every farmer and horticulturist of the great subject on which it treats cannot fail to make this work invaluable to every farmer. Than a knowledge of manures, and how to compound and produce them, and an acquaintance with soils, nothing is more important to the success of the farmer; without such knowledge he may toil in poverty till he dies, and his land become poorer every year. We hope this work will meet with such extensive circulation as its merits deserve. Price, one dollar.

**DESCRIPTIVE CATALOGUE of Fruit and Ornamental Trees, Shrubs, Vines, Roses and Greenhouse Plants, cultivated and sold by THORP, SMITH, HANCOCK and FARMSTOCK, of Syracuse, New-York.**

To those of our friends in Western New-York who contemplate planting trees, vines, shrubs, &c., in the spring, we commend the above-named firm, and advise such to send

straightway to them for a Catalogue, from which they may select just what they want, and at fair prices.

**THE AMERICAN LAWYER, and Business-Man's Form-Book.**

By D. W. BEADLE. New York: PHELPS, FANNING AND Co. Why should not every man be his own lawyer? Were all men intelligent and honest, there would be no need of lawyers, sheriffs, hangmen, and a thousand other petty nuisances who now live on the profits and spoils of foolish quarrelsome people, who pay lawyers for doing that which their own ignorance, dishonesty, and folly prevent themselves from doing; namely, settling their own disputes.

But this is no place for a dissertation on law or lawyers. The book claims our attention. As indicated in the title, it contains forms, instructions for contracts, etc., etc., together with a synopsis of the laws, and a map of all the States, with such other information as every young man ought to know. Price of the book, one dollar.

**SUMMERFIELD; OR LIFE ON A FARM.** By DAY KELLOGG LEE.

Auburn: DERBY AND MILLER. New York: M. H. NEWMAN. This volume contains 246 12mo pages, beautifully printed and handsomely bound. It is embellished with a steel plate frontispiece, representing the homestead, with some of its interesting surroundings; such, for example, as a gentle cow, with a gentler maid milking, and a young gent standing by, whittling a stick. Now, we think the gent should change places with the maid; let *him* do the milking, and let *her* do the whittling—or, if she prefer, sing a cheerful song.

As a recommendation for the quality of the book, it will be sufficient for us to state the fact, that it contains an introduction by the Rev. JAMES M. AUSTIN, who says:

"Works of fiction are to be approved when they subserve the interests of morality and religion.

"I have made myself familiar with the contents of the following tale, from the manuscript copy. The aim of the author is of the highest description. He endeavors to instill into the minds of his readers a lesson of the utmost practical importance, intimately connected with the experience of every-day life."

The author writes under the following interesting titles: Going from Home to build a Home; Home in the Backwoods; A Bear Hunt; The New Settlement; A Captive: A Lamb Lost; The Sugar Party; A Lawsuit; The Cold Seasons; A War of Extermination; The Minister; The Meeting; The Harvest; Lunch; Merchant Fairbanks; The Husking; A Week of Castle-Building; A Week of Reality; The Sunny Skies, and so forth. Altogether, we consider this an exceedingly taking class of subjects; and, if Mr. Austin be a good judge, the work has been well done. We like the dedication, which reads as follows:

"To my venerated father, a pioneer of the Lake Country; who sowed truth and goodness in the spring-time, and reaps peace and honor in the autumn of his life; this volume is with love inscribed"

**SHADOW LAND; OR, THE SEER.** By Mrs. E. OAKES SMITH. New York: FOWLERS AND WELLS. Price, 25 cents.

In these days of spiritual communication, and especially in this favored city, the title of this book is a passport to many readers, as the authorship is to all who are acquainted with the charming style and brilliant genius of the writer. —*Providence Daily Journal.*

This is a very entertaining book to all who feel an interest in the unfathomable subject of psychology. It affords abundance of food for reflection, and its perusal has an influence upon the mind something like that of a half-waking dream. It seems to place one in a state of existence about half-way between reality and phantasy—gives a kind of secondary life neither of this world nor the next. It is interesting to a mind of a metaphysical turn, and in it the dreamer can see himself or herself reflected as in a mirror.—*Day-Book.*

To those who enjoy ghost stories and dreams, and believe in clairvoyance, spiritual intercourse, and who delight in the ethereal, we recommend *Shadow Land*, by Mrs. Smith.—*Evening Post.*

**THE FAMILY AND SCHOOL MONITOR, and Educational Catechism.** By JAMES HENRY, Jr. New York: GEORGE SAVAGE.

A handy, well-printed little quarto of 170 pages, designed for the family and the school. We give our readers the table of contents, by which it may be judged:

"Air, Light, Temperature, Aliment, Clothing, Exercise, Rest, Cleanliness, God, Parents, Teachers, Justice, Truth, Industry, Example, Patriotism, Attention, Order, Observa-

tion, Reflection, Language, Reading, Perseverance, Dispatch."

The book is arranged with questions and answers, and cannot fail to interest all juvenile readers.

**SOMETHING TO POCKET.**—Messrs. FRANCIS AND LOUETREL, 77 Maiden Lane, New-York, have issued some very handsome and convenient Pocket Diaries for 1852. One of these Diaries, to jot down memorandums, when in haste, may save a good many dollars during the year.

This firm have also issued their ANNUAL DAILY JOURNAL, for 1852, which we regard quite superior to any other in the market. It is beautifully ruled and divided into days, weeks, and months, with printed headings. Every family who pretend to keep a "Daily Journal," should obtain a copy from FRANCIS AND LOUETREL, our most enterprising New-York Stationers.

**A MOTHER'S THOUGHTS ON PARENTAL RESPONSIBILITY.** Illustrated by opposite modes of Home Education. By Mrs. C. M. STEELE. New York: FOWLERS AND WELLS. Price 25 cents.

Mrs. Steele has already distinguished herself as a teacher. She has also had experience as a translator and author. We doubt not this, her last work, will compare favorably with either of its predecessors, and add to the reputation of the writer. The subject is certainly an important one, and if rightly represented, will do great good. We highly approve of schools and school education; but all will admit the importance of "Home Education," which begins with the birth.

**FAMILIAR LECTURES ON BOTANY;** explaining the Structure, Classification, and Uses of Plants: with a Flora, for Practical Botanists. By Mrs. ALMIRA A. LINCOLN. New York: F. J. HUNTINGTON.

A new revised, enlarged, and more thoroughly illustrated edition than has hitherto been published. The work is adapted to schools, colleges, and private students, and is, without doubt, the most complete volume on the subject which can be obtained for a dollar and a half, in this or any other country.

**THE RIFLE RANGERS; OR, ADVENTURES IN SOUTHERN MEXICO.** By Captain MATYNS REID. New York: DEWITT AND DAVENPORT.

For those who lack boldness, courage, or executiveness of character, it may be well enough to read works like this, in which deeds the most desperate are recorded. But we had much rather "go a-fishing!"

**THE PLOW.**—See prospectus of this new serial in our advertising department. "It speaks for itself," yet we will venture to add, that it cannot be too widely circulated. Those who buy and read works of this sort, plant dimes and reap dollars. Success to the Plow.

## Advertisements.

A limited space of this Journal will be given to advertisements, on the following terms: For a full page, one month, \$50. For one column, \$18. For half a column, \$10. For less than half a column, twenty-five cents a line.

At these rates, the smallest advertisement amounts to less than one cent a line for EVERY THOUSAND COPIES of the Journal, our Edition being never less than 40,000 copies.

**PROSPECTUS OF THE UNIVERSAL PHONOGRAPHER, FOR 1852.**—Published monthly, at \$1.00 a year, in advance.—It is printed in the corresponding style, and, to a considerable extent, forms an advanced instruction book for beginners, familiarizing the mind with the best Phonographic forms, while it furnishes interesting reading upon art, science, literature, and the various topics of the day. A portion of its pages is devoted to Correspondence, Phonographic Intelligence, and the interests of the advanced Phonographer, furnishing him with Original Essays, and selections from the choicest literature of the age.

The style of printing is so clear and beautiful, that the mind is never left in doubt a moment as to the sound each character represents, thereby making Phonography as legible as common printing. Please address all letters, post-paid, to FOWLERS AND WELLS, No. 131 Nassau street, New York.

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**HYDROPATHY** will be fully unfolded, and so explained, that all may apply it in various diseases, even those not curable by any other means. There is no system so simple, harmless, and universally applicable as the Water-Cure. Its effects are almost miraculous, and it has already been the means of saving the lives of thousands, who were beyond the reach of all other known remedies.

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**THE WATER-CURE AT HOME.**—Particular directions will be given for the treatment of ordinary cases at home, which will enable all who have occasion, to apply it without the aid of a physician.

**TO PRESERVE HEALTH,** no other mode of living can compare with this system. In fact, were its rules observed and carried out, many of our ills would be for ever banished, and succeeding generations grow up in all the vigor of true manhood. It will be a part of our duty to teach the world how to preserve health as well as cure diseases.

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**OPINIONS.**—Time was when the secrets of the human constitution were locked up in volumes to which only a privileged few had the key; now they are offered to every man, woman and child in the land, and all who can read and desire to understand, may learn, through such a publication as THE WATER-CURE JOURNAL, whatever science has discovered in regard to the organization of man.—*East Boston Ledger.*

It is one of the most valuable periodicals published in the country.—*Milwaukee Free Democrat.*

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OUR JOURNALS will be sent in clubs, to one or one hundred different post-offices, as may be desired. It will be all the same to the publishers.

**THE AMERICAN PHRENOLOGICAL JOURNAL, FOR JAN., 1852,** now ready, contains Louis Kossuth, his Life and Character, with two Portraits; Physiognomy, illustrated; Secular Education; Ships and Shipping, illustrated; Individual Responsibility; Education Phrenologically Considered; Ten-Hour System; School of Design for Women; [Phonography and Phoenatics; Events of the Month; Definition of the Faculties. Besides the above, the present number will be found rich with engraved illustrations and variety of matter. Published monthly, at \$1 00 a year, by FOWLERS AND WELLS, 131 Nassau street, New York.

**TO BOOK AGENTS, AND OTHERS.**—Fowlers and Wells, Publishers, 131 Nassau street, N. Y., will furnish, in large or small quantities, all works on Phrenology, Physiology, or Hydropathy; also on the various reforms of the age. Among others, works on Phonography, Education, and the Natural Sciences generally. Catalogues with particulars may be had on application. The American Phrenological Journal—The Student—The Universal Phonographer—and the Water-Cure Journal, are published by FOWLERS AND WELLS, Clinton

Hall, 131 Nassau street, New York. The most liberal terms offered to Agents.

**MECHANICS, MANUFACTURERS, AND INVENTORS** will find the SCIENTIFIC AMERICAN an invaluable aid to their interests, as all subjects connected with Mechanics, Chemistry, Engineering, and Manufacturing are treated in an eminently practical manner.

It is the recognized organ of American invention, and is widely complimented at home and abroad for the soundness of its views. It is issued in quarto form, suitable for binding, with a copious index and title-page, superbly illustrated with about 660 engravings, an official list of patent claims, review of American and foreign invention, scientific memoranda, editorials, and miscellanea. It is the ablest, best conducted, and most widely circulated journal of its class in this country. The proprietors attend to securing letters patent for inventions in the United States and Europe, on reasonable terms. Terms of the SCIENTIFIC AMERICAN, \$3 a year; \$1 for 6 months; 5 copies, 6 months, \$1; 10 ditto, 6 months, \$3; 10 ditto, 12 months, \$15. It is also issued in quarterly parts, at 50 cents per number. Address, postpaid, MUNN AND CO., New York. Feb. 1t.

**PERSPECTIVE OF THE PLOW.** a Monthly Chronicle of Rural Affairs, (successor to the American Agriculturist.) Fifty Cents a year. The cheapest agricultural periodical in America.

"He who by the Plow would thrive,  
Must either hold it himself or drive."

Vol. I. No. 1, New York, January, 1852. SOLON ROBINSON, Editor; C. M. SAXTON, Publisher, 152 Fulton-street. Terms: Each number of THE PLOW will contain thirty-two pages, imperial octavo, in double columns, the same size, and printed in the same clear beautiful type, as the AMERICAN AGRICULTURIST. It will be published on the First of every month, 152 Fulton street, New York, at 50 cents a year for a single copy; five copies for \$2. Subscriptions commence with the year. No paper sent except paid for in advance. Agents—Postmasters, Editors, and all friends of improvement in Agriculture, and particularly the personal friends of the Editor, Publisher, and A. B. Allen & Co., will please act as Agents, for which they will be allowed all over 37½ cents per copy as commission. Remit by mail at the risk of the publisher. Direct to C. M. SAXTON, 152 Fulton street, New York, and prepay your postage. The Editor's Office is at the New-York Agricultural Warehouse of A. B. ALLEN & Co., 159 and 191 Water street, up stairs, where he will always be happy to see his friends from country or city. Office hours, 12 to 3 o'clock, P.M. A. B. Allen and R. L. Allen, late Editors of the AMERICAN AGRICULTURIST, will be regular contributors to THE PLOW. Also, Professor Norton, Dr. Antisell, L. F. Allen, and others, late correspondents of the Agriculturist. Postage.—The Editor and Publisher will make it a point of courtesy to pay postage on all letters; all sent to them should therefore invariably be prepaid. The postage of THE PLOW, according to the late act of Congress, is as follows:—Any distance within 50 miles of the city of New York, 1 1-4 cents per quarter; over 50 miles and less than 300 miles, 2½ cents per quarter; over 300 miles and less than 1000 miles, 3 3-4 cents per quarter; over 1000 miles and less than 2000 miles, 5 cents per quarter; over 2000 miles and less than 4000 miles, 6 1-4 cents per quarter; over 4000 miles, 7½ cents per quarter. Under the cheap postage law, a single subscriber can remit a half dollar for THE PLOW. Feb. 1t.

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The year 1852 commences with events of more than usual importance, and it is certain that other events, equally momentous, will mark its entire duration.

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The Presidential Election takes place this year. The movements of both the great parties, the Conventions, the nominations and the canvass, will engage, to an unusual degree, the attention and the feelings of the country.

The acts and speeches of the distinguished Hungarian Leader and Exile, and the approach and possible outbreak of a mighty convulsion in which all the nations of the European Continent will be involved, either on the side of Despotism or of Liberty, will be subjects of constant and eager interest.

The movements preliminary to this great convulsion, the intrigues of Russian diplomacy, the spasms of Austrian Despotism, French Revolutions, the outrages of Italian rulers; and, on this side the Ocean, Mexican Insurrections, Californian Gold Discoveries, South American Civil Wars, will all add to the general sum of important events which will distinguish the year 1852.

All who desire to be promptly, thoroughly, and reliably informed on these matters will find their wishes met in THE NEW YORK TRIBUNE. Its arrangements for procuring early and accurate information are not surpassed either in extent or perfection by those of any journal in the world, and its readers may be assured that no expense or exertion will be spared to maintain, and even increase, its present completeness and utility as a newspaper.

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OPINIONS OF THE PRESS.

THE WEEKLY TRIBUNE.—Upon the merits of The Tribune it is unnecessary to enlarge, known as it has long been, as the model newspaper of the world, and the reading public of both this country and Europe regard it as a journal in the statements and views of which the highest confidence may be safely reposed.—Pittston (Penn.) Gazette.

THE NEW YORK TRIBUNE.—The New York Semi-Weekly Tribune is received by us regularly, and is one of the most valuable and to us advantageous exchanges we believe we could have from any part of the United States. The Tribune is a paper too well known and appreciated in the West, to need any commendation from us. Its Editor, Horace Greeley, with the warm impulse of a most philanthropic heart, is perhaps exerting a wider and greater influence than any other man in the United States, upon its future destiny.—Pekin (Ill.) Mir.

Our readers, generally, are familiar with its claims, and it is rather as a reminder of the great value obtained in its columns, for a comparatively small sum, that we call attention to it. Any one who subscribes to The Tribune cannot fail to be accurately and thoroughly informed of passing events, as they occur in all parts of the world. And no one who duly estimates the value of such information can fail, we think, to avail himself of the following exceedingly favorable terms.—Diadem, Providence, R. I.

At the head and front of the Journals of New York, we at once, without reservation, place The New York Tribune. This may, perhaps, be thought a strong assertion, but we sincerely think it a true one.—Boston Bee.

TO THE LADIES.—Among the many improvements of the day the one for the better promotion of female comfort, in a most critical period of life, occupies a prominent part. Those ladies who regard comfort, purity, and delicacy as worthy of their attention, will be pleased to learn that their wants can be attended to by an Educated Practitioner, who has received a diploma from the Boston Female Medical School, and can furnish ample letters of recommendation from competent persons. She can also attend to all diseases peculiar to women. She has permission to refer to the following gentlemen: Dr. T. C. Rolf, 263 Washington street; Dr. W. M. Cornell, 495 Washington street; John M. Spear, 2 1/2 Central Court. MALINDA CHOATE, No. 20 Bennett street, Boston. Feb. 11.

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N. F. FEMALE MEDICAL COLLEGE.—The next term will commence Feb. 17, 1852, and continue four months. Professors, (the four first named are from the Philadelphia Female Medical College) N. R. Mosely, M.D., Anatomy and Surgery; J. S. Longshore, M.D., Obstetrics and Diseases of Women and Children; M. W. Dickson, M.D., Materia Medica and Pharmacy; Abraham Livezey, M.D., Theory and Practice of Medicine; Wm. M. Cornell, M.D., Physiology, Hygiene and Medical Jurisprudence; Enoch C. Rolfe, M.D., Chemistry; Hannah E. Longshore, M.D., Demonstrator of Anatomy. Fees—Matriculation \$5; to each of the six Professors \$10; Dissecting fee \$5. TIMOTHY GILBERT, President. SAMUEL GREGORY, Secretary, 17 Cornhill, Boston. Feb. 11.

VAPOR BATHS.—John Hanna, of 86 Forsyth street, near Grand, New York, will administer Vapor Baths daily, from 9 A. M. to 10 P. M. A female will be in attendance to wait on ladies. Feb. 11.

PHONOGRAPHY TAUGHT BY MAIL, in a course of from one to five letters. Terms—\$1 per letter of instruction. For particulars address, postpaid, T. C. LELAND, No. 205 Broadway, New York. Feb. 11.

82 NASSAU STREET, N. Y.—Boot Makers' Union Association.—Boots and Shoes at retail, for wholesale prices. Feb. 9.

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MISS M. H. MOWRY, PHYSICIAN, No. 92 South Main street, Providence, Rhode Island. Feb. 14.