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## ILLUSTRATIONS OF PHYSIOLOGY.

NO. II.

BY T. L. NICHOLS, M.D.

The first thing a human being does, after coming into the world, is to breathe. This function, thus commenced, is never suspended more than a few moments at a time, until our earthly existence ends. As the rapidity of breathing bears a certain general relation to the action of the heart, being at about the rate of four beats to one inspiration, we breathe very fast in infancy—fast whenever there is a hurried action of the heart, and more slowly in old age.

The machinery by which we breathe is extensive, complicated, and very curious. When we have examined it, and seen how nature has provided for the healthy performance of this function, we shall be surprised that men think it of so little consequence. That the blood or juices of every organic being should be brought within the influence of atmospheric air, is a law of nature. No vegetable can grow, and no animal live, when deprived of air. The leaves of a tree are its lungs, as well as its stomach. Cut off the leaves of a plant, and you stop its growth, and soon destroy it. I have seen the grapes of a beautiful vine wither and fall off, because the broad lung-leaves had been removed.

The water contains an abundance of air. Boil it, or put it under an air-pump, and the air bubbles are seen to rise from it; and no animal can live in water thus deprived of air. And this atmosphere, so necessary to all animal life, what does it contain? The chemists tell us that the air is composed of four parts of nitrogen, one part of oxygen, and about five parts in a thousand of carbonic acid. The oxygen appears to be the active ingredient, the nitrogen the passive, and the trifling proportion of carbonic acid we may consider neuter.

This is as far as the chemists have got. I look upon this physiology as very meagre and mechanical. The atmosphere seems to me a vast storehouse of vital aromas and influences, in which we live, and move, and have our being. If it contains oxygen for the blood, it contains, I doubt not, some principle fully as necessary to the nervous

fluid. As the higher forms of life exist upon the lower, the air, doubtless, contains elements of vitality, received from minerals, plants, and lower animal existences.

It is not clear to me that the atmospheric influences which develop cholera, yellow fever, plague, &c., are of a positive character. They may be merely negative—the lack of certain unknown vital principles.

But, leaving this discussion for the present, let us look at what every one can see and comprehend—the machinery of the function of respiration. To perform the office of breathing we have first three openings, the mouth and two nostrils, so that one may be always ready for use. These passages open into the pharynx, a pouch behind and below the mouth and nose, into which our food and drink pass as well as the air. Upon the front part of this pouch, just back of the roots of the tongue, is an opening into the larynx or windpipe, which is also the organ of the voice. If we attempt to draw in our breath and swallow at the same moment, something gets down the wrong way. But in the orderly process of alternate swallowing and breathing, this orifice is not only closed, but a valve shuts down over it, to make assurance doubly sure. The air then passes down the trachea or windpipe, which, just behind the breast-bone, divides into two branches, or bronchia, which enter the lungs, and subdivide in all directions like the branches of a tree. These tubes terminate everywhere in little air bladders, and all the air we inhale, from one to six pints at each inspiration, rushes through these tubes, and expands these cells with a soft purring murmur, like that of forest leaves. This is the healthy sound of the respiration.

I give here a view of the lungs; right and left lobes, with the heart lying between them, Fig. 1; and below, an engraving of the extremities of the bronchial tubes with the air vesicles upon them, like clusters of leaves or berries, Fig. 2.

But, as the air will not force its way into the lungs, there is a necessity for some more breathing apparatus. The lungs fill up, with the heart, the entire cavity of the thorax. From the upper rib to the lower, the lungs press against them all

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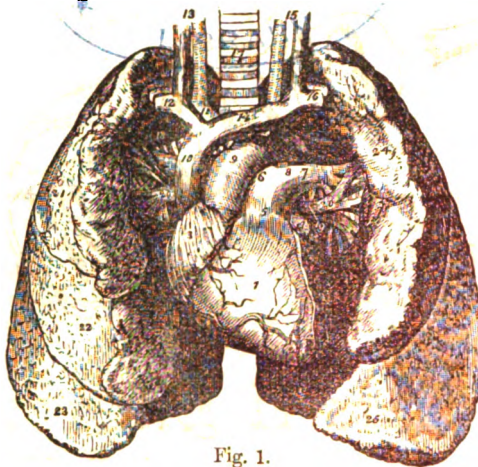


Fig. 1.

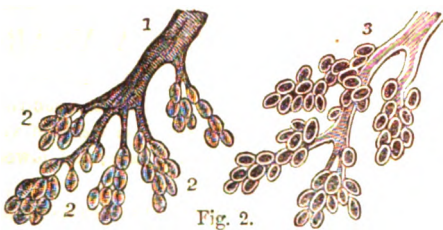


Fig. 2.

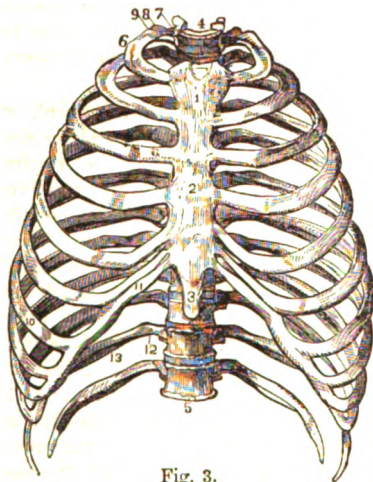


Fig. 3.

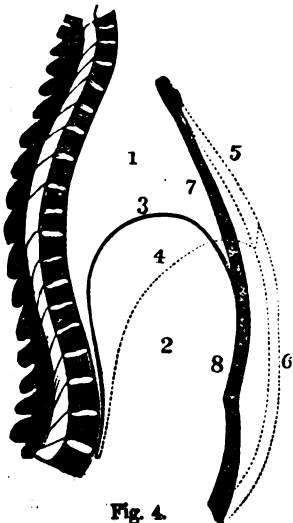


Fig. 4.

wear tight clothing around the waist, if they compress it but a single inch, or impede its free movement, they restrain the elevation of the ribs, and inter-

round. They have no power of dilating themselves, but when the chest is dilated, the pressure of the atmosphere forces in the air, and dilates them, as the wind rushes into a bellows when it is opened.

The bony walls of the thorax, consisting of twelve pairs of ribs, the back-bone, and the breast-bone, are represented in Fig. 3. The ribs have a slight movement upon the back-bone or bones, and, being in an inclined position, when they are raised, the whole cavity of the chest is enlarged.

But this is not all; we have the power of enlarging this cavity without moving the ribs. The

chest is separated from the abdomen, and the lungs and heart from the stomach, liver, spleen, and intestines, by a sheet of muscle, which, in its lax state, is arched upwards. When its fibres contract, it is drawn tightly across, the cavity enlarged downward, and of course a larger space made for the expanding lungs which the air rushes in to fill. Now, reader, draw a few good long breaths, first by raising the ribs, then by depressing the diaphragm, and then by both actions combined. The lines in Fig. 4 represent the different positions of the diaphragm, and the corresponding change in the walls of the abdomen.

To raise the ribs, and to expand the chest, and to contract the abdomen, and diminish the capacity of the lungs by driving up the diaphragm, requires many muscles acting in different directions. In Fig. 5 these are represented. We have here muscles drawing the ribs up toward the head and out toward the shoulders. There are muscles between all the ribs, bringing them closer together. On the other hand, there are four sheets of muscles, perpendicular and crossing in various directions, which compress the abdomen, force the liver and stomach against the diaphragm, this against the lungs, and so drive out the air with force enough to blow a trumpet.

All this machinery was made by Omnipotent wisdom, to be used. There are two ways in which we neglect its use. When women

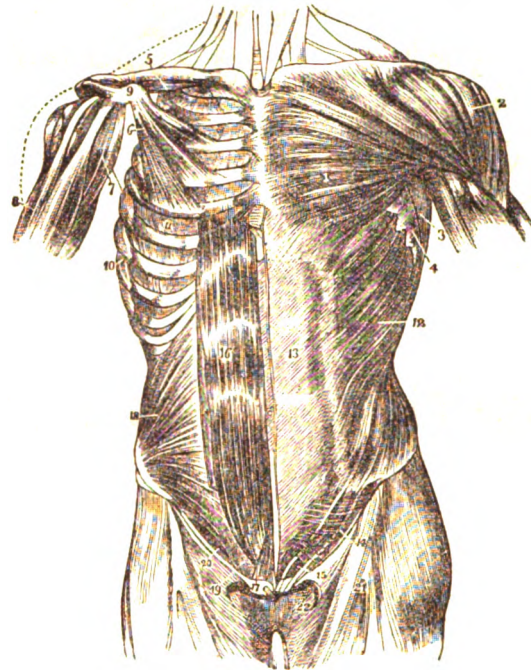


Fig. 5.

ferre with the contraction of the diaphragm. If their clothes are tight low down, the diaphragm cannot act, because the walls of the abdomen cannot expand to make room for it. Where a man works in a stooping position, and allows himself to grow round-shouldered, he hurts the action of the chest.

This is one kind of practical profanity; the other is where the air itself is allowed to become impure. Air once breathed is ex-

hausted of a portion of its oxygen, and has received from the blood an addition of carbonic acid. It is exhausted of its vital properties, and loaded with poisonous emanations. The same air must not be breathed twice over. One man, in a close room, deteriorates the whole air in it with every breath he breathes. How much more a dozen men, or a hundred. Among the most potent causes of disease are failing to breathe enough, and breathing air of an impure quality.

To my mind there is something very offensive in breathing over the breaths of other people. In an unventilated church or theatre—and theatres, to the shame of all Christian people be it said, are generally better ventilated than churches—we cannot avoid inhaling the emanations of those around us. The breath of one is poisoned with tobacco, another with brandy; one has rotting teeth, another ulcerated lungs; one has eaten pork and onions, another is redolent of snuff or whiskey. Then come the odors of musk, hair-oil, perspiration from unwashed bodies, and feet that are anything but posies. If it were not prejudicial to health, it would be very indelicate to breathe such a foul atmosphere; but, in truth, it is terribly demoralizing and unwholesome.

Pure air is the first necessary of life. Good air to breathe, and a proper action of the lungs, are the first conditions of health. But how often are we deprived of them. Every filthy person in the world helps to pollute the atmosphere. Every smoker of tobacco poisons it. Every nuisance renders it unhealthy. The atmosphere belongs alike to all God's creatures, and a man might as well throw arsenic into our wells and streams, as to poison in any way the air we must breathe every moment of our lives.

Every church, school-house, or building where people congregate in any way, ought to be so constructed that air *must* come in. Our school-house, in winter especially, are nurseries of disease, for want of ventilation. Our stages are little pest holes; our railroad cars are so many anticipatory hearses; our steamboat cabins and canal packets are floating coffins.

Poor Kossuth! he escaped the vengeance of Austria to be poisoned everywhere with foul air in America. He is continually sick, not from his labors and cares, but from this cause alone. He has been all the time stifled in cars, boats, at dinners and meetings, with the vast and enthusiastic crowds around him, poisoning him and each other. They endure it for a few hours—he suffers from it all the time, and he must die if he has not a better chance to breathe. When he made his speech at the New York Press dinner, he was obliged to leave the room as soon as it was finished. Much as I wished to hear him—having paid seven dollars for the privilege—I was obliged to leave the room before he was one-third through. I tried to breathe, but could not. I gasped a few times, and made for the door, pitying all fools and poor

Kossuth, their present victim. He was as really poisoned that night, as if an Austrian assassin had mixed arsenic with his food!

CHEMISTRY OF LIFE.—NO. V.

BY T. ANTIBELL, M.D.

THE phenomena of endosmose, which have been laid down as the means by which the motions of the fluids of the animal body are regulated, distributed, and altered in density, are settled facts in practical philosophy. It is but recently that these facts have been applied to explain the changes occurring in the circulation of the fluids. These facts do not explain the chemical changes continually going on in the fluids themselves, which changes are produced by the operation of chemical principles; these changes being the reverse of those which occur in the vegetable frame. "Have we not, in fact," writes Dumas,\* "found by a multitude of results, that an animal, in a chemical point of view, constitutes a true apparatus of combustion, by which carbonaceous matters burnt incessantly are returned to the atmosphere in the shape of carbonic acid, in which hydrogen burnt incessantly is returned as water, whence in fine free azote is ceaselessly exhaled in the breath, and in the state of oxide of ammonium (ammonia) is thrown off by the vesical secretion! From the animal kingdom therefore, as a whole, carbonic acid, watery vapor and azote, or oxide of ammonium, are continually escaping. Simple substances and few in number, the formation of which is intimately connected with the history of the atmosphere itself." How this combustion is carried on, the means which effect it, the substances burnt and the dispersion of the products, will now be considered. The whole process is one of *oxidation*. The atmosphere supplies the oxygen, the composition of air being, according to Dumas,

Oxygen, 208 and  
Nitrogen, 792  
1000 air.

It contains besides a minute but certain proportion of vapor of water, carbonic acid and ammonia, which, however, need not be taken into consideration now. The above constitution is so constant as to show no difference in analysis when the air is taken from a height of upwards of 9,000 feet.

We inhale this air at every inspiration. The quantity inspired varies with the size of the lungs, with the period of life, and the condition of health in the human being. Some have estimated the number of inspirations at 20 in the minute, and the quantity of air at each inhalation as 16 inches: this latter calculation is too low, and the former rather high, for very few healthy adults breathe 20 times in the minute. This calculation gives 266 feet in 24 hours.

Valentin estimates the day's inspiration as 398½ feet, and Agassiz goes as high as 700 feet.

These two last estimates are rather high. Dumas, whose trustworthiness in all matters of experiment is great, made some observations on him

self when young, (in 1820, being then 20 years old;) he then made from 15 to 17 inspirations per minute, and each time inhaled a third of a litre of air into his lungs: a litre is very nearly 1¼ (1.760) of an English pint; this amount, at 16 inspirations per minute, would in 24 hours be equal to 1,784 gallons, which is somewhat below the estimate of Valentin given above.

According to Lavoisier an adult man takes into his system from the air, in one year, 746 lbs. of oxygen, or nearly one fifth of the whole weight of the air inhaled; yet his weight is found, at the beginning and end of the year, either just the same, or differing only in a few pounds. What has become of all this oxygen! It is evident it does not remain in the system, nor is it exhaled as oxygen, for the air which passes out of the lungs contains no free oxygen, but contains instead almost an equal volume of carbonic acid. Dumas states that the air loses from 4 to 6 per cent. of oxygen, and the expired air contains from 3 to 5 per cent. of carbonic acid, the composition of this latter gas being,

Carbon, 6  
Oxygen, 16

—  
in 22 parts;

so that by the above calculation, 142 grains of carbon are given off from the lungs in one hour, and 9 ounces in the day of 24 hours.

Watery vapor is given off from the lungs, constituting the moisture of the breath; a portion of this is formed at the expense of the air, the oxygen of which, uniting with some hydrogen in the blood, forms the water. Thus at every moment with each inspiration small quantities of its elements separate from the animal organism, after having entered into combination within the body with the oxygen of the atmosphere. These elements formed in the blood are derived from the food; so that the food dissolved in the blood is acted upon and altered by the air.

But how does the air in the lungs reach the blood! Although the capillary vessels which carry the blood needing aëration are very minute and widely distributed over the network of cells of which each lung is composed, and which cells in a man of average size yield an extent of surface of twenty thousand square inches; yet in no place is the air in direct contact with the blood, a membrane in every case intervening. The phenomena of endosmose, which have explained on physical principles some of the actions hitherto termed vital, which involve the motion of fluids, also explain those of respiration. To produce what is termed endosmose, two fluids and a membrane are necessary. These are present in every act of inspiration. The air is a fluid, very elastic no doubt, but still possessing the properties of a fluid; the second fluid is the blood, and the dividing membrane is the wall of the air cell and coats of the capillary blood-vessel. In this case, the lighter fluid, the air, passes through the membranous wall into the blood, where it commences the series of chemical actions, which result in the formation of carbonic acid and water. When it is said that the air passes into the lungs and into the blood, it must not be understood that the air enters the blood-vessels. It is only its oxygen which passes through the membrane. Some have believed

there is an absorption of nitrogen in the course of respiration, but Dumas believes this never occurs, except in connection with circumstances which render it more than doubtful. The constant phenomenon is the exhalation of nitrogen unabsorbed and unaltered.

The experiments of Dumas and Boursingault show how the circumstances of age, sex, and constitution act in regard to the exhalation of carbonic acid from the lungs. Thus at every age from eight years upwards, the evolution of carbonic acid is greater in males than in females. In the male it goes on increasing from eight to thirty; from thirty to forty it is stationary or tends to diminish a little; from forty to fifty the decrease is more decided; from fifty to extreme age the exhalation diminishes more and more, until at the verge of existence it is almost what it was at eight years of age. In the female the quantity of carbonic acid exhaled goes on increasing from eight years to puberty; similar to the boy, but always less in degree. Here the increase suddenly stops: when menstruation sets in, and so long as it continues regular, the quantity of carbonic acid exhaled remains the same as it was previous to this change. When the period arrives for menstruation to cease, then the quantity of carbonic acid thrown off by the lungs begins to increase: thus from forty to forty-nine, there is an evident increased exhalation; as years however accumulate, the quantity begins to lessen, following the same law as in the male. If menstruation cease accidentally for a period, there is an increased giving off of carbonic acid from the lungs, until regularity ensues, when the carbonic acid immediately returns to its normal small quantity; so that whatever the time of life, the existence of the monthly discharge coincides with a diminution in the exhalation of carbonic acid from the lungs. The most robust female who is regular, never exhales so much carbonic acid as the most weakly male of the same age; a man usually giving off from his lungs twice as much carbonic acid as a female.

The whole use of air to the corporeal frame is to supply oxygen, it never supplies its nitrogen; there is always a surplus of that element in the system derived from the food; with this oxygen carbon is subtracted to form carbonic acid, and hydrogen is removed to form water. The oxygen gas is dissolved by the venous blood, and carbonic acid is set free in the blood-vessel; the blood becomes arterial without a trace of any rise of temperature. Under the influence of the oxygen absorbed the soluble principles of the blood are converted into lactic acid; this acid is then changed into lactate of soda, and this is afterwards converted into carbonate of soda, which is immediately seized on by a fresh portion of lactic acid, and so the process goes on. These slow and successive phenomena constitute the essence of respiration, and is a slow process of combustion; this process we shall now follow out and explain somewhat more in detail.

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\*"Balance of Organic Nature."

## THE EVILS OF DRUG TREATMENT.—NO. I.

BY JOEL SHEW, M.D.

HYDROPATHY is both positive and negative. The positive part relates to the remedial means used in the system; the negative to those agencies and influences that are harmful in their nature, and which should consequently be avoided. A most important consideration in negative Hydropathy, is that which refers to the effects of drug medicaments. I propose, therefore, to give, from time to time, short articles on "THE EVILS OF DRUG TREATMENT;" and in performance of this task, I shall, for the most part, allow medical men to present their own statements. We shall find, I doubt not, before we get through with the matter, that many even among the friends of Water-Cure are in the habit, every now and then, of resorting to the use of articles which they believe to be at least harmless, but which are in fact pernicious, and in some cases *positively dangerous*. I shall speak first of

## BLISTERS IN THE TREATMENT OF CHILDREN.

The late Professor John B. Beck, of this city, remarked, in an essay on the "Effects of Blisters on the Young Subject," that "there is an opinion prevalent, that blisters are innocent remedies,—that if they do no good, they do no harm." The learned professor also remarked, "that this is unquestionably a great error, and has been productive of vast mischief;" and "that, independently of the unnecessary suffering which blisters may occasion, they sometimes produce death by the manifest causes of ulceration and gangrene, while, in others, they insidiously aggravate the disease they were intended to relieve."

It is not my intention, in the present instance, to attempt to prove that blisters never do any good as applied in the treatment of disease. I am willing to admit that they do sometimes aid nature in her operations; or, in other words, that they do more good than harm in some instances, as curative means. But my object is simply to set forth the dangers consequent on their use, and more especially in the treatment of children.

Dr. Robert Christison, author of a work on "Poisons," in speaking of the poisonous properties of cantharides, remarks, "that an ordinary blistered surface often ulcerates in febrile diseases; and in the typhoid (sinking) state, which characterizes certain fevers, this ulceration has been known to pass on to fatal sloughing, (mortification,) especially when the blister has been applied to parts on which the body rests. On the other hand, if the blistered surface be very extensive, death may take place in the primary stage of the local affection in consequence of the great constitutional disturbance excited. Thus, in 1841, a girl affected with scabies (itch) received cantharides ointment by mistake, instead of sulphur ointment, from a hospital-sergeant at Windsor Barracks; and having anointed nearly her whole body with it, was seized with violent burning pain of the integuments, followed by vesication, general fever, and the usual symptoms of the action of this poison on the urinary organs. These effects were so severe that she died in five days."

Dr. Thomas Bull of London, a writer on the "Management and Diseases of Children," tells us

"that a blister should never be allowed to remain on longer than from two to four hours; and that this precaution is necessary, because, from the great irritability of the skin of the child, there is danger that not only the scarf-skin (as it is called) will be raised as a blister, but the true skin beneath will be destroyed." "This," according to this author, "would occasion great suffering, and cause a very troublesome sore, seriously affecting the health and strength of the child, and, perhaps, even put its life in jeopardy."

Dr. James Mackintosh, author of a work on the "Practice of Medicine," in speaking of the effects of blisters, gives the following caution in regard to their effects on children:—"In young infants, the blistered surface is liable to slough, (mortify,) and death will so frequently follow such an occurrence, that I entertain considerable repugnance at applying a blister to a new-born child; and it is impossible I shall ever forget the fright experienced on the last occasion I applied one in purulent inflammation of the eyes. The case was severe; the parents had heard of the good effects of blistering, and I was urged by them to apply one. My objections were honestly mentioned, but they still insisted; and a blister was accordingly applied, with the precaution, too, of placing a piece of fine gauze between it and the skin: a deep slough took place, and the child made a narrow escape from death."

Dr. Michael Ryan, author of a work on "Midwifery," speaking of the use of blisters in the treatment of children, says, "I have seen a blister on the child followed by sloughing, and an aperture form over the epigastrium, which exposed the subjacent viscera."

Dr. Anthony Todd Thompson, author of a work on "Materia Medica," states, "that he has seen gangrene and death follow the application of a blister on an infant."

Dr. John North, author of a work entitled "Practical Observations on the Convulsions of Infants," tells us "that he has twice known infants destroyed in consequence of the sloughing of blisters, the progress of which could not be arrested," and "that he had frequently seen very severe paroxysms (of convulsions) brought on in consequence of their injudicious and unnecessary application."

Professor Chapman, of Philadelphia, remarks, "that in children a blister sometimes induces gangrene, (mortification,) as I have witnessed in two or three instances."

Professor Beck, before referred to, in speaking of the common mode of preparing blisters by covering the plaster with dry fly-powder, states "that the dry powder is apt to adhere to the skin after the blister is removed, and in this way strangury is more likely to be caused; and that in one case, according to Dr. Ure, mortification has occurred from this cause."

In the eruptive diseases of children, blisters have been found especially pernicious. "When the skin is in a morbid state," says Professor Beck, "ulceration and gangrene are by no means unusual occurrences," (in consequence of the use of blisters.)

Dr. Jonathan Pereira, an English author on "Materia Medica," mentions two instances of death

from the gangrene caused by applying a blister after measles.

Dr. Joseph Comstock, a writer, some years since, in the "Boston Medical and Surgical Journal," speaking of the effects of blisters in scarlatina, says, "they sometimes put on very alarming appearances, being visited by canker, turning black, and threatening mortification."

Professor Dunglison, in his "Materia Medica," asserts "that he has seen several cases of death, manifestly caused by the use of blisters, in scarlatina and measles."

Thus I might quote at much greater length from standard authorities, in proof of the dangerous effects of blisters when applied in the diseases of children; but the foregoing are sufficient. I now turn to another branch of the subject, namely, to the contradictory rules given in medical works for the application of blisters.

Dr. John Armstrong, as quoted by Professor Beck, says, "From twelve to sixteen hours is generally sufficient for the application of the blister in adults, and half that period in children."

Drs. Evanson and Maunsell, in "A Practical Treatise on the Management and Diseases of Children," say, "In no instance is the blister to be left on more than a few hours, (from two to four;) not longer, in fact, than until the skin is reddened, when vesication will follow; but this result should not be waited for, as attendants always will do, unless the most express directions to the contrary be given."

Dr. J. W. Neligan, in a work on "Medicines, their Uses and Mode of Administration," directs "that, as a general rule, in infants and young children, blisters should only be left on until redness of the surface is produced, when the application of a warm poultice to the part will cause vesication."

Drs. Ballard and Garrod, in a work entitled "Elements of Materia Medica and Therapeutics," remark "that in children, a blister should not be allowed to remain on longer than to produce redness of the surface;" and "that in very young infants, it is doubtful whether even this effect (redness) should be permitted to occur before its removal."

Dr. William P. Dewees, in his "Practice of Physic," states, "that in children, the blister is frequently found to have performed its duty in eight hours, and very often in six. It should, therefore, always be examined at these periods, and dressed, if sufficiently drawn; if not, it should be suffered to remain until this take place."

Dr. Williams, in the "Cyclopedia of Practical Medicine," says, "that to avoid gangrene (mortification) in children, it is advisable never to allow the blister to remain on more than six hours."

After reading the foregoing statements concerning the effects of blisters, as witnessed in the treatment of the diseases of children, some important practical thoughts must naturally present themselves to the mind of the reader. It appears—

1. That blisters are far from being as safe an application as they are generally supposed to be.
2. That they are, under many circumstances, a dangerous remedy, and more especially in the treatment of children.
3. That, judging from the rules laid down for

their use, by many of the leading teachers in the healing art, it would be positively dangerous to allow practitioners at large, even those of eminence in the art, to make use of them in the treatment of children. If no two agree as to the rule, how are any of them to be trusted?

But suppose we admit that but few children have been actually destroyed by blisters; and that in the majority of cases, no apparently serious results have followed their use. What then? Does it not appear too plain, that, even in the most experienced hands, blisters are yet sometimes dangerous? Now, what parent would be willing that his child should be the exception to the rule? Does not the fact that they are sometimes capable of destroying life, and that too, be it remembered, when the greatest precaution is taken, and that, in many other cases, they aggravate the complaints for which they are administered, and cause in all instances a greater or less amount of pain, and which is sometimes most tormenting and severe,—I say, does not all this make it for the interest of every benevolent man, every well-wisher of the race, and especially for every parent, to look well to the matter as to whether this barbarous practice of torturing the body is, after all, in any case absolutely necessary? If it is necessary ever to use blisters, we who profess the healing art, above all others, should endeavor to know it. Nor should we flinch in applying them, barbarous as they appear to be, when we know positively that they are demanded in any given case. But thanks to Priessnitz, BLISTERS ARE NEVER NECESSARY. In the water-cure, we have a better mode; one that is not only incomparably more efficacious for good, but at the same time, POSITIVELY AND ABSOLUTELY SAFE. We are no longer under the necessity of going to South America or Asia, for a poison fly; but everywhere, on the habitable globe, do we find that best of all remedies, COLD WATER.

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

## AN AUTOBIOGRAPHY.

### CHAPTER VIII.

#### SOMNAMBULISM.

"BLESSED is the man who invented sleep." It is the divinest of all boons. It refreshes the wearied and revives the way-worn. To the wretched it is better than wine, to the joyous better than the richest viands.

Can one think of any of God's gifts which, when deprived of, one prizes so highly? Many days in my chequered life have I longed for the sun to go out of sight, that I might creep into my cot and sleep and forget; so laden was I with sorrow. If sleep were desirable for naught else, it would be of untold value for the forgetfulness which it creates to the millions whose hearts ache, toiling millions, hungry millions, unclad millions—to whom daylight is the harbinger of terrible sufferings and deep darkness a benefactor. Would God that it were not so! But it is so. In the city of New York, at this hour while I am writing, with light and warmth and love about me, how many are working their lives away for bread—hands sore, limbs wearied, hearts stricken—to whom death would be

a welcome visitant, and to whom, in his absence, sleep comes like a blessed angel and wraps around them and their rags her own mantle, and wiles them away into the land of dreams. Blessed land! Land of equal freedom, of broad democracy, where, as in the grave, the king and the peasant are alike helpless, where Louis Napoleon and the poorest Red Republican are brothers, where life puts off its incidents and assumes its imperishable characteristics.

Horace, in his immortal verse, has eulogized Death as the truest ruler; for he approaches the man of state and the man of rags, and they are on a common level. Death is mighty; but Sleep is kind. Death strikes but to conquer; Sleep touches but to restore. Death does his work once for all; Sleep hers as often as may be. Death works like a conqueror, and so disgusts at times. Sleep acts like a beneficent genius, and so her work is beautiful to the eye. Step to the bedside of the dead—a look, a glance, and one turns away. But by the bedside of the sleeper, one will stand and watch life in its throbbing, and imagine the sleeper in beautiful dream-land, where sighing and sorrow dwell not, where care and vexation of earthly life obtrude not, where want of position and want of money avail not; but where life buds, blossoms, and ripens spontaneously. And one turns away to invoke blessings on

"Nature's sweet restorer."

In common sleep, the subject is in what is called a state of un-consciousness. The eyes are closed, the respiration is somewhat slower, and the heart beats not quite so quickly as when the person is awake. The mind is, practically speaking, out of the body. The mightiest man asleep is weak as the weakest. The body in sleep has lost its king. Its power is departed for the time. No systematic action can be expected of a common sleeper; no responsibility can belong to one. The mutterings one hears are of no meaning, or if so, are of no value. The turning from side to side one thinks nothing of, more than of the breathing of an animal. Life under sleep is organic in its character, and of no account in moral estimation; but somnambulism, or sleep-walking, is a different thing.

It is the paradox of sleep-waking. One does unconsciously what is usually done only during the wakeful state. Of this state of being I have something to say, and what I state can be attested by persons of the most respectable character.

From my earliest boyhood, after I donned the coat and trowsers, I had more or less of this peculiar state of existence; but after my twelfth year the somnambulant state came on me quite frequently, and up to my thirtieth year, in one phase or other, showed itself. It exhibited itself at different times in different ways. Evidently a large part of my life I have been able, at times, to exhibit two states of consciousness—the one, common to all mankind; the other, uncommon to most people, and entirely distinct from common consciousness. What I did in one state I was totally forgetful or unmindful of having done in the other state. I acted like different persons. My modes of conversation, my oratorical efforts, the exercise of my physical powers, the way in which

I walked, talked, sung, my personal address, all were different in these two attitudes of being. My intellectual and bodily tastes differed. The books I read when in one state I never read in another; the edibles which were favorites with me when in one state of existence, I abhorred when in the other state. Account or fail to account for it, it is not the less true, or the most respectable persons in the village and neighborhood where I lived are unworthy of belief. But this is not all. My rights did not in these two states hold the same relation to the rights of others. The law of *meum* and *tuum*, though as distinctly recognized and as stoutly defended, was not applicable in similar cases in both states. In the somnambulant state, no diverging from the line of sanity could be seen. It was not eccentricity, nor monomania, nor any derangement of the mental faculties that could be witnessed—all was correct, steady, profound, but unaccountable.

Those who have read the last chapter of this history will recollect that I gave an account of a calico cow that my father owned, and the strange exhibitions of intelligence that she gave. She was the exciting cause of my putting forth as fine a feat as somnambulist ever showed.

"It was a balmy night in July; the sun had, during the day, showed himself in his strength, and corn tassels were out in their glory." My bedroom was on the north end of our farm-house, and by it our passage-way for wagons to and from the highway ran. On the north side of this passage was a cornfield, its tops all out, its silk thrust through the husks, and its leaves green and luscious to the look. It extended from the "highway," which bounded it on the east, back or westward some sixty rods, and was bounded on the south side by the passage-way and the barn-yard, between which and it was a high cedar rail fence, heavily cross-staked, and ridged with round cedar poles. Any animal breaking through the barn-yard fence into the field could travel in the rows till it came opposite my sleeping-room window. Now, on this night alluded to above, I was awakened, I cannot tell how, and thinking that I heard the

"Cows in the corn,"

had jumped up, and with head out of window and ear on the alert, was trying to satisfy myself of the truth of my suspicions. My door opened, and my father stood by my side, saying that he suspected the cattle were in the field. No sooner said he this, than I leaped out of the window, ran across the path, and climbing on the fence, looked over the tall stacks, but saw nothing. I hallooed, and the cattle started. I leaped into the field, and away I went. They were all under way. The retreat commenced from a dozen different quarters. It was rapid but orderly. I pushed on bareheaded and barefooted, with my night-gown on, and every hill I passed showered tassel blows and dew on to me, so that by the time I had gotten to the gap in the fence I was wet as though I had taken a plunge.

I put up the fence cleverly as I could, and left it for perfection by the hired men in the morning. Cattle will never commit outrages of this sort twice in the same night. They wait till they suppose the watch is relaxed.

I went back through the barn and door-yard to my window, whistling some snatch of a tune that occurred to me. I was happy, though mad at the cattle, for I was full of blood, high hopes, great longings. My better nature was uppermost, since my farm life had begun under healthful nursing. The stars over my head, all so bright and beautiful, were so many

"Gimlet-holes letting the glory through,"

till it descended unto me, and bathed my little soul with celestial strength. Gracious powers! would that my scarred heart could throb *once more* as it did that night. Would that I could now hope so genially and look into the FUTURE so confidently as then! My father stood at the window waiting for my return; he had in his hand a night-dress, which, after combing the corn blossoms from my hair and wiping my body dry, I put on, and laid

"Me down to sleep."

The next night, about twelve o'clock, my father, thinking he heard the cattle in the corn, came into my room. The window was up, and I was absent. He waited for my return, and I at length came. But what was his surprise to see me *naked*. He reproved me for it, but I paid no attention to it, crawled into the window, and, covered with blossoms of corn and dew, crept into bed by my brother's side, and shirtless, laid myself under the clothes. He took hold of me, shook me quite strongly, and after a while I opened my eyes, saw who he was, and sat up in the bed and asked his wishes. I then found myself naked, and hair all soaking wet. I had gotten out of bed, taken off my night-dress, and gone into the cornfield, driven out the cattle, put up the fence, and came back and went to bed without the first gleam of common consciousness. Now, let the orthodox soul-doctors tell on what principles, or under what construction of commonly received notions of LIFE, all this was done, if they can. If the answer is, that all this grew out of the *mental* impressions caused by the excitement of the night previous, allow me to inquire how the muscles obey the will, how locomotion is regulated, how work is done and acts performed as carefully and as effectively as they could be, and yet the doer of them have no cognition of anything. To this hour I have no knowledge of the acts of that night, and yet in subsequent somnambulant states allusion was made to it, and intelligent descriptions of what I did were given. But allow me to allude to another instance. I was at school, a close student, a young ambitious lad of sixteen, somewhat homespun, but strong in uprightness and conscious of power. My dear father was sick, and gradually undergoing that grand metempsychosis which the shallow thinker calls DEATH. It was a stormy day in January; the snow had fallen two feet deep, and I started for my home, eight miles distant. My father had written me that *he wanted to see me*; he wanted to look into my face—he wanted to give me injunction after injunction not to forget my duties to him in the care of his wife, my mother. He need not have said it: I could not—I never can forget him or *her*. Death! A man such as my father *never dies*. He lives in his counsels, full of wisdom as they were of heart;

in his examples, ripe from wide observation and varied experiment, constituting ample experience; in his principles, which were absolute, as great moral truths are; in his very *mistakes*, which were very few and were *not small*. His desire to see me, growing out of a feeling that he might, at any hour, "*pass onward*," and to give me counsel, was natural, but not necessary. But his slightest wish was *law* to me, and I started for home, as I have said, *on foot*. Weary walk, this trudging in an unbroken snow path. Before I reached our door I thought my body would tire out completely—but it did not. I accomplished it.

I ate my supper, chatted awhile with my parents, and went to bed in my old bedroom. My father and mother I left sitting in the kitchen, gratified at my arrival, and proud of me.

I fell asleep—awoke and arose and dressed myself, came into the kitchen, and took a seat between my father and mother. They looked surprised, and inquired why I had left my bed.

Said I, "Has nobody been in here since I went to bed?"

"No."

"Has nobody been trying to injure you, father? Has no one demanded money of you?"

"No."

"Well," replied I, "there will somebody come, and that is why I left my bed; at least I have dreamed there would, and the dream is no illusion to me, but a fierce reality."

My father smiled as if incredulous, yet as though he asked no braver or better defender than his boy. At that instant my mother, a very cautious woman, heard a rap at the door, and stepping to it, as I supposed to inquire who was there and what was wanted, instead, opened the door, and in came a terrible gust of wind and snow—for the night was hideous—and with them marched in a *woman*.

She walked half-way from the door to the fire, when she discovered me, and I evidently took her aback by my presence. I saw this at a glance. I saw the creature of my dream. I knew I was destined to a struggle, and I grew in strength as I looked at my dear father and mother. She took a chair, turned its back to the fire, and seated herself with her face in the shadow. I kept my seat and appeared to give no attention to her.

"Who are you?" inquired my father.

"What's that to you?" said she.

"Everything, if you are to stay in my house; nothing, if you are not."

"What if I will not tell you?"

"Then you must leave the house!"

"Leave the house!" exclaimed she. "I should like to see anybody here try to put me out."

"What if I call my men, and throw you out, neck and heels?"

"You have not got any men; they have all gone home."

"How do you know?"

"I inquired at the last house on the road, before I came here. It is Saturday night, and I was told your laborers all went home Saturday night, and that you lived alone." I glanced at my father; he was pale, but his courage ebbed not a whit. He was helpless, not able to get out of his chair, and he surmised strange occurrences, for he had received not less than eighteen hundred dollars that

very week from his large wheat sales, and he saw what was before him. This hag was either a *decoy*, or a man in disguise, whose object was robbery. I could see all this was rapidly passing through my father's mind, but it did not bow him the ninth part of an inch. So I sat still as if I suspected nothing but a war of words. The hag had on an old quilted hood and old bombazine cloak, which came to her feet, and was belted about the body.

"You are a woman," said father.

"Of course I am: what do you ask that question for?"

"Have you a husband?"

"Yes!"

"Where does he live?"

"In Truxtun."

"Well, then, if you have a husband, why do you not live at home, instead of gadding about such nights as this, alone—a night fit only for fiends to be abroad?"

"Why don't you set the North River on fire?" said she, leaping from her chair and springing towards my father, at the back side of my chair, and hissing through her teeth. "I'll teach you why I am here." My mother screamed and ran; my father made an ineffectual attempt to get out of the way, but instantly yielded, resolved to take what awaited him; and I was out of my seat as quick as the hag, and as she passed me on her way to grapple my father I struck her with my fist a blow under the ear, which, but for her old cotton hood, would have knocked her down; as it was, it staggered her, gave me time to get the chairs out of the way, and gather myself for a fight. She recovered, and looking at me for a moment, said, as if in soliloquy, "Oh! you choose to cross my track, do you? Well, d—n me if I do not settle you pretty quick;" and thrusting her hand into her cloak, made as if she would draw a dagger. The motion maddened me; it brought foam to my lips; I struck her a half dozen blows quick as lightning; she let her dagger go and clenched me; her gripe satisfied me that I had found my match, ay, more, in *strength*, and that my skill as a boxer, and my almost unequalled ability as a wrestler, must save me. I had learned pugilism from a clever English teacher, and at wrestling, at that day, I had never been thrown. I knew, when I felt the gripe, that I was dealing with a *MAN*. I felt that my father and mother were relying on me, and I grew strong, as I before said. We tussled, grasped and let loose, struck and parried, clenched and wrestled, till after various attempts we found ourselves at what wrestlers call a

"SIDE HOLD."

I got the "under arm," and I lifted *him*—for it is no longer *her*—over my hip, threw my leg around his, and turned him. He fell on to the floor like a log. I intended to break his bones, but he unhooked his cloak, (it had become unbelted in the struggle,) and leaped up like a cat. His cloak and *woman-hood* fell off together. I struck him before he was well balanced, staggered him, grappled my left hand into his throat, and struck him again—called on my mother to open the door, and as she did, I pushed him and kicked him out. He swore he would be the death of me. I told him to take himself out of that part of the State or I would

put the sheriffs on his track, and shutting the door in his face, walked to my father.

"My son," said he, "kneel down;" and I did, and my mother was by my side, and my brother, a boy younger than myself, who had awakened and crept out into the kitchen, was also there, and father prayed God for his blessing, and thanked Him for our safety, and blessed me for my coolness and bravery—and we all went to bed.

Now, let your doubters tell me how I came to see this matter beforehand. This very hooded and cloaked man I had seen, had heard his threats to my father, had struggled with him, and conquered him in my dream, before he came into the house, and had awakened and left my bed to go and see after my father's safety, and to conquer him again in the kitchen. All the main features of the occurrence were made known to me before they took place, and by the impression they made on me enabled me, I doubt not, to save my parents' lives. This incident differs from the other in this, that what I was conscious of in one state was common to the other. It was an act of prevision. I could make a book of such incidents in my own life. Let these suffice to satisfy the reader, as far as my testimony goes, of the truth of the position, that persons, whilst in the body, are not always subject to material causes or motives as prompters to activity.

## A LETTER FROM VERMONT.

BY R. O. GLEASON, M.D.

On Monday, the 8th of December, I left Forest City Water-Cure to meet my wife at our Green Mountain home, whither she had been gone some weeks, to enjoy a visit with our friends and loved ones, from whom we have been separated for many years. These social visits among friends, amid the scenes of childhood, carry us back through many years of pleasure when the world looked charming and bright. Little did I dream, in my hours of childhood, that the pure element that gushes out so freely among these hills, was to be in future a mighty weapon which was to make war upon the Allopathic doctors, for whom I was taught reverence was due for science and skill in relieving the sick. But time has not only made changes among my old associates and school companions, but also in my views of the treatment of disease. Medicine was here regarded as absolutely essential in treating the sick. Now many doubt the propriety of its use, while all are opposed to the large dosing of former times. The demand for more simple and efficient means to alleviate our sufferings, is daily increasing all over the country. And to it physicians must give heed, or others more liberal and enlightened must take their places.

I had hoped to take a ride on the railroad leading from Troy, N. Y., to Rutland, Vt., but as the road is not yet entirely completed, I had to make the best of a tedious ride of sixty miles in a stage-coach drawn by four lean horses, much resembling the one on which a certain antiquated personage is said to ride, only they were not white. The proprietors of the route seem to be well aware that when the "iron horse" comes into competition with staging, their business will be at an end,—while, like good economists, they are determined to make the most of their old ma-

chinery, with as little outlay as possible. The curing of acute diseases with water is like railway travelling, while drugging is like staging—slow and toilsome. I found but little snow till I began to ascend the mountains, which rise nearly five hundred feet in the mile, even in the most feasible route, for near four miles. On the height of the land, where the road runs, the snow was two feet in depth, while the air was clear, cold, and bracing. I was at once conscious that the old maxim, "Elevation is exposure," was in some circumstances true at least, since I had met stern winter in the face, which forcibly reminded me that I was among my native hills. One feature struck me as being peculiar to these mountains at least, if not to all ranges, the clearness with which the outlines of distant elevations can be distinguished, as well as more minute objects in the distance. There is a grandeur and sublimity in these everlasting hills, upheaved by the internal fires of primeval times, that must ever impress all who gaze upon them with feelings of awe, as they are monuments of the physical changes which this earth has undergone, standing out in bold relief, bidding defiance to the hand of time. The changes which take place in the world's progress are slow, but destined to work out as mighty a revolution for the benefit of mankind, as earthquakes and volcanoes have in preparing the earth's surface as a residence for its inhabitants. The efforts of many minds stand out as prominent in the social, political, religious, or medical history of this world, and are as immortal monuments of the power of the human mind, as the mountains are indicative of the efforts of mighty forces that have been employed in former times to prepare and fit this globe as a happy and delightful residence for millions of human beings. As medical reformers we have a mighty work to perform, and shall we not erect a monument in the medical history of this age which shall endure like the everlasting hills—pointing upward and onward to the time when all shall obey the laws of life and health—when peace and prosperity shall be the heritage of all—when pain and sickness shall cease to annoy and disturb the repose of mankind?

From the 10th of December till about the close of the month, the mercury seldom rose above zero—often sinking from ten to fifteen degrees below—while the air was filled with frost and snow, hurried along by fierce winds, forbidding the inhabitants to remain long out of doors, unless well protected by extra clothing. I do not think that I ever saw, during twenty years' residence on these mountains, sixteen to eighteen days in succession of more intensely cold weather. Notwithstanding the severity of the winters here, I do not think consumption as prevalent as where the weather is more variable, though the cold is much less intense. In many parts of the State of New York, where snow and mud alternate each other during the winter months, I am confident that rheumatism and consumption are more frequent. The new year has brought with it a more genial air. The great "January thaw" has carried away a part of the immense body of snow which covered the ground. Still enough is left for good sleighing. This "thaw" is as constant an annual visitor to these mountains as is "Santa Claus" to the house of a Dutchman on Christmas eve.

Was glad to find that the Water-Cure Journal had many readers in this region, where the very best of living water can be obtained at almost every house. This is one of the richest gifts of nature that the inhabitants here enjoy, and one to which they are greatly attached. Many say, "We would go where the soil is more productive if we could only take our wells and springs with us." Well may they be attached to such water, as they owe so much of exhilaration of spirits and fine clear complexions to its free use. From one serious and distressing complaint they are here free—that is, *stone in the bladder*. This is certainly strong testimony in favor of the use of pure soft water as a drink, instead of water impregnated with a variety of

foreign substances. I am confident that very much healthwise would be gained if those who live where the water is hard would filter rain water and keep ice to put in it during the warm season. Many of my friends in Syracuse have for some years past filtered all their water for drinking, and have become much attached to it. Then the girls of these hills—how free and elastic their step—how full and perfect their forms—how strong and vigorous—how vivacious in spirit and clear in intellect. They use no cosmetics but pure water, and I venture to affirm that few, if any, of our city or village ladies can boast of such purity of complexion and brilliancy of eye as can be seen in almost every family. Good substantial boots and shoes are worn with worsted stockings, so that the feet are well protected, while the person is clothed with strong, heavy woollen goods. Some days since, when on a visit, I heard a lady of intelligence and no small share of personal beauty remark, that she had not altered her style of dress in eight years. She found a style convenient and comfortable, and had continued to use it, thus saving all thought upon this subject. Yet, intellectually, this lady was by no means "out of the world if she was out of fashion."

"Fashion may boast of its gems and its pearls,  
But they are naught to the Green Mountain girls."

Then some here are wearing the Bloomer costume. I saw but a day or two since a brilliant black-eyed lady, engaged in her household duties, dressed in this style, in which she seemed at home and entirely independent. One of the first gentlemen in town (Senator of this State) remarked to me, that he was glad to see our American ladies independent enough to adopt a style of dress so comfortable and convenient, and that we ought to be independent of Paris in dress, and be national in this as in other things.

There is here a growing interest in Hydropathy, and an earnest desire to become freed from the use of so much medicine. Many families are doing their own doctoring with water, with the most complete success, considering how limited their knowledge of the practice is at present. Since I came here I have frequently been called upon to prescribe, not only for patients in this but in adjoining towns. Such facts indicate that the interest felt in the water-cure is increasing in every part of our vast country. Several copies of the Water-Cure Journal have been subscribed for also. The more I test the public mind the more certain I am that no other system of practice has so many warm and earnest advocates among the most intelligent and philanthropic of our country, that has been no longer before the public mind. From what I have seen, I am confident that the merits of our practice would be vastly increased in public estimation, if it could be skilfully applied in the treatment of acute cases, as it would at once make a decided and strong impression which would add vastly to its credit.

I have seen several old people here in this small town, over eighty years of age, who can see well and hear quite perfectly. Was taking a meal at the house of a friend a few days since, when one of these old persons chanced to be present, and as they had warm biscuit the old lady declined taking any, and asked for "brown bread," saying that she had used it all her life, and that it agreed with her much better than fine flour. This, I have no doubt, would be the history of all if they would put this article to the test.

This old lady was tending a fine child, some five or six months old, while she seemed cheerful and happy, ready to enjoy an anecdote or sport as any of the company. Simple habits tended to promote this sprightliness of mind and clearness of intellect which are so pleasing in old people. I saw an aged gentleman, whose locks had been whitened by the frosts of eighty-two winters, still able to walk some eight or ten miles at a single trip without much fatigue. This man never had but one pair of boots in his life; even those he did not wear out—he still retained the "knit leg-

gins" of former times. He keeps no horse, although amply able to maintain a good establishment, as he says he had much rather walk than to ride. This man has pursued the even tenor of his way as a farmer—avoiding all excitements, political, social, or religious; living on a very simple diet all his life—committing no excesses at his table during this long period. He is most excellent company at this advanced age. With doctors and drugs he has had no practical acquaintance. He is interested in the treatment of disease by water, and says, Anything but drugs. From the young, middle-aged, and those far advanced in years, we hear the cry, Away with drugs, and give anything else that can restore to health.

As myself and wife have no special business on hand till the 1st of June next, when we hope and expect to enter a *new cure*, to be conducted in all departments by ourselves, located at Elmira, Chemung county, N. Y., we propose to lecture on Hydropathy in Central and Southern New York, some two to three months between this time and the opening of our Cure, as many of our friends have given us urgent requests to do so.

From time to time I shall give you the results of my observations of things pertaining to the great cause which such an army of us are at present engaged heart and hand in advocating.

### THE TEETH.—NO. IV.

BY DR. J. W. CLOWES.

*Sketch 3d.*—Mr. —, a youth, who was still a minor months ago, became sufficiently interested in his teeth to venture a call upon the Dentist. An examination of the mouth was entered into, which presented the following appearances: The dental arches were nearly perfect in their appropriate supports; interrupted only by one or two exceptional vacancies. To a person intently engaged in calculating the "profits of a voyage," they certainly wore no extraordinary feature; but to one who studies cause and effect, who can see by what inconsiderable inlets disease may enter and health depart, they would awaken painful and anxious forebodings! There was not a tooth in that mouth but was the subject of a fearful caries, in their lateral surfaces and crowns; no less than fifty wasting outlets were busy to destroy! Were there no preventives, no timely checks, to impede the progress of this crumbling desolation? There were, and in a very limited measure they were applied—but why limited? We answer: The father of the young man could not be made to understand that his son might have bad teeth, while his own were good. He had never needed the services of a Dentist, and of course his son did not. We requested the parent to look into his son's mouth, if for no other purpose than to prove the truth of our statements. The reply was, "I know there is nothing ails his teeth, and I shall not trouble myself to look at them." In this very logical manner the subject was dismissed. A smile of pleasure lighted up the hard features of the old man, as the thought of a triumph pervaded his innermost soul, which would insure the certain addition of a few more dollars to the already accumulated treasures laid up for his "beloved son." Blind man! The son for whom thou hoardest up the treasures of earth; whom thou "lovest as thy own soul," and to whom thou lookest as the stay of thy manhood, and the prop of thy declining

years. *Mayest thou not be mistaken!* The staff upon which thou leanest for support is already weakened—it trembles in thy grasp, even now. Thy son, yes, thy son, in a few brief years will be a toothless, imbecile, premature old man—without the power to sustain life or to enjoy it. Ay, accumulate thy gains for him. They will not restore the glow of health in his cheeks again, nor make the clogged organs yield him nourishment! Once more—and, for the present, we are done with sketching.

*Sketch 4th.*—Capt. —, of the good ship —, after much service against wind and wave, buffeting by billows, and contentions with head tides, was brought to a stand by no less a *shoal* than an aching tooth. Upon examining his mouth, we found a wisdom tooth, on the right side of the lower jaw, decayed sufficiently to admit an entrance for the elements to an exposed nerve. Hence the trouble. We extracted the tooth, and "Richard was himself again." This was the first permanent tooth that the Captain had lost; the remainder, *thirty-one in number*, were beautiful specimens of the bounteous goodness of the power that created and bestowed them. Until this one painful tooth had disturbed the physical ease and serenity of our Captain, he had always enjoyed uninterrupted good health, strong nerves, a "glorious appetite," the power to gratify it, and a total absence from all pain. Were not these blessings worth possessing? Can any one be found so foolhardy as to refuse their acceptance, or, if in their enjoyment, so short-sighted as not to preserve and retain them? Alas! Truth compels us to say *yes*. The land is full of the groanings of those who have ignorantly or wilfully sacrificed their "best friends" to abuse and neglect. So with the Captain. Possessed of, and enjoying all the blessings herein enumerated, when informed that his teeth were nearly all of them affected, and were following fast in the wake of the "lost one," gave utterance to these remarkable words: "I would rather have every tooth 'snaked' out of my head than pay \$20 to save them!" That man throws away Heaven's choicest gifts for an "apple," but time, nor labor, nor wealth, nor repentance, can restore them to him again!

### HOME PRACTICE.

BY JAMES W. JONES.

I HAVE been intending to write you for the last three months, to give my testimony to the influence of water upon the human body; but my professional duties have prevented me. I am not disposed to the ultraisms of the day, either in politics, the sciences, or religion. "Facts are stubborn things," and what I have to say is concerning facts. I abhor the idea of making the human stomach the repository of all the nostrums with which every knave or fool is flooding our country. I am also sick of the regular way of making the stomach a drug shop. My profession calls me to attend the sick, for the purpose of imparting spiritual instruction, and my efforts have been often in vain on the account of the drugged condition of the patient. I say let a man have his senses in that awful hour, so that he may prepare to meet

his Judge. We have for a number of years pursued the homœopathic mode of treatment in our family; and I think it a great advance upon the old practice. We have also been in the habit for the last six years of using the shower bath in the family; so when we began to practise the Water-Cure we were not so much afraid of water as most people are. I will now state the facts concerning my wife before and after her confinement last September. It was her sixth accouchment, and her constitution, which was naturally very delicate, seemed to be entirely prostrated. I trembled for the consequences that would follow, when she should be put to bed. For she had been months previous to her confinement in constant pain. When she stood on her feet, then she was severely troubled with prolapsus; and if she lay down, she had so much pain in her side, that it almost produced suffocation. These symptoms were accompanied with a rash and the most intolerable itchings. The moment she got warm in bed, she would say that it was like being in the fire. Whatever she ate or drank fermented on her stomach and gave her the most excruciating pain. She became feeble and very much emaciated. In the latter part of her illness, through the kindness of Mrs. E. Nelson, (I suppose your only subscriber in this place,) we became acquainted with your excellent Journal; and through the knowledge we derived from it, she ventured to wrap herself up at night in a wet sheet, and thus for an hour or so she could rest, when all other remedies had failed to give her relief; she would, as soon as she got warm, have to repeat the process to allay the itching and burning. A few days before her confinement Mrs. E. Nelson sent her your book on midwifery, or relating to ladies in her condition. She then, on Friday, took a hip bath a number of times during the day, using water drawn fresh from the well, and also kept wet cloths around her abdomen. This produced a contraction of the muscles, so that everything went back to its place, and continued in their place until some time after confinement. She rested well at night, and she continued the same treatment the next day, and was more comfortable than she had been for months before. She retired to bed on Saturday evening very early, and slept soundly until after twelve o'clock, when she was aroused by labor pains. We had a homœopathic physician, who ordered the wet cloths to be taken off; which was done.

But she was delivered before three o'clock of a nice little daughter, her labor pains being comparatively light. After the doctor and the old ladies were gone, about eight o'clock in the morning, I gave her a sitz bath, the water being blood warm; she sat in it about ten minutes, and I bathed her up as far as her arms. I was perfectly astonished at the influence of water. It relieved her of all pain in two minutes after she had sat down in the bath. I wiped her dry, and put clean clothes on her and put her to bed; then I asked her if she was not very much fatigued; her reply was, that she felt very much refreshed, and never felt so well after any of her previous confinements; and her appearance was equal to what she expressed. On the account of my professional duties I was not able to attend to her until after evening service; then I gave her another bath,



bathing her as I did in the morning; also putting the wet girdle around her, pinning it quite loose. She rested well all night, which she never did before under like circumstances. Monday, gave her three baths, continued the wet girdle; she sat up a little in the afternoon; the baths always relieving her after pains, and was comfortable all the day. The child worried, so she did not rest as well as she did the night before. Tuesday, the same treatment as on Monday, with injections. She sat up two hours in the morning and walked across the room, washed and dressed her babe, and entertained company for an hour, and was comfortable during the night. Wednesday, gave her baths cold, using rain water, and bathed her all over. She said the cold bath was the best, and that she felt renewed strength at every successive bath. She walked around and into other rooms, and was better than she usually was in four weeks after her other accouchments. We put linen cloths wet in cold water from the well on her breasts, and kept a bowl on the stand by her bed so she could change them herself as often as she saw fit; and I must confess my surprise when I saw her get along without the milk fever and dreadful sufferings which she usually underwent. We took care to keep her feet warm by using a bottle of hot water when it was necessary. Her diet was Indian bread, rye minute pudding, tomatoes, peaches, &c., with pure cold water. On the ninth day she rode about three miles, and thus astonished all of her neighbors. We at first kept matters secret for fear of unpleasant consequences, myself being nurse on this very account. But when we saw how Providence had blessed the means, we from a sense of duty, in hopes of benefiting others, made the matter public, and we have had the happiness of seeing prejudice giving way before the light of truth.

I can truly say, that I believe that of all the remedies our Maker has given for human ailments, water, *properly applied*, is the best, safest and cheapest. We have tried it in the cases of croup, inflammation on the lungs, rheumatism, and for poultices for inflammations in different parts of the system, and it has worked like a charm, and has in no instance failed. I believe the day is not far distant, when this system will take the lead of all others. I have felt in duty bound to make this statement, to encourage you in your work of benevolence, and to express my thanks to you for the benefits my family has received through your instrumentality.

### HYDROCEPHALUS CURED.

You request cases of home practice for publication, and as I have seen none that resembled the following, you are at liberty to use it as you please. If published, it may gladden the hearts of others similarly situated. It is that of a child, born September, 1849. His mother is of a scrofulous tendency, which the child inherited, and which soon developed itself in a morbid growth of the head. I hoped that regular bathing, with care in diet, would overcome it, but at eighteen months his feebleness had constantly increased until more dangerous symptoms, accompanied with convul-

sions, appeared. It was evident he was afflicted with Hydrocephalus, and we tried medicine, but it seemed to do no good. It was evident to our neighbors that we must soon bury our child. My wife despaired, and parents who have stood in like circumstances can imagine our feelings. "Everybody" said we had killed our child by bathing, but doubting it myself, I proposed to my wife to give him more thorough water treatment; she objected, saying the neighbors would call it downright murder if he died, which she expected. I replied that it did not particularly concern them, and as he would certainly die if nothing was done, he should have the best treatment I could give him, (there being but one Water-Cure doctor in this section, and he gives three medicines to kill and one water to cure.) We commenced with a bath in the morning, usually a plunge, wet sheet pack at ten, in which he slept from one to three hours, then a shower bath, cold; wet jacket most of the time night and day. In about two weeks his body was covered with a rash, which continued several weeks under constant treatment, and at the same time he began to improve. Previous to this, he had not been able to walk a step, nor articulate a word; now, December, he is as forward and active as children of his age generally, all of which we ascribe to the blessings of God manifested through COLD WATER.

### HOME EXPERIENCE.

BY L. S., OF N. C.

MESSRS. FOWLERS AND WELLS:—Having received the December number of the Water-Cure Journal, I hasten to subscribe for the year 1852; for I would not be without it for four times its cost, believing that bathing has been a means of lengthening my life. I would be glad if I could publish to the world what I have experienced from the use of water, as recommended in your truly valuable Journal.

I will say a few words at a venture, and give you leave to publish such as you may think proper. I am about fifty-five years of age. About five years ago I became subject to pneumonia. My physician advised me to wear flannel next the skin, which I did; this cured me, as I thought for the first winter, but by the next winter I would take cold as readily with my flannel on as before; and in June, 1850, I had my last severe spell, and concluded it would end my days; but as usual sent for my physician, Dr. K., who, to my surprise, changed the mode of treatment—told me he was going to put me on the cool plan instead of hot stimulants with calomel, stripped off my flannel, put a large blister on my side where the pain was severe, (at my request,) and in a few days I was able to walk. About a week after he came to see me, and advised me to have a bathing-house made and take a cold bath every morning. I did so, but with much fears that it would take my life, but having the utmost confidence in Dr. K. I did not continue more than a month before I began to feel like a new man. When I go to public gatherings, my friends ask me how it is that I look so well. I, however, expected to quit the cold bath when the weather became very cold, but believe

me, *it did not get too cold* during the winter. I had my tub filled with water at night, and if frozen over in the morning, I would have it broken, then run in, pull the rope, and down would come the icy water, making me feel but little cold. I would then wipe, put on my clothes, and feel comfortable all day. And while other people were coughing about with bad colds, I have been entirely free. It is now more than a year since I commenced bathing, and I have not taken a particle of medicine, although I was in the habit before of taking medicine almost every week, for five years or more. I have kept all kinds of medicine, have used them in my family and among my neighbors, but now I have no more use for medicine, until the springs and rivers dry up. My doctor's bills have been from thirty to one hundred dollars a year; but in 1851, the year I commenced reading the Water-Cure Journal, I have not spent one cent either for doctors or medicine.

I now intend, when first one of our merchants goes to New York to buy goods, to send for the WATER-CURE LIBRARY.

### TESTIMONY OF AN "OLD SCHOOL" CONVERT.

As you call for general statistics of Water-Cure, I thought it might not be uninteresting to yourself and others to know that there are agencies at work other than of regular Water-Cure physicians, who are doing pretty good business in hastening the triumphs of the only real curative art. I am, by profession, a V. D. M.; but having studied medicine a good deal, and practised it too, in my way of life, I was seven years ago led to suspect that in the sounding titles of *quackeryism* as in many other things, it was "not all gold that glittered." By the above characteristic term, I unhesitatingly include *all old school doctoring*, no matter by how grand a name it is called. Years past I met with the following first rate definition of a *doctor*, which certainly pleased me well, to wit: "WHAT IS A DOCTOR OF MEDICINE? *Ans.* A MAN WHO PUTS INTO A STOMACH OF WHICH HE KNOWS BUT LITTLE, POISON STUFF OF WHICH HE KNOWS STILL LESS!" Oh, how many times have I thought of this; and how oft has it really haunted me when I have been dealing out these fine-named, death-dealing abominations. At the time above referred to, I accidentally, or rather providentially, bought two volumes of Dr. E. Johnson's works, "Life, Health, and Disease," and "Principles and Practice of Hydro-pathy." These I read with avidity; the more I read I also believed. This was in the city of Glasgow, Scotland. Just at this time, as though God had ordered it so, my youngest girl was taken with inflammation of the lungs. I fairly tried the old school humbug, but to no use; worse! worse! and worse still she grew! What must be done! I had only read a little of the hydratic treatment, no practice: she will die! *She can but die*; so here goes! I tried to forget the bleeding, vomiting, and calomel, &c., went to work in earnest with sheet and wash-tub tepid bath; and behold, in less than forty-eight hours, the child was well, so far as inflammation was concerned! I WAS A *convert* now. Away went medicine, and ALL HAIL to the

flowing fountain of health and happiness! Since that time I have been becoming a more and more stout-hearted and good-faithed Water-Cure man. I read much, study earnestly, and practise all I can under the circumstances. I have, of late, had occasion to try "Water only" in a few good-telling cases. The lady of Don C. B., of this town, was for six weeks under *Allopathic* and *Homoopathic* treatment, by the end of which time she was certainly sick enough. I was called up at midnight to try if I could help her, for she could not live as she was, and her medicines all failed to relieve her. In three weeks I brought on a splendid vomiting crisis, and she has known *no sickness since!* Her complaints were, first, fever, then extreme nervous debility, with most excruciating neuralgic affections in the head.

Another case was of a boy, M. G., age fourteen. Inflammation of lungs and chill-fever a whole month, and well doctored too, of course, till he was not far from being a good anatomical subject without dissection. I had him in my house for treatment just two weeks, and sent him home—WELL!

Another case was a little girl in this town, daughter of Mr. C.; had chronic diarrhoea for nearly four months; tried everything in Pontiac for it but the right thing, and which there is the most of. She was in short of two weeks, in her father's own terms, "*as straight as a stick!*"

Another case was an elderly lady, Mrs. S. Remittent fever, with erysipelas. Case lasted some five or six days.

Another, chill fever, a lady, Mrs. R. Case lasted about five days.

Another, a child of Mr. P.'s; lung fever, lasted six days.

And another similar, Mr. S.'s child; lasted five days.

Another, a child taken violently with erysipelas. Case lasted only about four days.

Two cases I have now in hand—*hard cases*. Medicine has done all for them that it can. I hope to be successful; and if so, you shall hear of them again. Thus you see we are at work doing a little to bless this generation of unbelievers, by opening their blind eyes. If we could get up an *institution* here, (and there is a good spot for one,) oh what a mercy for this place! It would soon be full, don't doubt it. I am yours respectfully,

J. S. BRAY.

### REFORM IN MEDICAL PRACTICE.

BY T. T. SEELYE, M.D.

As Hydropathists are interested in all the reforms which are connected with the healing art, I propose giving your readers, from time to time, a few specimens which have come under my own observation, and shall commence with specimen No. 1. Mr. D. came to my establishment last September, able to hobble about a little with crutches. The previous history of his case he gave as follows: Some two years since, in jumping from a wagon, he sprained his ankle; at the time of the injury he noticed a sharp pain extend from the ankle to the hip. He soon found himself unable to walk, and sent for his physician. He treated him a

few weeks for sprained ankle, but with no benefit. At the end of that time he had some pain in his knee: the knee was then put under treatment; various lotions and liniments were applied, until the Pharmacopœia was exhausted, but with no improvement. During this time, which covered a period of several months, he had several consultations of physicians, and the final conclusion was, that he must try and get out about on crutches and take a little of the *tinctoria temporis* in the open air. This did not seem to improve his lameness, though his general health was much better. Not being satisfied to continue on through life in this condition, he concluded to try some one high in authority, and accordingly employed a professor of surgery in one of our prominent medical schools. After a critical examination, the professor decided, the difficulty was either in the knee or hip, and to be sure and hit *right*, blistered *both*, and kept them from healing by the constant application of savine ointment. This continued about six weeks; at the end of which time he seemed to think the pain outside was rather worse than the pain inside, and he would ship the professor and try some one that was *not* professor. After a vacation, he commenced again under a new dynasty. This new hand at the bellows was certain he could cure him, and in a very short space of time: the previous physicians had not understood his case at all; it was simply a case of chronic inflammation of the sciatic nerve, a very easy thing to cure when the proper treatment was understood. He immediately put in three large issues on the hip, and three more under the knee. This was in the month of June last. In July, deep sloughing commenced in the issues; his general system began to sympathize, and he became fearful that there was to be a general closing up of earthly matters in *his* case very soon. He again discharged his tormentor, and in two or three weeks, by the application of poultices, his sores began to assume a healing aspect. Some of his friends at this juncture advised him to try Water-Cure; he told them, as soon as he could get strength enough to travel by another *vacation*, he would do so. When he came, he said to me, he had come to try *one more experiment*, and then he should give it up for a bad job. I found by admeasurement the lame thigh and leg to be one third smaller than the other, and several degrees lower in temperature; two of his issues were still not healed. At the end of three weeks his ulcers were entirely healed, and he could walk all about the establishment *without* either crutch or cane; his thigh measured two inches more in diameter; temperature normal; went home, commenced attending to business, and has continued to do so ever since.

He has had no occasion or disposition since then to patronize the school which has *all* the science and *all* the antiquity, which has *ever* kept up with the times, and which has progress indelibly stamped upon its brow, but is willing *henceforth* to follow some more humble teachings.

Cleveland Water-Cure.

OUR BOSTON STORE, 142 Washington st., has already become a place of general resort for our New England friends. Open day and evening.

### MAMMARY ABSCESS.

BY MRS. R. B. GLEASON.

The prevalence and painfulness of gatherings in the breast, as they are called, prompts me to offer a few suggestions to mothers and nurses on this subject. In my journeyings and visitings for the past few months, I have conversed with many women, who have, at a period more or less remote, suffered from this affection. I find their recollections of all the attending symptoms and circumstances *very* vivid; for days and nights of agony have so intensified the impression then made, as to render it indelible to the wash of the waves of time.

As to their cause, one almost universal opinion obtains among them, which opinion seems to me almost as universal an error. To a *cold* they are well nigh invariably credited.

One tells me that she caught cold when her baby was from three days to three weeks old, as the case may be; though she *don't see how*, as she had an excellent nurse, or faithful mother, who took care that every garment was well aired, and every crevice closed, through which exposure could creep in. Another says that her husband, or a friend, sat near her bed, after having been out in a storm, before changing their damp clothing; or that her floor was washed, or sheets changed too soon; that fresh clothes were hung before her fire to air; that she sat up an hour in her easy-chair before the "ninth day" was passed; or some similar *gross imprudence*; and the result was a cold, which settled in one breast, and the inflammation soon extended to the other; was confined to her room months instead of weeks; suffered untold agonies meanwhile; and, in short, has never been as well since. As for the baby, she had no nurse for that, and as the poor little creature did not thrive on cow's milk, it was put out to nurse, and, for want of a mother's fostering care, pined away and died. These, and similar tales of suffering, with their endless variations, come from causes for taking cold, so called, which are so slight provocations, that they are like the Indian's saying: No excuse is better than none.

*Cold* being the *only* cause, in the minds of most women, for ague in the breast, every one who is thus afflicted, fixes on any variation from the ordinary routine, as the cause of her "taking cold."

A mammary abscess is such a word of terror, as well it may be, that many mothers are enervated, yea, almost smothered for want of fresh air, lest they take cold, and be visited with one. Women of good sense are led captive to many whims, for want of knowledge to guide them through this period of more or less peril.

A friend of mine once told me of receiving a severe reprimand in her youth, for venturing to wash off the stains on a marble hearth, which the sundry cups of herb tea had left, while her aunt and young infant lay snugly in bed in the same room. When the professional nurse came in, and saw what was being done, she severely censured the young miss for such *careless exposure* of the life and health of her aunt, and caught the camphor bottle and poured of its contents upon a napkin, with which she bathed the young mother's face, and held it to her mouth and nose, it being

the best preventive against cold-taking she had at hand. By this, I do not mean that persons under certain circumstances may not take cold from slight exposure, or even when they are conscious of no exposure. Many have been so tenderly, or rather foolishly trained, that what to one would be a healthful amount of fresh air and cold water, would be to them unhealthful. Moreover, if there was a tendency to inflammatory action in the breast, a cold would be likely to increase that tendency, the same as with any other local congestion or affection.

But to the question. What is the prime cause of the frequency of a mammary abscess, at the commencement of each period of lactation? Why should the gland, when performing a function healthful for the mother and important for her offspring, be thus obstructed and afflicted in the fulfilment of the important duty assigned to it by nature?

Let us first examine its anatomy and physiology, that we may better understand its pathology, or diseased action. The mamma is a conglomerate gland, and consists of lobes bound together by dense cellular tissue; the lobes are composed of lobules, and the lobules of vesicles or cells, which are the termination of the excretory ducts. The ducts, from ten to fifteen in number, commence by small openings at the apex of the nipple, and pass parallel inward to the centre of the gland, and there dilate and give off numerous branches which ramify through the entire gland.

During lactation the arteries are enlarged, and from the blood they carry the milk is secreted, or made, and poured into the cells; from thence it proceeds into the ducts, and then into the mouth when suction is applied.

The increased amount of blood circulating through the gland during nursing makes it more liable to inflammation, if the surplus is not carried off by the manufacture of milk from it. Now suction is the natural stimulus to the gland to make it perform its office. To illustrate: Some mothers will draw off a pint of milk with a breast tube at one sitting. Not that there was so much in the gland when she commenced drawing; but it is formed and poured out when there is a demand till the power of the gland is exhausted, and then it ceases to secrete till it has rested an hour or more.

The udder of a good cow may not fill a small pail, and still yield sixteen quarts at one drawing.

The fact that the young mother feels no nurse in the breast, is no reason why it should be withheld from her infant.

That this secretion in a good degree depends on the suction applied, is proved by the fact that women nurse their children for weeks, months, or years, and then wean them at will, without any artificial aid to arrest the secretion.

When we ask a woman suffering from mammary abscess if she have any symptom of having taken cold, she usually says none, but the ague in the breast, and the chill and fever which preceded it. On further inquiry, perhaps we learn that nursing gives her pain; hence she tries to avoid it, and begs the attendant to feed the child, till the soreness is overcome, or till she is stronger and can better endure it.

It may be that the infant has had of herb tea; a little of *this* sort for wind, a little of *that* to loosen the bowels, a little of the *other* to keep it quiet, and some to bring out the rash, and some to clear the complexion beside; and hence refuses the breast. Hence long intervals elapse during which the milk is not drawn, and perhaps at no time as thoroughly as it should be; for many infants sleep much and take little for many days, even less than nature furnishes, when no artificial food has been given them. In all these cases the breasts should be well exhausted by foreign aid. If milk is too long retained in any of these little ducts, an undue pressure is kept up on the delicate tissues; and irritation, congestion, inflammation, and perhaps suppuration, ensue from this simple neglect. The nurse may tell you that she has tried all possible means to draw out the milk, and has failed after grating the pain and soreness by her repeated efforts. Very likely; for the same reason that patients that were curable yesterday are not to-day. A few hours since, those ducts could have been drained of their contents by tact and patient perseverance, but now they are so distended that they act on each other as compressors, which, together with the swelling, make it impossible to remove the accumulation; could you do so, the breast would presently become cool, flaccid, and painless. But as it is, this is a radiating point for many aches, such as pain in the head, back, limbs, fever, nausea, &c. These constitutional symptoms are often the first that are observed; hence the impression that they are induced by taking cold, and that the swelled breast is a secondary effect. Were a skilful physician, or a nurse or mother well informed on this subject, to examine the breast, a very sensitive tumor would be found which even the patient did not know to exist. By taking the entire gland between the thumb and fingers, it may be discovered when ordinary pressure would not detect it. This sensitive little tumor is one or more milk tubes over-distended, and as the branches from the different ducts do not inoculate or run into each other, the surplus does not diffuse itself through the entire gland; hence the tumor is harder and more painful, and the inflammation consequent extends to the entire breast.

Within the first three days after delivery there is usually a slight flush of cheek and quickening of pulse, which continues about twenty-four hours, and is called milk fever; but which ordinarily gives no real discomfort to the patient. At this period should be closely watched, and if there has been any aggravation of the ordinary symptoms, take great care that it be not a warning of that most painful guest, a mammary abscess. Or better take such care to keep the breast well drawn, that even these symptoms may not appear. If from any cause the infant does not perform this office thoroughly, let it be done by the nurse or a friend; for breast tubes, though they will be efficient after a few weeks, are not at this period, when the tendency to inflammation is so great. Some advise the aid of an older nursing child; but to this there is an objection, for during the first week the mother's milk contains colostrum, which is a purgative, and is a wise provision of nature to clear the bowels of the infant from the meconium or

feces accumulated before birth, and hence is unsuitable for a child who had passed the period requiring such a cathartic.

On the appearance of any heat or tenderness in the breasts, wet linen compresses should be applied to them, and changed as often as they become too warm for comfort. The degree of cold used will depend on the intensity of the symptoms. Sometimes ice-water, and even snow or pounded ice, is needed to subdue inflammation. The sensations of the patient are a good guide as to the temperature. It should be used at that point which is most soothing; always taking care, when they make the part painful or uncomfortably cold, to take them off for a time or make the water warmer. Care should be taken that no feeling of general chilliness is induced; for here *only* lies the danger in their application. To those who have never seen the efficacy of cold water in inflammations these directions may be full of terror; but to those who *have*, far less fearful than powerful cathartics, leeches to the breast, bleeding from the arm—the Allopathic method of treating this disease.

### THE SUICIDE'S GRAVE.

It was a lovely Sabbath evening; a fitting time to view the resting place of the departed dead: all was silence, save the clear stream that washed the churchyard side, and for ever murmured sweet music to those who slept within the narrow vaults, and the owl, which sat among the weeping willows and hooted a solemn dirge o'er the quiet resting place. The full face of night's fair queen flung around a halo bright, such as thrills the soul with love, delight, and melancholy—with heavenly-earthly thoughts. My friend and I wandered round among the graves: he pointed me to one lone, neglected corner, where once, he said, a suicide was buried; it was an isolated grave, and o'er its edges docks and weeds profusely hung, and water stagnant stood within its sunken hollow.

I looked around, and saw the tomb-stones high, and marble monuments with inscriptions and epitaphs all covered o'er, which had been reared to honor those who slept beneath the shade: I deciphered the time-worn inscriptions to ascertain the various ages at which these mortal coils were shuffled off, and scarcely any could I find who had lived out their threescore years and ten. What! to my friend did I exclaim, are not these, too, all suicides? Suicides! says he; do you mean to insinuate that these, our fathers, mothers, brothers, sisters, all have been guilty of committing so murderous, vile a deed as suicide! Why, no.

You see yon marble tomb-stone at the head of that long grave, out of the breast of which an evergreen is growing. Our village pastor lies buried there: he unceasingly plied himself to storing up the sacred lore, and preaching to his flock; until, worn down by mental application so constant and severe, consumption seized his slender frame, and finished his career. There, within that moss-grown mound, lie the remains of uncle Jason: his unabating industry won the esteem of all; for hard he toiled, "by night and day," to lay up an ample store, till unto a scorching fever he

at last a victim fell, and was numbered with the dead. That is the grave of a sweet infant: from its birth it was afflicted with disease, and suffered on until, in his mercy, kind Providence saw fit to take it to himself. There, by its side, lies its young mother, who followed soon her darling babe: the physicians resorted to every means, which by their skill they could devise, to stop the progress of the malady which preyed upon her system; they blistered, bled, and salivated, but in spite of all their efforts, she only lingered on awhile and died; and by tracing her inscription, I found that scarcely sixteen summers had yet passed o'er her head when the grave exulted in its victory. Beneath the shade of yonder willow is a lovely lady's grave: she was young and beautiful—the idol of my heart—to her I poured out my affections, and they met with a return. A tear trickled down his thin pale cheek as he handed me the likeness of his lost, his loved departed: the features were well formed indeed, and beautiful; but ah! that wasp-like waist, and chest contracted, that pallor-stricken face, told the work which had been done—explained to me why she, so young, should find a place among the tombs. He next called my attention to a monument close by: *delirium tremens* had finished the course of him to whose honor the monument was reared; an inscription and epitaph was chiselled on its marble face, by which I saw that "he was a *worthy* member" of some professed Christian church—for he was rich and liberal, and his golden mint-drops oft were heard to jingle in the collector's dish; and, therefore, a monument and epitaph were fitted up to perpetuate his *Christian* memory. But this poor suicide, who had grown weary of buffetings and toil, of the treachery and hypocritical professions which characterized his fellow-men, and longed to leave this mundane sphere, and soar aloft with kindred spirits, had no monument erected to his honor, no epitaph to his forgotten memory, no rose-bush nor willow tree to wave its branches o'er his grave, and naught but rude neglect to mark the spot where his cold ashes slept.

And thus I saw that not only he who had boldly plunged the dagger to his heart and cut the thread of life, had found a premature grave; for not one to whom my friend had called my notice had scarce filled half the measure of their days, though all were seeking happiness and pleasure—some in wealth, some in fashion, some in youthful matrimony, some sought in the sparkling bowl their ills to drown, some in hoarding knowledge altogether, thus crushing to the earth the mind's vehicle, and then relied on *scientific druggery* to fill full the work they had begun; and now, all were here, with hundreds more who the same path had swiftly trod, many of whom might have yet made glad their homes with their loved presence.

Then let rum, and alcohol, and that odious weed with which the Bacchus worshippers and would-be gents perfume their breath and game away their constitutions,—let the beverage of China, and Java's narcotic, too,—let corset-boards, whale-bones and strings with which our mistaken sisters deform the "human shape divine," and another out the lamp of life,—let doctors' drugs, with their possessors, which, when we fail to reach

the grave by any other means, stand ready to assist us there with lightning speed—if we only have a plenty of the "almighty dollar," with which to stiffen up their blighting aristocracy—I say, let all these be for ever dashed aside, and let us, from their accursed thralldom freed, look to Hydropathy, which has of late expanded so as to include within its mighty grasp the sum and substance of Nature's dictates, all to redeem from its present state of physical depravity our retrograded race.

FLOUGHBOY.

### A WORD FOR WHOM IT MAY CONCERN.

BY E. A. KITTRIDGE, M. D.

I AM often asked what I think of the new "Hydropathic Institute," recently established in New York. I say invariably, that in and of itself, it must be good, very good; but the idea that anybody can be made a doctor worthy of the confidence of the public, in whose hands life and death may also be said to lie, who six or twelve weeks before were ignorant of even the first principles of anatomy and physiology, to say nothing of chemistry, philosophy, pathology, &c. &c., I repudiate in toto; and I trust and hope that Dr. Nichols and his wife, who I know will agree with me in this, will so manage matters that the nucleus now so auspiciously commenced may swell into a regular college, for the proper and thorough course of education in all the branches appertaining to the healing art.

The growing popularity of the Water-Cure idea demands this, *and nothing less, I am very sure, will satisfy the people.* In the Allopathic school three full years are required, before a diploma can be obtained; and generally speaking, it is not a whit too long. To be sure, in the Hydropathic school, all that part relating to *Materia Medica*, &c., might be omitted, and thus time be saved; but at the least calculation two full years of close application it will take any one, however well educated he otherwise may be, to have a right understanding of the whole subject of disease, and the principles and application of the Water-Cure.

Those who know me, know very well that I have a most contemptible idea of mere learned jargon, which in the medical profession too often takes the place of real science and practical knowledge; but a well-grounded knowledge of the laws that govern health, and ought to govern life—a practical understanding of the formation of our bodies, the relative importance and connection of each and every part, the philosophy of disease and the capabilities of the recuperative power, &c. &c., I most religiously believe in, and without it no man or woman ought to undertake the responsibilities of a physician.

Human life is fast losing its sacredness, and the ignorant pretenders in medicine with their deadly doses have done much towards this terrible loss. Let it not then be said that Hydropaths, who profess so much—who boast of a new dispensation being given to them—are also engaged in the same blind work of shooting at random in the hope of killing disease, and thereby ruthlessly destroy the whole fabric.

Dr. N. and wife, if they only so will it, can have things soon brought into such a trim that this opprobrium, now repeatedly cast in our teeth, "that we make doctors as the steam doctors used to, almost by steam," will be removed from us.

There is Water-Cure sentiment enough now to warrant one college, and New York is the place for it, as subjects for anatomical purposes, which are indispensable in the making of a surgeon, can be had there; and then the world may one day hope to have a medical profession based on the laws of health, being, and common sense, and human life once more resume its sacredness, and Water-Cure have the respect and veneration it so richly deserves.

DEATH OF PRIESSNITZ.—The Providence Mirror, commenting at length on this sad event, has the following paragraph:—

By the last steamer we have received the intelligence of the death of that renowned author of Hydropathy or Water-Cure. His death, at the age of fifty-two, has been made the subject of much comment, and the waning hope of pill peddlers has been brightened as they seize upon the fact to try to create capital against Hydropathy. We might add to this some very unwarrantable remarks by Dr. Wieting, in one of his lectures, who certainly conveyed the impression that Priessnitz's death was hastened by this mode of treatment. So far from this being the case, it is proved to have prolonged his life beyond what he expected, with his feeble constitution and previous injuries.

[This Dr. Wieting is probably the most popular lecturer on physiology in the United States. He has an apparatus consisting of manikins, skeletons, drawings, paintings, etc., which cost several thousand dollars. These, together with personal qualifications, render his success, so far as profit is concerned, without a parallel. In his lectures, he imparts much, very much useful information, together, we regret to say, with some information which is neither useful nor truthful. He has not fully comprehended, nor credited, Hydropathy. When he speaks on this subject it is with evident prejudice, and if he commends, it is a negative commendation—as for example, "Hydropathy may be very good, but it kills more than it cures," or remarks to that effect. Now we protest against all such twattle. If Dr. W., or any other doctor, can, by a course of fair reasoning, show that Hydropathy is inconsistent with the natural law—and not a positive good—then let him do so. The intimation that Priessnitz shortened his own life by his own mode of treatment, is unjust, ungenerous, absurd, wicked, and will neither revert to his honor, popularity, or profit.]

A NEW LIST OF WATER-CURE BOOKS may be found on the last page of the present number.

We can furnish clubs, and all new subscribers, with the back numbers of the present volume, i. e., from January, 1852.

Sample numbers of the Journal, with which to obtain new subscribers, may always be had, on application by mail or otherwise.

We hope our friends will not relax their good efforts until every family shall have been made acquainted with our glorious Life-Preserving Hydropathy.

New-York, March, 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.

TO CONTRIBUTORS, CORRESPONDENTS, AND OTHERS.—THE PUBLISHERS will take it kindly, if all, who have articles, cases, facts, suggestions, criticisms, or advertisements, either for publication or private use, will send them in early. The immense edition which we now print, compels us to "go to press" on or before the 10th of the month, preceding the date of the Journal.

Our subscribers are generally very candid in the expression of their views and opinions, in regard to the contents of the Journal. When an author writes simply to please himself, instead of instruct or entertain the public, he is judged accordingly.

We have in the Journal several distinct departments in each of which it is our design to arrange the contents. In the fore part may always be found leading articles, communications, and reports of cases. In the editorial department all medical topics, which engage the writers of other journals, and other schools, with appropriate comparisons, criticisms, etc., together with a careful analysis of such arguments as may from month to month be advanced.

Under the head of REVIEWS, we notice at length such medical books as may be issued from our own and other presses, with interesting extracts.

IN THE MISCELLANEOUS department, we publish such matter as will interest and instruct all readers. Appropriate poetry, quotable quotations, health statistics. The movements, reforms, and improvements, going on in the world, will be sifted out from the mountains of chaff floating on the public press, and served up with appropriate comments.

Then come our BUSINESS NOTICES, VARIETIES, ANSWERS TO CORRESPONDENTS, BOOK NOTICES, and ADVERTISEMENTS. In this last department, LOCAL and PERSONAL matters should always be placed. We do not solicit advertisements, nor hold ourselves responsible for their contents. We cannot with propriety exclude any which relate to Hydropathy, however much we may differ with the mode of treatment therein recommended. The same is true in regard to some other matters, which may also appear in this department.

TO PREVENT MISARRANGE, 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.

## TOPICS FOR MARCH.

BY R. T. TRALL, M.D.

**THE MAINE LAW.**—We trust no reader of this journal can look with indifference on the issue—*Law versus Rum*—now being tried in this country. The defendant in this cause has been permitted to ravage society, desolate homes, disorder human constitutions, and destroy the image of God, quite too long already. Under the mistaken opinion that the occasional employment of spirituous liquor was useful or medicinal, legislation has sanctioned its traffic under special guards and restrictions; while physicians, deriving the alcoholic part of their science of medicine from the statutes of the State and the habits of the people, have so diffused it through their preparations and prescriptions, that it has become, in some form or combination, an almost universal family medicine and family curse.

But the evil stops not here. Because law has sanctioned the *principle* of the traffic, it is assumed that the *right* of selling intoxicating drinks is unjustly exercised by a privileged few, who are commissioned, by virtue of a paltry license fee, to make as many drunkards and paupers as they please, and as much profit as they can. Hence the unlawful everywhere co-exists with the legalized traffic, and because medical men are continually commending the poisoned chalice to their patients, in the shape of tinctures, bitters, syrups, cordials, and even porter, wine, and brandy, medical quacks find a state of public opinion and appetite exactly suited to the sale of their nostrums, which are, of course, made pleasant to the taste and ex-

hilarating to the nerves, by a due proportion of grog and sugar.

Until recently much of the talent enlisted in temperance reform has been wasted in warring upon the unlawful traffic as distinct from the lawful, instead of against the *principle* of all or any traffic in intoxicating beverages. What, traffic in poisonous drinks! traffic in men's bodies! traffic in human souls! traffic in the widow's tears, the orphan's cries, the felon's groans, the pauper's desolation! Such is the liquor trade; and professedly Christian men advocate it, and professedly Christian legislators authorize it!

All persons, enlightened on this subject, now confess the principle of the traffic to be wrong, so wrong that no law can make it right. Hence the remedy, so far as legislation is concerned, is to prohibit the evil, as it does any other acknowledged nuisance. Several attempts have been made in several of our States within a few years to do this, but the rum influence proved too strong for public sentiment or legislative integrity, until the State of Maine nobly took the lead in passing a law absolutely prohibiting the traffic within her borders. This law endures—it will endure; already the infernal trade may be considered as essentially annihilated in that glorious State. It is in fact known only in dark corners and deep disguises. And the same law, or a similar one, will work the same result in every State that will adopt it. It is plain, direct, and practicable. Several other States are now making vigorous efforts to be ranked as number two in the scale of redemption from rum. The Empire is agitated from centre to circumference on the subject, with a fair prospect of success. It is said that the Boston and New York rum-sellers are expending large sums of money to defeat the passage of this law in Massachusetts and New York. They could expend ten millions and still make fortunes out of the investment, if they could secure the perpetuity of the traffic ten years longer. But is there not virtue enough in our Legislature to resist so potent an argument?

The Maine law ought to be scattered broadcast over the land. It ought to be seen, read, talked about, and understood, by every male and female citizen in our country, preparatory to action. Wherever its successful operation in Maine becomes well known, the fact will induce the proper action on the part of every one who loves humanity more than he loves rum. The publishers of this journal have caused half a million of copies to be printed, in a neat tract form, for general distribution; they will be furnished to order in any quantity, at actual cost. Let each friend of reform do his or her State some service in aiding their circulation among the people.

**NO ACCOUNTING FOR TASTE.**—The Belmont (O.) Farmer thus notices the death of Priessnitz: "In addition to our former argument of the foolishness of a *one diet* or medical treatment, our late advices from Europe give us the death of Priessnitz, the world-renowned German water-cure humbugger, at the age of fifty-two." The Farmer stands alone in its glory of applying this opprobrious epithet to Priessnitz. The most bitter opposers of Hydropathy, as an exclusive system, have always had the grace and manliness to acknowledge the sincerity of Priessnitz's motives and the unparal-

leled success of his practice. For the especial edification of the writer of the above slang, we will contrast it with the following truthful notice of the same event, by a *gentlemanly* contemporary and opponent, the Eclectic Journal of Medicine:—

**DEATH OF VINCENT PRIESSNITZ.**—According to recent news from Europe, the Father of Hydropathy is no more! The intelligence will create a profound sensation among the friends of the system of which he was the founder; and, in fact, among all classes. Has his "mantle" rested upon any among his survivors? His death occurred during the month of November, it would seem, at the age of fifty-two. "So goes the world." If a man is content with *reforming himself* in a quiet way, as did Cornaro, like him he may prolong a most problematical life to gray old age; but if the self-reformer is not satisfied with so narrow a labor, but undertakes, as did Priessnitz, to *reform the world*, and is led by his zeal in the cause he has espoused to perform himself the labors of half a dozen men, he must expect the "wear" of the life-machine to triumph over the best philosophy, and be prepared for an early grave!

**ANOTHER WATER-CURE BOOK.**—If Hydropathic practice is increasing as fast as Hydropathic book-making—and we believe it is much faster—the worthy prophets of Allopathy, who have so many times predicted its speedy "going down," will have ample opportunity yet to exercise that commendable quality called patience. And we take this occasion to call their attention, as well as that of our other readers, to a significant fact. It is this: All the writers and book-makers on Water-Cure, however much they differ in forms, methods, and details, agree in relation to principles. In all essential doctrinal points they are almost entirely unanimous. Such is not the fact with Allopathic authors. They are not only at variance in relation to almost every fact, plan, method, and detail of treatment that can be named, but disagree fundamentally respecting every one of the pretended principles upon which the drug system is based. If any one disputes these assertions, let him accept the generous invitation of the publishers to discuss the whole matter, and thus bring to light "the truth, the *whole* truth, and nothing but the truth."

These remarks are suggested by the appearance of a work by C. C. Schiefferdecker, M.D., of Willow Grove, Pa., which he terms, "A Short Guide for the Rational Treatment of Children, in Health and Disease, by Water." The work contains much useful information, and, in general, very judicious directions for managing the prevailing diseases of children. A number of interesting cases are given, mostly selected from European practice, and, although we should differ somewhat in the *details* of the treatment of similar cases in this country, still we should recommend the same *general plan*.

**HEALTH OF THE CITY.**—During the winter months deaths from consumption, convulsions, and scarlet fever have been numerous. Notwithstanding there is nothing unusual in this circumstance, there is much to be lamented connected with it. Hardly three diseases can be named more thoroughly factitious, more clearly the result of our erroneous habits, or more easily avoidable by a reasonable attention to the laws of life than these; and yet, despite these facts, they are continually forming a larger and still larger proportion of our record of mortality. Another fact, to which we have often

called attention, and which is deserving more consideration and closer investigation than it is likely to receive on the part of the medical profession or the constituted authorities, is, the steady increase in the ratio of deaths from convulsions, a malady which threatens soon to outstrip consumption itself in the work of peopling the graveyards and cemeteries.

The practical point we desire to indicate is precisely this. The causes which produce convulsions in children, in a general sense, constitute the predisposing influences to consumption in adults; and the causes of convulsions are chiefly the dietetic habits of childhood. If a child, born with a good or even fair constitution, properly fed on plain simple food, and never drugged, ever died of convulsions, we have yet to learn the first instance. What we mean by *proper* food is, that always advocated in this journal. Parents, ask your family physician if these allegations are not correct; and if he disputes them, ask him *why* they are not so; and we will publish his reasons as well as our own.

Scarlet fever, though very different in its manifestations, is closely allied to convulsions in its original cause. It is engendered mainly by bad dietetic habits; but when once its infection is developed it may, under circumstances of unfavorable thermal and atmospheric influences, be communicated to comparatively healthy children. We can only say here, as we have often said before, that parents who would have their children kept in the state of the greatest possible immunity from this disease, must attend strictly to bathing, avoid all constipating, high-seasoned food, and especially keep very young children away from grease, flesh-meats, sweet-cakes, candies, lozenges, and other drugs.

A writer in the Tribune, in commenting on the huge columns of useless figures which make up the usual records of deaths in cities, pertinently suggests:—

But who is there to instruct the people in matters pertaining to the removal of these causes of sickness—not causes of death—but the *causes of diseases* which produce the deaths? You will say it is the duty of the medical profession to throw light on these dark subjects. But what is every one's business is nobody's business, and physicians generally have too much private occupation to attend to public wants of this nature gratuitously. There is an officer, however, created, as I maintain, for this purpose, but whose duties in this respect are wholly neglected, and whose office, in the absence of those duties, is almost a sinecure. I allude to the City Inspector, whose head and pen, instead of being employed merely in keeping the records of the dead, should be busily occupied in unfolding to the public the secrets of life and health, and the means of their preservation. An incumbent of that office, having competent qualifications to instruct the people in matters pertaining to the preservation of health, and the avoidance of disease, could render a service to his fellow-creatures of incomparable value.

**ALCOHOLIC MEDICINES.**—We clip the following from the Boston Medical and Surgical Journal:—

*Use of Alcohol in Prescriptions.*—MR. EDITOR, —The following resolution was introduced at a temperance meeting, not long since, by a medical man, and adopted, viz: "Resolved, That alcohol is not a medicine, but a convenient vehicle only, in which to give what are really medicines." I have drafted the resolution from memory, and have the true import, if not the exact wording of it. An

the mover of the resolution seems quite confident that his position can be sustained, I forward it for the Journal, that a more general expression may be had, and that the friends of temperance may be properly advised upon the subject.

Yours truly, R.

Now, Mr. Boston Medical and Surgical Journal, (if it would not be asking too much of you,) suppose *we*—we, the Boston and Water-Cure Journals—instead of referring this matter to the friends of temperance, give our own opinions *right out straight* on the subject, with the reasons therefor? It seems to us as much like a medical as a temperance question, and *we*—we, the two Journals again—ought to know something about it; and if we know anything about it, we ought to be willing to say what we think. Hope to hear from you when it's convenient!

**MEDICAL ATTENDANCE BY THE YEAR.**—The New Orleans Medical and Surgical Journal thus discourses on this subject, which has been for some time among the numerous matters on which our friends of the "old school" entertain differences of opinion:—

*Medical Attendance on Families by the Year.*—Although condemned in strong and unequivocal language by the National Medical Association, yet we regret to state, that the practice of attending families and individuals by the year has become a crying—a great evil, in many of our cities, if we are correctly informed. It is unjust in itself, and cannot result in anything but mischief to the profession and to the parties contracting. The physician should receive a fair—a just remuneration for his services; and his clients should be compelled to pay only for such professional attention as they may receive; but "yearly practice" aims at a species of miserable, petty monopoly, which is at war with the objects—the noble purposes of a liberal and enlightened profession. You may bargain with your grocer, your butcher, your laundress, and no harm comes of or by it; but for an honorable, an educated physician, to hire himself by the year, like a slave; to pledge his talents and his services, for a stipulated sum, is in direct violation of the ethics of the profession, and indicates at once an unwillingness to enter the field of fair and honorable competition with his brethren.

The scheme so vehemently reprobated would undoubtedly work disastrously for the profession, as a profession; but that the cause of public health would be immensely benefited by the universal adoption of the plan of paying the doctor, whether he gives medicine or not, can hardly be doubted.

**MEDICINAL CIGARS.**—"Medical improvement" is ever presenting us new phases of the inexplicable phenomenon of *progressing backward*. The latest incident is the invention of medicinal cigars, by which calomel, corrosive sublimate, arsenic, nightshade, opium, henbane, musk, assafoetida, and various other poisons and stenches, can be taken into the system, after a very beautiful fashion. Dr. Sanderson, according to a foreign medical journal, has had "satisfactory success in this way." Since tobacco toppers will attain one half of the air we are compelled to breathe, by puffing the fumes of their cigars into it, in the name of *loaferism*, perhaps our modest "conservators of the public health" may as well poison the rest, and call it *medical science!*

**OMISSION AND COMMISSION.**—A Medical Society in Boston has been debating the question, "Are

medical men morally accountable for their *sins* of omission as well as commission?" We never heard that a diploma cancelled a medical man's moral accountability for *any* "sin." Perhaps, however, we don't exactly understand it.

**DR. HOOKER ON HOMŒOPATHY.**—This gentleman has received a premium of fifty dollars for the best dissertation on "Homœopathy, so called, its History and Refutation." In other words, being a valiant warrior with the quill, his professional brethren have employed him to write homœopathy down. He has accomplished the task "as well as could have been expected;" but there is one drawback to his demolition of the thing. It will continue to trouble the allopathic school just as much hereafter, as before Dr. H. annihilated it. We have looked through his reasoning, and find it wholly directed against the theory of homœopathy, and the theorizing of its supporters. He does not even undertake to show that it is less successful in practice than allopathy. It would be the easiest thing in the world for any respectable homœopathist to make the theories of allopathy appear exceedingly ridiculous. In fact its professors are continually doing it themselves. Suppose you try your hand against hydropathy, friend Hooker! If your medical brethren refuse to pay you another fifty dollars for "refuting" our system, draw your check on the Water-Cure Journal, and it shall be promptly paid. We are like the boy who said he felt ugly, and *wanted to be whipped!*

**THE LADIES' MEDICAL MISSIONARY SOCIETY.**—An association under this title has been organized in Philadelphia, of which Mrs. Sarah J. Hale is Secretary, whose object is explained in the following extracts from the programme:—

Believing that God, in committing the care of the young especially to woman, imposes on her the duty of preparing herself in the best possible manner for the important vocations, among which are the care of her own health, the physical well-being of her children, and tendance on the sick, suffering and helpless; and finding, also, that the BIBLE recognizes and approves *only woman* in the sacred office of *midwife*; therefore we, who give our names to this benevolent association, agree to unite in the following purposes:

1st. To co-operate with the efforts now being made in this city of Philadelphia, to qualify women to become physicians for their own sex and for children.

2d. To give kindly encouragement to those females who are engaged in medical studies.

3d. To give aid and sympathy to any among them who may desire to become missionaries, and go, in the spirit of love, to carry to the poor suffering women of heathendom, not only the blessings of the healing art, which Christian men can rarely, if ever, bear to females in those lands, but also the higher and holier knowledge of the true God, and of salvation through his Son, Jesus Christ.

We were about to expatiate on this theme, but the following editorial remarks from the Tribune will answer our purpose, besides showing to our readers that there is at least one paper in New York, besides those emanating from the office of this Journal, which will stand up for reform and woman's rights:—

Fifty years hence, it will be difficult to gain credit for the assertion that American women acquiesced, throughout the former half of the nineteenth century, in the complete monopoly of the

medical profession by men, even including midwifery and the treatment of the diseases peculiar to the gentler sex. The current usage in this respect is monstrous, and nothing but the past enslavement of women in mind, body, and estate could account for its toleration. But its reign is near its end. The abuse begins to be discussed, and discussion will soon finish it. If there were five hundred women fully educated for physicians to-day, there would soon be found room and work for them all—and ten years hence five thousand such would not be one too many. We are confident that one hundred—their capacity and fitness being well established—could find enough to do in our city within a year from this date. Where is the woman, with any pretensions to delicacy or refinement, who will not prefer the ministrations of a competent woman at the birth of a child if she could be sure of obtaining them?

The history of the early steps of the now pending reform is most instructive. Just look at this chapter of it:

A female student of medicine applied for permission to attend the lectures of the medical department of Harvard University, something more than a year since, and the faculty granted the request. But the *medical students* of that institution, bless their fastidious souls! thereupon held a meeting, and passed and published the following resolutions:

"Resolved, That no woman of true delicacy would be willing, in the presence of men, to listen to the discussion of the subjects that necessarily come under the consideration of the students of medicine.

"Resolved, That we are not opposed to allowing woman her rights, but do protest against her appearing in places where her presence is calculated to destroy our respect for the modesty and delicacy of her sex."

Of course, the young lady could not consent to shock the delicacy of these callow and sensitive champions of modesty by attending a course of medical lectures with them, so she withdrew her application and relieved their distressed sensibilities. But when young men manifest such delicacy—and medical students of all the world—does it not become women to feel or feign a little modesty likewise with regard to the exposures, oral and personal, which disease or childbirth often requires?

We have not room to pursue the subject, but refer those interested to Mrs. S. J. Hale (Secretary, 297 Chestnut street, Phila.) for circulars containing full information. Contributions in aid of the enterprise may be addressed to Mrs. Thomas Wood, 323 Arch street, Phila., Treasurer. \$1 per annum constitutes a member, \$5 a benefactor, \$20 a life-member, \$50 or more a patron of the society, which aims at the education of Women for Medical Missions, in aid of Missionary operations throughout the world. One such woman, thoroughly fitted for her vocation, could do more towards Christianizing a savage tribe than a cart-load of tracts backed by dozens of expounders and exhorters. The idea is good, and we urge the respectable to give it their countenance before it has time to get branded as a new device of Socialism and Infidelity. Thus far, Bishop Potter, Rev. John P. Durbin, Rev. Howard Malcom, and a number of the most eminent clergymen, have given it their warmest approval.

"THE ORGANIC LAWS," by J. BRADFORD SAX. Published by Fowlers and Wells. Price 75 cents. A defence of physiological reform, maintaining the most radical ideas of modern systems. It is written with ability, with great earnestness, and presents a variety of important facts. Many of its peculiar theories will hardly be received without further proof, but the zeal with which they are set forth is a provocative to reflection, and may lead to valuable discoveries.—*New York Tribune*.

## Reviews.

CHILDREN: Their Hydropathic Management in Health and Disease. A Descriptive and Practical Work, designed as a Guide for Families and Physicians. Illustrated with numerous cases. By JOEL SHEW, M.D. Published by FOWLERS AND WELLS, New York and Boston. Pp. 432, 12mo. Price \$1. Postage by mail, 25 cents.

We are happy to announce to our friends that the above work is now ready for delivery. A brief enumeration of some of the more important topics treated of will enable the reader to form some idea of its general character. We give the following:

Paternity and its Circumstances. Health and Well-Being of Parents as affecting Offspring. Who should marry and who not? Age at which marriage should be consummated. Abortion and its Evils. Pregnancy and its Management with reference to the Child. Longing and its Effects. The Imagination. Delusions concerning Marks and Blemishes. Management of Child immediately after Birth. Still Birth and its Causes. Management in those cases. Of Washing the New-Born Child. Safety of the Water Treatment. Customs of the Ancients—of the Indians—the Russians, &c. Dress of the Young Child. Evils of Swathin. Reasons why it should not be practised. Of the Child's Bowels soon after Birth. Erroneous Practices Deprecated. Rules for Nursing and Feeding by Hand. Of Wet Nurses. Substitutes for the Mother's Milk. Of Practical Nursing. How often should the Young Child be Fed? Weaning and its Dangers. Rules concerning it. Exercise and Clothing. Effects of Light. Sleep. Teething and its Management.

Full as this work is in its details concerning the MANAGEMENT of infants and children, it is yet MORE explicit in regard to the DISEASES of childhood. Those particularly, which are most dangerous, are treated of at great length. Such, for example, as Cholera Infantum, Dysentery, Scarlatina, Small Pox, Croup, &c., are spoken of in a manner which cannot fail, we think, of rendering essential service to parents in the trying emergencies to which they are often brought in rearing the children committed to their care. No family that is in any way interested in the management and health of children should be without this volume.

This work has grown somewhat larger than was at first anticipated; but when it is remembered how great a variety of diseases it was necessary to speak of, besides the several chapters on the MANAGEMENT of infants and children which it was necessary to introduce, in order to make the work complete, its size will be found no objection.

## Miscellany.

### GOSSIP FROM BOSTON.

BY NOGGS.

A writer in the little vegetable sheet that is issued monthly, I suppose—more's the pity—in the beautiful town of Worcester, the cream of which, thank God, are Hydropathic, is somewhat worried about the Water-Cure Journal, which it thinks would be quite an able helper in medical reform, were it not for the "Noggishy, Quoggishy trash." And as in duty bound, I must say, that that Lobelia *infata* "Journal," with the slight exception of having nothing in it, from beginning to end, except promises and fault-finding, is a very nice pamphlet—that is, the paper and printing are very good.

The idea, dear Journal, of your being the "helper" in this case, is rich, decidedly; it sounds like the remark of the New-York loafer, who said that he and

John Jacob Astor were the two richest men in New York! No wonder the cause of reform goes not more boldly on, if such are *principals*.

Excuse me for intruding any notice of this upon your readers; but the whole matter was so rich, I couldn't help alluding to it, though I know it will make the dear little bantam crow louder than ever, to think he got noticed; and I thought my brother "Quoggs" ought to know how great men—the Worcester man, and Daniel Webster, are two of the greatest men in Massachusetts—write about him, as he will not be so lucky as I was probably, to stumble on to this wonderful production, though I understand, that notwithstanding my ignorance of the existence of such a "Journal" till quite recently, it has actually had a sort of vegetable existence for months, and is taken by over a hundred physicians and others. Only think of the condescension on their part, to allow that a feeble thing like the Water-Cure Journal can be a "helper" to them!

I am permitted to make the following extract from the forthcoming "Diary of a Botanic or Eclectic Physician":

"Tuesday, December 20th, 18.—After six weeks' hard study, I was admitted to the profession, having a regular diploma in Latin, which, the schoolmaster said, set forth that I, Lobelius Pepper, M.D., was, by virtue of these presents, well qualified to puke, physic, and sweat, all and divers, who and whatsoever, that came within my reach," &c., &c. "It is now some months since I commenced practice, and I feel quite confident that I can cure all curable diseases. I haven't lost but four patients for more than a month, and them no need to have died, but luck was against me. In one case, the Lobelia was stronger than I expected, or the woman was weaker, I don't know which; she never stopped vomiting, anyhow, in spite of all I could do, till she died. Another, for whom I ordered a rum sweat, took the rum inside, instead of out, which didn't sweat him, though it set him all afire, and finally burnt him up; though I gave him pepper tea and bahany in plentiful doses, he wouldn't sweat after that! Strange folks will be so stupid as to take the rum inside, instead of setting fire to it, and getting over it; his wife says, it was a very natural mistake in him. What did she mean? The other two died in consequence of my not getting there soon enough to save them! in spite of all my medicines, and I gave them double doses of my most powerful ones, in atonement for being called so late; but all must die, and it might as well be them four's turn first, as anybody, I s'pose!

"One thing plagues me: Mr. Credulus's child, who's got the measles the worst kind, won't get no better, the rash being real obstinate, and not willing a bit to come out, notwithstanding I've given it all kinds of driving things ever heard on. What can make 'em so darned loth to come out, I am sure I can't tell; all sorts of poultices I've tried already, but nothing won't draw 'em out!

"Well, what aint to be, won't be, I s'pose; I hadn't ought to feel bad, I've done all I could do—three times as much as some doctors would do, and if they can't come out, they can't, and that's all about it.

"Mem. Avoid Mrs. Douche in future; she's no friend of mine, I see that plainly. Impudent hussy! she told me to-day, as I was holding the child's nose with one hand and pouring down the composition, pepper tea, lobelia, &c., &c., that she should think I was trying to drie out wood chunks from a hole in the ground, instead of measles from a child! Blow her, I say.

"It is one of the drawbacks of scientific life! that we must meet with opposition and abuse from the ignorant. I sometimes wish I had stuck to my old trade, but then mending shoes don't pay much, and then again it ain't half so genteel; but the main reason why I endure all this is, that I feel I am so much more useful! No, no, while the world is so full of Noggishy, Quoggishy quacks, I feel I have no right to withdraw

from the profession. Why, it's no longer ago than the other day, that one of these Hydrophobia empirics gave a patient a whole tumbler full of cold water right in the middle of a burning fever, and then wanted to wash him all over in the same! but fortunately his friends were Eclectic, and sent for me, and I soon puked up the water, but it had been down so long I couldn't save him! poor fellow, he died in less than a week in spite of all my efforts! When will the proper authorities see to these things, and not let folks be killed in this reckless manner?

"Thursday, 22d, was called to Mr. D., who was laboring under yaller jaunders, which was produced by I suppose eating too much dandelions. Dr. Allopathy has been giving him mercury till he can't speak the truth. In my opinion all mineral doctors ought to be hung, and I told Mrs. Douche as much, who had the impertinence to tell me that Dr. Allopathy with all his minerals didn't do so much mischief as Thompsonians, &c., did with their vegetable poisons! because he knew the anatomy and physiology of the system, and how much poison a man could bear without being killed outright; but we didn't! and gave all sorts of the most powerful poisons without even mistaking how or on what they were to act, or even that they were poisons!! Vegetable poisons, forsooth; who ever heard of such things?

"She believes all that nonsense about henbane's killing Hamlet's father, and says nux vomica will kill a dog in ten minutes, and strychnine kill a cat in doses of two grains, in less than that time. Strike-nine be blow'd! I'll strike her if she talks so to me again; it's all allopathic lies, and she knows it. This is much of a muchness with her talk about lobelia's vomiting folks to death! Whereas everybody knows that knows anything, that it only vomits up the bad bile and nasty stuff that's in the stomach, and nothing else, not even the food! As for Mrs. Douche's idea 'that anything that irritates the stomach enough to produce an inverted action, will in certain constitutions produce cramps and superinduce diseased action that will end in death only,' it is all humbug. Vegetable pukers can't hurt anybody; it's only the devilish minerals that does the harm. There's no use in talking against lobelia; it is as harmless as a dove when there's no disease to kill, but powerful as a lion when it meets a disease—Mrs. Douche to the contrary notwithstanding, who says that it is more apt to kill the patient than the disease! She says this out of spite, just because I got mad a little when she refused to let me throw her child into fits when it had the measles, as I was confident I could cure fits! What *old* women were made for I can't see. 'Lobelia hurt folks?' 'tis absurd! On the contrary, if folks would only take it, a little at a time, two or three times a day, they would not only avoid being sick, but would live for ever; this I know, for I have tried it myself repeatedly!"

I can't stop to make any further extracts now, but may at some future time.

There is no particular news stirring. The Boston folk are particularly pleased with their new Phrenological and Water-Cure Book Store, 142 Washington st., where anxious mothers flock with their darlings to know how to direct their youthful steps aright. It is a great deal easier to have children brought up right than it is not to, if you only know how to do it. Those who would be "sure they're right" before they "go ahead," go first to 142, and then with "chart and compass," they know just how to steer.

A VOICE FROM THE CATSKILL MOUNTAINS, by J. H. Siedman, M.D.—Greene, as may already be known by many readers of the Journal, is what is termed a "river county," having its eastern border washed by the noble Hudson. On the north, it is bounded by Albany and Schoharie counties, on the south by Ulster, and on the west by Delaware and Schoharie.

About one half of this county, viz., the south-

western portion, is intersected by the Catskill Mountains, which are considered to be portions of the great Alleghany range. These abound with springs of the purest, softest, coldest water, giving rise to several valuable streams, on whose banks are situated a number of thriving villages.

There are thirteen towns in Greene county, of which six, Windham, Hunter, Jewett, Lexington, Ashland, and Prattville, are situated among the mountains. These mountain towns enjoy an atmosphere unsurpassed in purity and healthfulness. They are abundantly supplied with fountains of living water, gushing from the mountain sides, clear as crystal, and full of health-giving power; furnished with scenery diversified in character, and teeming with attractiveness, and inhabited by as healthy, industrious, enterprising, intelligent, and virtuous men and women, with as large a sprinkling of "the rising generation," as can be found in any other territory of like dimensions.

It was here, on these mountains, at a time when wolves and other beasts of ferocious nature roamed over their woody sides, and when but here and there could be seen an opening where the sturdy pioneer had felled the trees and reared his hut, that I first drew the breath of life, and opened my eyes upon the scenes of this busy world. Here were spent many of my earliest years. Here, more than twenty years ago, trod Wistar, Bell, Dorsey, Cooper, Gibson, Cullen, Brown, Darwin, Thomas, Wilson, Good, Gregory, Eberle, Dewees, Denman, Burns, Velpeau, Broussais, Majendie, and others. Here I first spilled the blood of my fellow-man with the intent of PRESERVING HIS LIFE, and fed him poisons with the hope of GIVING HIM HEALTH!

But this is a world of change. Places, persons, customs, opinions, practices, all change. An absence of many years from these mountains and valleys of my earlier associations had well nigh obliterated all remembrance of them, but on my return I find them at once renewed. The same cloud-capped mountains and sunny vales—the same bubbling springs and running brooks, and, with few exceptions, the same inhabitants are to be seen now as when I took my departure for a distant and more western abode. Still there has been much change. The mountains have been robbed of much of their former beauty by the axe of the woodman; large forests of hemlock and other trees of giant growth have given place to well cultivated farms; some whom I once knew have gone to their long homes; others, who then were vigorous and active, are now decrepit and infirm; the giddy youth has become the sober man, or the sedate and dignified matron; and many, who then were not, are now the pride of their parents and a portion of the hope of our country. But of all the changes wrought during my absence I find the greatest in myself. My views, my reasonings, my conclusions, my opinions, oh how changed!—and upon no subject more than that of DISEASE, its causes, its nature, and its treatment. I left, an Allopath—I returned, a Hydropath. I went away an advocate for the lancet and a believer in "lesser evils" and "smaller devils," in the shape of drugs, medicines, and *die* stuffs; I have returned a preacher of PHYSICAL RIGHTNESS, and a believer in NO EVILS, NO DEVILS, large nor small. I was then a dispenser of Hydrargyri bichloras, Hydrargyri protochloras, Antimonium tartarizatum, Convolvulus jalapa, Callicocca ipecacuanha, Hyoscyamus niger, Pulvis ipecacuanhae compositus, Tinctura camphorae composita, Pilula hydrargyri submuriatis composita, and other professional NONSENSE; I am now an humble advocate for the use of those remedies which kind Heaven has so freely dispensed—PURE WATER and PURE AIR, aided by proper diet, exercise, and whatever else goes to make up a perfect obedience to physical law. Then I was in good repute among my medical brethren, and an officer in the Greene County Medical Society; now I am in bad odor with these knights of the pill-box and lancet, stigmatized as a *quack*, denounced as a knave, and

treated as one unworthy of the least favorable regard.

But, thanks to the increasing independence and intelligence of the age, "the common people hear me gladly." Persons of cultivated minds, of character and influence, listen with interest to my homely lectures, receive the truth into honest hearts, and are ready, at once, to make a practical application of it. And there are a few PHYSICIANS who seem willing to look at the subject in the light of candor, with a view of being profited thereby. Surely such will not lose their reward.

Having heretofore fairly tested the value of Hydrophathy in connection with two regular Establishments, I am now giving it a trial in a scattered practice, or wherever I can find persons who are willing to try it, and it works well—much better than the "old way." The people too are fast appreciating its value, while the doctors, most of them, seeing their *craft* in danger, raise the cry, "Great is Diana of the Ephesians." But it is of no use; truth will prevail, and Hydrophathy must triumph. I am having an interesting time here, and have much more to communicate, but must defer it until a future time; till then, farewell.

WATER-CURE MOVEMENTS.—I have thought that some notice of the movements of the opening season may be of interest to the friends of our noble cause. I will give them to the extent of my present information.

The American Hydropathic Institute is in the middle of its second term, with a promising class of about twenty pupils, nearly half of whom are ladies. Two of them came from a long distance, in the coldest weather of the past season—one from Ohio, the other from North Carolina.

Of the graduates at the last term, one, Dr. Reh, is in full practice at Paterson, N. J., where he is having great success; has obtained over seventy subscribers for the Water-Cure and Phrenological Journals, and is fast converting the whole community to the principles of Health.

Another, Dr. J. H. Hanaford, has settled on the island of Nantucket. Soon after his arrival, an emigrant ship came on shore, and many of the shipwrecked passengers, some badly frozen, others sick with ship fever, measles, &c., were treated hydropathically under his charge, and with such success as to give him and the system the best possible introduction. Some of his cases, communicated to me, have been treated with skill and judgment, and the happiest results.

Mrs. Mary A. Torbet, also a graduate at the last term of the Institute, and for some time a private pupil in our Establishment, has just given a course of lectures to the ladies of Paterson, N. J., with great acceptance. Mrs. T. bids fair to be a zealous and accomplished laborer in this field of usefulness.

Dr. Wm. F. Stephens has had an urgent call to Mercer, Pa., which he will probably accept. This claims to be the banner town in the Keystone State in the cause of Reform, and Dr. S. will do them a good service.

Dr. John B. Gully takes charge of the first Water-Cure, so far as I am informed, yet established in Michigan. It is located at Adrian.

Dr. R. S. Houghton, of our city, goes to Kentucky, as will be seen by notice and advertisement.

Dr. S. O. Gleason will open a new establishment in Elmira.

Dr. J. C. Jackson announces new arrangements for the coming spring.

Dr. Wesselhoest continues at Brattleboro', Vt.

Dr. Mundy, Hall, and Denniston at Northampton, Mass.

Lastly, among the movements I may place my own. Dr. and Mrs. Nichols will, on the first of May, take possession of a Water-Cure Establishment, situated at one hour's distance from New York, on the New Haven railroad. It is at Prospect Hill, Port Chester, and is, in my opinion, the finest place within fifty



miles of New York, combining a perfectly healthy climate, pure air, soft water, an easy access, with the finest scenery and the grandest prospect in this part of the world.

T. L. N.

## NOTICE

FROM ESCULAPIUS THE YOUNGER.

[We publish this "Notice" as a suitable accompaniment to "Gossip from Boston, by Noggs." We hope this young Esculapius will give us other "Notices." Old Virginia, the mother of five Presidents, should not go longer unrepresented in the Water-Cure Journal.]

Humanity has been going down to the grave so long, while the different medical sects in the world have been striving to see which could blow loudest the great things each has done and can do, that it has become dependent and pitifully inquires, "What will be done?" This quarrelling about the merits of each particular system reminds me much of the great schism between the Protestant and Roman Catholic churches. They quarrel and dispute over the question of "Which is blackest, soot or lampblack?" while millions are going down to the grave uninformed of the things they should know, and which would make them happy as they journeyed on their lonely way along the dark road to futurity.

So with the ultra and reform sects in medicine: while Pandora seems to have opened her box upon us, scattering death and desolation far and near, our friends, who have set themselves up as guardians of the public health, are busily engaged in determining "whether it is best to kill men with the lancet, calomel, number six, the wet sheet, the twenty-ninth dilution of nux vomica, or with suitable quantities of leptandra." Now look at this, and see if there is not something strikingly absurd in pretending to reform and perfect medical science by such a course. What man ever reformed his household by quarrelling with his wife?

I take many journals, and among them yours. It takes a good part of my time to read and digest them, which I do in the honest hope that I may sift from them some new truths, and to keep myself informed upon the progressive movements being made in the healing art. Certainly I must believe that all men write truly, and that what they say is true. I have therefore come to the conclusion of establishing an ALLO-HYDRO-HOMEO-PHYSIO-ELECTICO-THERMO-MAGNETICO, BOTANICO-SURGICO-VEGETICO-GRANNYO-Medical School, to be situated on the summit of Vesuvius to await the first eruption. I shall then, sirs, show what science can do. When I hear it begin to groan I shall bleed it severely, take away some tons of blood, and give two bushels of calomel with four gallons of turpentine. You see, sirs, that the bleeding will stop the "alfired critter" from taking an inflammation and getting its blood up to fever heat. As calomel seldom vomits, I shall give it to the "tarnal critter," to reverse the disposition to vomit. If I give the oil turpentine, I shall judge the animal to be troubled with tympanites, and my object will be to prevent effusion. If, however, its fever still rises, and bad symptoms follow the administration of the aforesaid infallibles, I shall give it a wet sheet pack, followed by a general douche. If this fails, I shall order the shadow of calomel to fall upon a grain of bread which I will dissolve in the Mediterranean, and from thence take eight drops of water, and introduce into the throat of this incurable monster. If no bilious discharges follow, I shall give a cart-load of leptandra, followed by a pound of padophylin, together with a sweat, and order it to have nothing to eat but peeled onions, three ship loads of which I will have prepared. I shall also give a sweat with forty tons of catnip tea, and occasionally shake the great sympathetic with my battery. But should all these fail, I shall set my surgeons to work, with scalpels in hand, to raise the giant

to a level with other folks, and plaster the wound over with McAlister's All-Healing Ointment. Then won't I blow about what my college can do?

My dear sirs, if you do not say, "This is the thing for the age," I shall say you cannot see straight. Students attending this institution will be charged "not to quarrel about trifles," and get their board for nothing.

"X."

WOMAN'S REDEMPTION.—I have long felt it my duty to give my testimony in favor of Hydropathy, for the benefit of my sex and the encouragement of those who labor in the cause.

I have never read but few books that treated on this subject, my chief source of information being the Water-Cure Journal, which is ever a welcome visitor to our home.

In the fall of 1849 I found myself in a state of pregnancy with my third child. Having previously been very much afflicted with faintness, nausea, and vomiting, I resolved now to diet and follow the prescriptions given in the Journal, and to my joy I found my health was much better than formerly, when I used to take a cup of tea or coffee if I did not feel well, and eat all sorts of meat and rich dishes—all these things I now strictly avoided. I had the advice of no one, for not one of my acquaintance ever practised bathing in my situation; still I read with interest the cases given in the Journal, but must say I thought they were selected. I did not expect such "marvellous" results in my case. On the 11th of July, 1850, after suffering but very little for half an hour, I found myself the happy mother of a daughter. I can scarcely call them pains, they would more properly come under the head of expulsive efforts, of which I had but four; this was at three o'clock P. M. After being removed to my bed, I had the wet bandage and cloths wrung out of cold water applied and changed often. A glass of water was my supper. My room had three windows, all of which were raised sufficient to give good air during the night. In the morning I was bathed, and sat up more than half the time that day. The second morning I went into an adjoining room and performed my ablation without assistance. After resting a little I washed and dressed my babe, combed my hair, &c., sitting up nearly all the time. Third day, morning, arose, bathed, and went to the dining-room for breakfast; it being a damp day I did not go out, yet felt perfectly able to do so. Fourth day, walked in the yard, &c.; took exercise out of door every day, but dare not walk in the street, the old women made such a "hue and cry" about my "presumption," so I walked back in the fields, yet I did not exercise as much as I felt able to for fear I might overdo, but I did not dread the pain I should be subjected to as much as I did the slur that would be cast upon the cause of Hydropathy; but to the astonishment of all the old ladies I not only lived, but lived in the enjoyment of good health. So much for Hydropathy.

Yours truly,

S. B.

THE WATER-CURE IN KENTUCKY.—We take pleasure in announcing to the readers of the *Journal*, that ROLAND S. HOUGHTON, M.D. of this city, has accepted the medical charge of the *Mammoth Water-Cure of the West*, at Harrodsburg, Kentucky. We at the East greatly regret to lose the Doctor; but, in view of the wide and important field of labor upon which he is now entering with such bright prospects of usefulness and success, we cannot but congratulate both himself and his friends, whether at the East or the West, upon the change in his position. We avail ourselves of this occasion to repeat what we have before said in the *Journal*, that Doctor HOUGHTON is a gentleman of thorough classical and medical attainments, and that he will be found fully adequate to the performance of any duties which he may undertake to

fulfil. We heartily recommend him to our numerous friends at the West.

Doctor HOUGHTON, as an author, is principally known by his contributions to this *Journal*, his compilation entitled *Bulwer and Forbes on the Water-Treatment*, and his *Three Lectures on Hygiene and Hydropathy*: all of which have secured a wide circle of readers, and a degree of popularity which is steadily on the increase.

The institution of which the Doctor is now the medical Superintendent, is situated on a commanding eminence adjoining the village of Harrodsburg, Ky., being thirty miles from Frankfort, twenty-eight from Lexington, and eight from Kentucky river, near the geographical centre of the State. The main establishment is one of the most elegant and spacious buildings in the West; and, together with the surrounding cottages, (which are all admirably adapted to the comfort and convenience of the occupant,) is capable of accommodating 500 patients. The following citations from works of established reputation, must command the unhesitating confidence of the community at large: "It is proper to say something of what Art has done to make this an acceptable residence to the infirm, and to the friends who may desire to accompany them. To this end the enterprising and courteous proprietor, Doctor CHRISTOPHER GRAHAM, through a period of twenty-five years, has devoted himself with a liberality only equalled by his taste and diligence. Within that period, his permanent expenditures have exceeded two hundred thousand dollars; and he is still inventing new means for comfort, amusement, and the beneficial use of the water." "The accommodations which have been created will, from the reports of travellers, bear an advantageous comparison with any to be found in America or Europe."—*Treatise on the Principal Diseases of the Interior Valley of North America*, by Daniel Drake, M.D.: Cincinnati.

"The grounds are elevated and extensive, adorned with every variety of shrubbery grown in America, interspersed with some of the most beautiful and rare exotics from Europe and Asia, and traversed by wide gravelled walks, intersecting and crossing each other in every direction. A small and beautiful lake is situated within the pleasure grounds, whose glassy surface is enlivened by many tame and wild water-fowls."—*Collins's History and Antiquities of Kentucky*, 1847.

With such extraordinary natural and acquired advantages, with a Proprietor determined to avoid neither trouble nor expense, and a Physician fully qualified for all the duties of his high position, the "*Mammoth Water-Cure*" cannot fail to become the favorite resort of all the health-seeking invalids of the Great West and the South.

TEN THOUSAND CURVED SPINES.—Since the foundation of the Royal Orthopædic Hospital of London, no less than 10,000 individuals, afflicted with curvature of the spine, and other deformities, have received permanent relief, or have been entirely cured, without one case of death occurring, or any instance of subsequent suffering or injury.—*English Paper*.

[No doubt of it. But how came there to be so many "curved spines?" That is a very important question. What have the "regular profession" ever done to prevent such a calamity? Do they oppose the prevailing fashion of tight-lacing, in-door confinement, and other causes by which curved spines are introduced? or do they turn "body-brace" pedlars, and go about the country attempting to cure that which they should and might have prevented? But we do hope there is a better time coming.]

THE BLOOMERS will never have "curved spines." They are as straight as an arrow, nor do they need or use body braces, bustles, or allopathic medicines.]

L. W. T., when sending a club of subscribers, writes us from Vernon, Indiana, as follows:—

I bless God that ever I saw one of the Water-Cure Journals. I have been diseased for twenty-five years, and I can say that I am now better than I have been for twenty-five years or in my life. If I had time and opportunity I could tell you wonders.

J. T., writing from Seneca county, Ohio, says:—  
We have a Botanic Doctor in our place that has been sick for some time past who has read our Journal, and commenced using water on his fevered head, which so much relieved him that he was induced to try the effect of the wet sheet, which proved so beneficial that he is induced to send for the Journal.

THE YELLOW SPRINGS WATER-CURE is pleasantly situated in Green county, Ohio, and is thus described:—

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

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

[With such facilities, we anticipate the eradication not only of much disease, but also of whatever die-stuffs this vicinity may be infested with. We shall look for a favorable report from the Yellow Springs Water-Cure.]

HOME TREATMENT IN QUINSY.—SIRS: On 24th of last December I was violently attacked with quinsy. My throat was badly inflamed, and swollen to such a degree that I could scarcely swallow. I had very bad headache, with general fever. I had known people to suffer very much with this disease, and had known several deaths occasioned by it under Allopathic treatment; fortunately for me I had read several works on Water-Cure and the Water-Cure Journal for the last twelve months, so I concluded to treat my case hydropathically.

I commenced the treatment by taking a wet-sheet pack of forty minutes, following it with the dripping-sheet rub of five minutes; wore a very thick cold compress on my throat, changing it frequently; took small draughts of iced water, and chewed ice whenever the pain in my throat was troublesome; and frequently bathed my throat with cold water. When the pain in my head was troublesome, I applied a cold compress to it, which generally relieved it in a few minutes. I continued the dripping sheet about every six hours, during the second day; and on the third day I was able to attend to my work as usual. So much for reading works on Water-Cure. C. M. RIGGS.

ENCOURAGEMENT.—The following shows the state of feeling which our distant Allopathic physicians begin to manifest. We quote from a recent letter, posted in Okachickima, Yalabusha County, Miss.:

"I have practised my profession, that of medicine, laboriously and almost incessantly for near twenty years according to the Allopathic system, but am now bound down by no system, a searcher after truth, and hail with delight, and without prejudice, all real improvements and advancement, in every department of human knowledge. W."

HURRAH FOR THE MAINE LIQUOR LAW!—As the sun rises in the east, and sets in the west, lighting, warming, and invigorating all nature, as it passes over the planet which we inhabit, so let it be with that blessed law, which has for its object the GOOD OF HUMANITY. So let the States, in their turn, adopt and follow the example of this brave, intelligent people,

who have come forward, like the rising sun, to encourage virtue, and shield her citizens from vice.

The good people of New Hampshire, Massachusetts, Vermont, Connecticut, Rhode Island, and New York are shaping their course in this direction, and will, we hope and believe, adopt the "MAINE LIQUOR LAW." May God and man defend the right, and shame the devil.

### Business Notices.

A NEW PROPOSITION.—I am a poor man, with a family dependent upon my exertions for support; but to aid in this glorious work, [circulating the Water-Cure-Journal,] I will make the following proposition:—I will send all the money I can get subscribed, with two names for every dollar, and will send ten dollars extra from my own pocket, with twenty new names for the Journals, provided you can get one hundred persons to join me, which will enable us to send the Journals to two thousand destitute families. Publish the proposition, and let those who are willing to join the club of one hundred, send in their names to the Publication Office, before the 1st of April. J. B. K.

[We cannot object to this proposition; and in compliance with the request of our generous friend, we submit it to our readers.]

Were the same means used to place this Journal into the hands and homes of our people that are used to circulate some religious papers, it would soon be felt throughout the world, nor prove less effectual in saving the bodies and souls of men.]

CLUBS.—We are making up a club for the Water-Cure Journal, at fifty cents a copy, the price of the work to single subscribers being one dollar. Those who wish to procure one of the most popular and interesting works on medical reform extant, for almost nothing, should avail themselves of this opportunity to subscribe. We sent for between eighty and ninety copies last year, and this year intend to send for a full hundred. Those who wish to begin with the volume should subscribe early.—*Connaughtville Courier.*

[Thank you, Mr. Courier. If every editor would follow your example, we should be instrumental not only in the preservation of health, but in saving the lives of thousands, who will otherwise die prematurely. May you receive the thanks of those whom you thus benefit, as we tender you our own. A long and happy life to those who do good in the world.]

J. B. N. says: "I now take three copies of the Journal. Should I find subscribers for two of them, will you mail to them from your office?"

ANSWER.—Of course we will, nor does it matter to how many different Post Offices we send. PUBLISHERS.

A MODEL CO-WORKER.—[For the encouragement of others, we make the following extract from a letter recently received from Mercer, Mercer Co. Pa.:]

I took it into my head to go out this morning in our village, to try to raise a club of twenty subscribers for the Journal, and in two hours I obtained the accompanying twenty-four names. All I ask for my trouble (which was a pleasure) is, that you will send me the "Journal" for two years, or an extra copy. This is simply to break the ice for a Hydropathic establishment here. I am, very respectfully, yours, R. HANNA.

#### THE WRITING AND PRINTING REFORM.

"Mind is invisible, yet when we write,  
That world of mystery comes forth to sight;  
In vocal speech the idle air breathes sense,  
And empty sound becomes intelligence,  
PHONETIC ART hath both these modes outdone,  
By blending sounds and symbols into me."  
Montgomery.

[See our List of PHONOGRAPHIC BOOKS in the advertising department. Of course they are for sale, "wholesale and retail." Wish it cost nothing to print them, so that we could give them away. But printers won't work for nothing and board themselves.]

IN SEASON.—Proprietors of Water-Cure Establishments, who contemplate opening in the spring, cannot issue their announcements too soon. Invalids will now begin to look for suitable places to receive treatment during the summer.

ADVERTISEMENTS intended for the April number, should reach the publishers on or before the 10th of March.

OUR CLUB TERMS are the same for the Phrenological Journal, the Water-Cure Journal, and for the Student. But the UNIVERSAL PHONOGRAPHER cannot be furnished, even in clubs, at less than a dollar a year.

Either of the Journals may be sent to any number of Post Offices, and be rated at club prices, when a sufficient number in all are made up.

### Varieties.

#### PHONOGRAPHIC ALPHABET.

##### VOWELS.

LONG	SHORT.	DIPHTHONGS.	
feet.	fit.	might.	Stoic.
fate.	met.	toil.	Louis.
far.	cat.	plow.	
taught.	fop.	Deity.	TRIPHTHONGS.
though.	up.	clayey.	wind.
food.	foot.	ah-i.	wound.

##### CONSONANTS.

pip.	farm.	line.
bate.	vice.	ray.
tide.	thin.	might.
day.	them.	night.
cheek.	sight.	long.
jay.	zeal.	or-hate.
kite.	shoe.	wide.
go.	pleasure.	yes.

#### W AND Y CONNECTED WITH A VOWEL.

wc.	wick.	year.	—
way.	wed.	yea.	yet.
waft.	wag.	yarn.	yam.
wall.	watch.	yawn.	yon.
wo.	work.	yoked.	young.
woo.	wood.	you.	—

The above is a view of the PHONOGRAPHIC ALPHABET. Each phonographic character is the representative of a distinct sound. The reader will perceive, that if we appropriate a letter for each elementary sound in the language, we have a perfect alphabet. The above is the improved alphabet now in use by the best reporters in England and the United States.

The time necessary to master phonography, and to make it of practical service, is comparatively short. Literary men, in advanced life, who do not choose to learn phonography themselves, may avail themselves of its benefits, by employing a phonographic amanuensis. We employ four young men, all of whom are rapid writers, and find they are a very great saving of time and labor to us. Those, however, who choose to understand phonography for themselves, should purchase the Phonographic Teacher, and subscribe for the UNIVERSAL PHONOGRAPHER, a serial, published monthly, at one dollar a year in advance. They will find this study philosophical and interesting, aside from putting them in the possession of an art with which they can fasten words upon paper with the rapidity of oratorical speech.



### The Hungarian Bloomers.

THE AMERICAN COSTUME, with various modifications, has now become a "fixed fact" with the nations of the earth.

Above, we present our readers with a beautiful engraved view of the Hungarian Bloomers. We very much admire the hat and coat, as represented in the principal figure; but do not like the pants. We doubt whether any of our American women will either approve or adopt them. Still, as this is a matter of taste, involving no physiological principle, we shall not discuss it. The coat and hat are infinitely better than the common shawl and bonnet. Encased with the latter, the chest, shoulders, and arms, get but little exercise, while the coat gives free play to all these important organs.

With this costume, women and girls may participate in all the healthful physical sports hitherto enjoyed by men and boys.

Than skating, what can be more graceful, exhilarating, or healthful? Almost every organ of the body is brought into vigorous exercise, by which it becomes expanded, developed, and strengthened; by which woman would be the better fitted to perform all her functions [in Switzerland, the girls out-skate the boys.] But this would be thought "vulgar" by our simple parlor prudes, and our soft silly dandies. With *them*, however, we shall have to do *only* when what little health they *now* have shall have been lost. *Then* our advice, sympathy, and patience will be taxed, tried, and exhausted. Still, by calling attention to the subject now, we shall doubtless save many from sacrificing their bodies and souls on the altar of *foolish* fashions.

In regard to the above, and other engraved views of the new dress, which we may present in this Journal, we should perhaps say, that it will be necessary for all readers to use their own judgment in selecting a style that shall be most becoming. After examining all which may come under their notice, they will be enabled to fix upon one that may be both convenient and becoming. At another time, we expect to present other views of the new dress, as worn in other countries.

THE LADIES' WAISTCOAT.—[A criticism, by Mrs. C. C. S., of Stricklands, North Carolina. No harm can result from a fair discussion of this dress question by the women themselves. Hence, we cheerfully open our Journal for this purpose.]

We think with Miss Williams, that the ladies' waistcoat is

a pretty acquisition to the female dress, and that it gives beauty to the female form, according to the present popular and approved style of beauty, viz.: A full chest, and a slender waist. But with all due deference to Miss Williams's opinion, we have several objections to it. 1st. It is of French origin, and we know of no reason why we American women should adopt the fashions of a nation so infinitely inferior to us in character and in moral purity; and surely we have those among us, whose taste and ingenuity, combined with true delicacy and dignity, can devise plans and invent styles equally as tasteful, chaste, and beautiful, as any from the hands of a French modiste, and far more becoming to every truly American woman. The second objection, I am aware, will have no weight with the favorers of the Weber reform, who advocate the adoption of the *male dress entire*, but we see no necessity of approximating to their peculiar style in this article of long established use with them; but the adoption of the petticoats, and shortening of our upper dress, was a reform so imperiously demanded on the score of health and convenience, that we must think ourselves excusable, even though, by some *sensitive ones*, we are regarded as "usurpers," and loaded with unwomanly epithets; but we will bear them *manfully*, and trust that the day is not far distant when this or some superior style of dress among our women and mothers, shall tell its blessings on nations yet unborn. Our third objection is simple in itself, but weighty in its results: the waistcoat is, in our view, only another form of female inquisition. Who does not know that the materials proposed, cassimere and twilled linen, made up according to the pattern described in the December number of this Journal, the upper part nearly to fit the form, fastened closely in front with buttons, drawn in where we intend to have the waist, and an extra strong band and buckle to compress it at that point into any given space—who that is candid will not admit that this waistcoat and fixtures may be as injurious in its effects on the vital organization, as any of the heretofore used stays or whale-boned corsets? We are an advocate for reforms, especially such as are needed for our own sex, educational, medical, and conventional; and we ask for woman a *God-like* form, physically, mentally, and morally, such an one as originally her Creator endowed her with, capable of appreciating the good and the beautiful, and free to soar into the atmosphere of health and intelligence, unfettered by human inventions, and untrammelled by modern conventionalisms.

### LINES TO JANE.

I thought I would write a few lines just to tell  
That I've worn the new costume, and like it so well  
I will never again wear a long, sweeping skirt,  
To hobble my feet, and to wipe up the dirt.  
It may do for those ladies who strut through the street,  
Who have nothing to do but to dress and to eat,  
And who deem it immodest to own they have feet;  
But who think it no harm, though the season grows colder,  
To bare both their arms from the wrist to the shoulder,  
Or wear their thin dresses so low on the breast  
That we might be afraid they would fall off the rest  
Of the way, if we were not right sure they were laced,  
Or hooked up, and boned down, so tight round the waist,  
That none could suppose they had stomach or chest.  
But tight-lacing, we think, has the world greatly blest,  
As it kills half the fools, and makes room for the rest.  
But for country girls, Jane, those long skirts will not do:  
You know we must go out and milk in the dew;  
We must scrub, wash, and scour, and make butter and cheese,  
And I think we've a right to wear just what we please.  
If we go in the garden to hoe but an hour,  
To pull up some weeds, or to tie up a flower,  
Why surely, you know, it is out of our power  
To keep the long skirts from the mud and the wet;  
And is it any wonder that women will fret  
And scold when they have those long skirts to vex them,  
For fear one conveniently short would unsex them?  
And then, in the winter, a Bloomer, you know,  
Would be very handy to wade through the snow,  
When to feed hungry chickens or pigs we must go,  
Or to fodder the cattle, or gear up the sleigh;  
For such things we do when the men are away.  
It is so delightful to take the fresh air,  
Especially, too, when the weather is fair,  
We would much rather go out and milk all the cows,  
Or throw the corn-fodder down off of the mows,  
Than be always confined to the air of the house.  
The silly may laugh, and the ignorant stare,  
But still I've resolved the new costume to wear;  
For I'm sure no sensible woman or man  
Will dare to insult me, and none other can.

East Marlborough.

S. P.

HAIR TONICS, SOAPS, AND DENTIFRICES.—Hitherto, we have been guarded ourselves, and have admonished our readers, against the use of all "Hair Tonics," knowing, from their chemical compositions, that they would do more damage than good. In this broad statement, we do not except even the "Balm of Columbia," "Tricophorus," "Macassar Oil," "Bear's Grease," "Hog's Lard," with all their admixtures, sent forth to the world by "ten thousand druggists." All, we repeat, without exception, poison, crisp, and *kill* the hair, instead of invigorating, or permanently beautifying it. This is also true of much of the highly scented French, English, and American Soaps, now in use. But, thank fortune, and the progressive spirit of the nineteenth century, ISAAC BABBITT, an original discoverer, came forward, to supply us with an unexceptionable quality of these articles. We have found nothing in the soap trade to equal those varieties manufactured by this genuine Reformer.

We are now permitted to speak of his last, if not his greatest discovery, which, although first brought to light in Boston, is far from a *foolish* "Yankee notion." We have tried it, and therefore speak from experience, when we say "we like it." It is called "ISAAC BABBITT'S CRINOLEUM." The *Boston Post* thus describes it:—"MR. BABBITT has invented one of the best compounds for the hair that has ever been in the market. Indeed, we think it decidedly the best. It is soft, pure, never becomes rancid, and imparts a delicate moisture and gloss to hair, and is very beautifying. We have used the Crinoleum in our family, and can bear testimony to its excellence. It is sold by A. M. Beck and Company, 257 Washington street, Boston."

The same gentlemen have a preparation for the teeth, which they call Babbitt's PANARISTON DENTIFRICE, said to be efficient, yet harmless. After a trial, we may further describe it.

Four men are in the Pennsylvania Insane Asylum, whose insanity was caused by the use of tobacco.—*Exchange Paper.*

[We have come to doubt the sanity, taste, or sense of any one who uses tobacco.]

## To Correspondents.

BY R. T. TRALL, M. D.

**SUBSCRIBERS**, when asking questions to be answered through the Journal, will lessen our trouble by writing them out on slips of paper, separate from that containing other business.

**N. B.**—Under the above head, Dr. Trall engages to give brief explicit answers to any questions propounded by our subscribers, relative to the treatment of disease, or pertaining to any topic discussed by this Journal. Correspondents must bear in mind that our space here only admits of specific answers to plain questions; those who desire general directions with full details of treatment, must consult a Hydropathic physician by letter.

**THE POETRY OF COLD WATER.**—A correspondent who, after having been nearly killed by drugs and nearly cured by the pure element, thus poetizes on his experience:—

"Now listen, good friends, and the truth I'll expound;  
But one little year has just whirled around,  
Since I stopped short, and since I have not touched a pill,  
And by this act I've saved a long doctor's bill."

Milton was considerable of a poet, and he drank nothing but water.

**CHRONIC BRONCHITIS WITH LOSS OF VOICE.**—A. P. M., Salem, Ala.—This subject is treated of particularly in Dr. Shew's work on Consumption, and in the Hydropathic Encyclopedia. A severe case like yours requires thorough and skilful treatment; and if you undertake self-treatment, the above works will be indispensable.

**TAKING ONE'S OWN MEDICINE.**—A correspondent, writing from Monroeville, Mich., where "they say" the snow is, or lately has been, a few feet deep, asks if the proprietors of this Journal practise their precepts, in bathing the whole body at least once every day? To be sure they do. Why not? The thermometer touched zero in this city in January; and we managed to "keep comfortably cool" by an all-over dash of ice-tempered Croton, of each fine frosty morning.

**CHRONIC INFLAMMATION OF THE BLADDER.**—H. N. G. wants to know how to treat this complaint. Send for the Encyclopedia, and follow its directions to the letter.

**ULCERATED GUMS.**—J. W. W., Lyndeboro—The probability is that the trouble in your jaw is kept up by a disease of the antrum, or cavity of the upper jaw bone just over the first and second molar teeth. If this is the case, the antrum must be punctured through one of the sockets of the teeth; an operation which requires a skilful surgeon.

**DANDRUFF, ITCHING, AND FALLING OF THE HAIR.**—C. S., Augusta, Ga.—Cut the hair short, wash the head twice a day in cold water, and practise moderate "shampooing."

**ENLARGED TONSILS.**—M. W. J., Wyoming.—These can often, though not always, be reduced by water-treatment. The neck should be frequently washed in cold water, cold water gargles frequently employed, or bits of ice occasionally melted in the mouth, with strict attention to general bathing and diet. When so enlarged as to be troublesome, and so indurated as to be incurable, they may be cut out without seriously affecting the patient's health.

**LIVER COMPLAINT AND BLED PILES.**—B. W. H.—Your diet should consist of a sufficient proportion of vegetables, fruits, and unbolted grain to keep the bowels always free. An injection of a small quantity of cold water should be employed also just preceding the usual movement of the bowels. The best self-injecting syringes are the India rubber and the common pump syringe. They may be sent from this city by express.

**OLD-FASHIONED ITCH.**—Mrs. A. B., Mass., wants to know how to cure this disease with water. Wash the part affected very frequently with the water, not sparing the use of coarse towels. The whole body should be well washed once a day; and all very greasy or highly-salted articles excluded from the diet. Chilblains require the frequent application of cold

water, taking particular pains to avoid extreme cold, or going near a hot fire when the feet are very cold.

**"SICK ALL OVER."**—E. T. Alexander.—Your symptoms indicate a severe cold, or rather the effects of repeated colds taken, while the liver is in a very torpid state. Drink warm water enough to vomit. Take a daily tepid ablation, and hip-bath, and whenever the heat is uniform over the surface, the pack sheet, with hot bottles to the feet and sides to induce moderate perspiration.

**INVETERATE HEADACHE.**—A. A., Toulon, Ill.—Your case is certainly among the worst on record; yet we should hope much from sitz-baths and walking foot-baths judiciously managed, so as to secure prompt and certain reaction. All crooked positions of body must be especially guarded against, as well as all sources of mental excitement.

**TIC DOLOREUX.**—N. A. P. Trumbull.—The young lady's case is clearly curable; but, good friend, we have no "remedy to send with its price," like as a drug-doctor might do. Our "remedy" is found in a judicious application of all the agents of Hygiene—water, air, food, drink, exercise, &c. If you understand the use of these we can here indicate the particular processes best adapted to her ease. The sure way to effect a cure, which, by the way, would not take long, is to send her to a good establishment.

**GASTRIC IRRITATION.**—A subscriber in the far West, whose neighbors prefer "calomel, quinine, and whiskey to cold water," asks us what to do for gastric irritation, and informs us that the water he uses for drinking is strongly impregnated with minerals and saline matter. Evidently the pre-requisite of a cure is to stop drinking this water. The best diet is dry brown bread, hard biscuits, wheaten grits, potatoes, and good ripe fruits.

**PRURITUS.**—An Allopathic physician and subscriber, who enjoys an extensive "ride," but who don't exactly like to take his own medicine, asks us how to cure the above complaint in the Water-Cure way, &c. Cool, tepid, or warm bathing, often repeated, as either proves most soothing, being careful to take no irritating food, drink, or condiment into the system, meanwhile. Dr. Allopathy gives us the following hints, for which we are profoundly grateful, of course. "Now, don't be bigoted. Chronic ulcerations, of various kinds: can be cured by certain stimulants, such as *nit. argent.*, which are incurable without." Perhaps, and then again, perhaps not. A great many skin diseases are *driven in*, and this circumstance is generally pulled over as a cure. We would rather have such diseases than such cures. It is true, however, that ulcers with callous edges and morbid growth require cauterizing with nitrate of silver, or something else, before they will heal.

**CATARH IN THE HEAD.**—G. H., Schenectady.—The case of your wife, probably, requires the rubbing wet sheet, followed by thorough dry-rubbing, with frequent hip-baths and foot-baths. Walking foot-baths are the best, if practicable.

**THE CHEST-WRAPPER.**—J. A. P., Taunton, Mass.—The wet chest-wrapper may be advantageously worn, in your case, during the day, and while at work; the only precaution necessary is to avoid remaining in a cold place, without sufficient exercise to prevent a chill. There is no necessity for being confined to a certain or equal temperature.

**SUPPRESSED MENSTRUATION.**—B. should employ a rubbing sheet daily, the abdominal bandage, and frequent short sitz-baths, with coarse opening diet.

**THE DEATH KNELL OF CHILDREN.**—A correspondent, writing from St. Johnsbury, says that the mortality among children in that vicinity, from dysentery and fever, has lately been alarming, under the auspices of Drs. Bleed and Blister. We hear similar complaints from various parts of the country. The time is not distant when the death knell of Allopathy will be sounded, and then the children will have a better chance for their lives.

**"HIP-JOINT DISEASE."**—Belmont, Ohio.—In the cases of hip-disease of long standing, the diet is the most important part of the treatment. The use of cod-liver oil in such cases is very silly, let who will prescribe it. The Hydropathic Encyclopedia will afford you the desired information on this subject.

**CATARH WITH ENLARGED TONSILS.**—Mrs. A. B., Ohio.—A plain, simple, dry diet, brown bread, crackers, potatoes, apples, dry toast, &c., is the best diet for your son. He should have a rubbing wet sheet each morning on rising, and a hip and foot bath daily. Bits of ice melted in the mouth would also be serviceable.

**THE UNDERSTANDINGS.**—A very sensible female correspondent calls our attention to the subject of tight shoes, as a proper subject for reform, and asks: "Will not shoemakers have somewhat to answer for the crimping, hitching gait, to which our American ladies plead guilty?" They will, verily; and so will those silly fashionables who, misunderstanding the proper relations between feet and shoes, stand in their own light by having their own understandings a standing disgrace to good taste. Will not some of our contributors expatiate understandingly on this theme?

**TO APPLICANTS FOR A WATER-CURE EDUCATION.**—The large number of applicants who wish to work for a Water-Cure education, obliges us to give a public answer. We are too poor to educate hundreds of people gratuitously. We cannot educate these persons. To answer their letters is a severe tax on our time, and often on our sympathies. We are obliged to refuse persons who are evidently worth their weight in gold; often my eyes run over with tears in view of our and their inability and the world's necessities. People from all parts of the land are applying to us for good and responsible Water-Cure Physicians to come and settle with them. Now those who are worth educating, and who have a wish for the work, should be assisted. One hundred dollars pays the whole expense for a term with us, and this term well educates such people as we have had. A few friends can loan this sum, sure of repayment. Let it be understood that we cannot respond to these applications, and it is only taking our time, and afflicting us to know that persons wish to be educated, and the world needs them, and yet for the want of a few dollars the good work must wait. Let Water-Cure people who love the truth and believe that the world is to be saved by it, look to this matter.

Every Water-Cure Physician, who is worthy of the name, is an educator of the people. And who amongst us does not wish to see the people their own doctors—to see Woman with knowledge sufficient to save her from quacks? Think of women in their blindness seduced from home, into the power of mercenary men, who pretend to cure disease of the uterus and nervous system by secret manipulations, and surgical operations. We want "war to the knife, and the knife to the hilt," with this sort of Quackery.

We want an army of educated, earnest men and women, to go out into the world and preach and practise the truth. Let all who have any truth now, be faithful to it—whether it regard a pure Water-Cure untaunted by drugs, a salutary change in dress, or a simple diet, or whatever portion of our weal it may respect. Could we live a lie at our own cost, we might be more excusable. But the great Humanity is to be saved. "No one lives or dies to himself."

The Gospel of moral and material health presents its claims in the noonday light of this 19th century. Let none dare deny them. Mothers and sisters, I speak especially to you. Love truth and right above all things, and the earth shall be baptized into a new life. MARY S. GOVE NICHOLS.

## Book Notices.

**CHARACTERS IN THE GOSPELS**, illustrating Phases of Character at the Present Day. By REV. E. H. CHAPIN. New York: REDFIELD, Publisher.

We are thankful that this most eloquent speaker has at length, given us in print a series of his ablest discourses. A better analysis of character, or a more faithful portraiture of human nature in its various phases, has never been attempted. Even Gall, Spurzheim, and Lavater have been not only equalled, but in many points surpassed. The author has chosen and classified the following distinguished personages for analysis:

JOHN THE BAPTIST: The Reformer. HEROD: The Sensualist. THOMAS: The Skeptic. PILATE: The Man of the World. NICODIMUS: The Seeker after Religion. THE SISTERS OF BETHANY.

In his preface the author says: "The following discourses, with but slight alteration, are printed as they were delivered from the pulpit. I have sufficiently indicated their general purpose in my introductory

remarks. Scripture teaches, reproves, and corrects not only by its doctrines and precepts, but by the various personages, both good and evil, who are delineated upon its pages. And while I have selected the most striking traits in each character as typical of classes at the present day, I am not conscious of pressing the analogies too closely.

If the perusal of this little volume shall help any to realize the vivid truthfulness and the perpetual freshness of the Gospel narrative, and to feel how intimately they are related to that human nature which, under so many phases, is involved with the transactions of its sacred history, and to apply these lessons of warning or example to their own hearts and lives, my hope and my prayer in presenting it to the public will be fulfilled. To such ends may God bless and sanctify it."

A more interesting selection of characters could not have been made. Through them we may see ourselves as others see us, let us be of whatsoever faith.

The volume contains 160 12mo pages, well printed and bound, and sells for half a dollar.

**HISTORY OF THE UNITED STATES, or Republic of America:** with a Chronological Table, and a series of Progressive Maps. By EMMA WILLARD. New York: A. S. BARNES AND CO., publishers. One vol octavo, pp. 523.

A new edition of this authentic and pleasantly written history, has been recently published. We are not surprised that this book should exceed in popularity all others of its class which have yet appeared. The circumstances under which it has been brought out have been the most favorable. An author of merited fame, with publishers of taste, order, and unsurpassed enterprise, must secure for any good work the largest market, and a reputation which places it beyond the reach of competition.

THIS HISTORY has been translated into the SPANISH LANGUAGE by MIGUEL T. TOLON, and published in a handsome octavo volume by Messrs. Barnes and Company.

**MEMOIRS OF MARGARET FULLER OSSOLI.** In two vols., 350 pages each, price \$2.00. Boston: PHILLIPS, SAMPOSON AND COMPANY. New York: FOWLERS AND WELLS.

Glad, indeed, were our hearts, when presented with copies of these beautiful memoirs, containing relics of one of the choicest spirits that ever inhabited earth or heaven. At another time, we shall speak of these volumes, and tell our readers why they impress us so profoundly. At present, we can only add, that the work has been prepared with great care and fidelity, by R. W. Emerson, James F. Clarke, and W. H. Channing. We hope to tempt all of our subscribers to read these volumes.

**QUAKERISM, OR THE STORY OF MY LIFE.** By a Lady who for forty years was a member of the Society of Friends. Published by J. W. MOORE, Philadelphia. 12mo, pp. 348.

In her preface this lady says, "It is with a humiliating feeling of my own incompetence for the task I have undertaken, that I presume to offer these pages to the public eye." And we affirm that it is with at least an equal feeling of condolence on our part, that she should ever have thus confessed the fact of her total incompetence. True, she has made up quite a sizeable book, but of worse than worthless trash. There is a fair pretension of piety, expressed in a wickedly slanderous manner—and all under the garb of much-abused Religion. Doubtless there are individuals belonging to the Society of Friends, who are no better than they ought to be, even like this "lady" writer. But shall this be taken as a sufficient pretext, to thus condemn both the principles of faith and the whole body of worshippers? There is too much malignity, too much unrelenting persecution and bitterness in the book, to come from a well-balanced mind, or one in which either Conscientiousness, Benevolence, or Veneration have their ordinary influence over the Animal Propensities. We cannot avoid classing the book with that produced by the notorious Maria Monk, although it is of a different character.

**NARRATIVES OF SOBERY AND MAGIC,** from the most authentic sources. By THOMAS WRIGHT, A.M., F.R.S. In one volume, 12mo. Price \$1.25. New York: Redfield. 1852.

This is a very curious and highly interesting book. It contains a series of popular stories of sorcery and magic, (the first chiefly,) and their victims, from the period of the middle ages down to that of the last executions for witchcraft in England and America. Mr. Wright tells these stories admirably; and without marring their effect as illustrations of the respective phases of corrupt or imperfect civilization to which they were incident, his clear comments point the truth or philosophy of the individual case, independent of its subjection to general causes or influences. The range of

information in the book is extraordinarily wide, and it is popularly set forth throughout, without a touch of pedantry or a dull page.

**"THE NINETEENTH CENTURY, or the New Dispensation"** By a LAYMAN. A defense of the claims of EMANUEL SWEDENBORG as a teacher of extraordinary illumination, together with an exposition of the leading points of his theological system. 12mo, pp. 425. For sale by FOWLERS AND WELLS, New York and Boston. Price by mail, \$1.25.

The Tribune says: "It is ably written, often eloquent, and in a far more lucid style than is usually employed by writers of the Swedenborgian school. Many of its criticisms on the spirit of the age are pungent and strongly sustained; a vein of masculine thought pervades its course of argument, and no one can read it in a contemplative mood without receiving important and fruitful suggestions."

**PROCEEDINGS OF THE WOMAN'S RIGHTS CONVENTION,** held in Worcester, Mass., Oct. 15th and 16th, 1851. New York: Published for the Committee, by FOWLERS AND WELLS. Pp. 112. Price 25 cents.

What shall we say of this? Its title "tells the story;" and whatever we may add, cannot increase or diminish its importance.

Externally, it is a modest looking document, but internally, we find it to abound with dignity and power. The abuses growing out of the present inharmonious relations of the sexes, the partial development of woman, producing imbecility, inequality, and helplessness, with their remedies, are ably discussed, by some of our most distinguished women.

Of course all intelligent and independent American women, who would better the condition of their sisters, will circulate this document, and thus place before the world the sayings and doings of this Female Congress.

**VIEWS OF THE MICROSCOPIC WORLD.** A Class Book for classes in Natural Science. By JOHN BROCKLESBY. Illustrated with numerous engravings. New York: PRATT, WOODFORD AND COMPANY.

A small quarto volume of 146 pages, handsomely printed and bound, containing more REAL SCIENCE than any work which we have noticed in a month.

The author is Professor of Mathematics in the Trinity College of Hartford; and although comparatively young, is a ripe scholar and a man. With his theological views we have nothing to do. He has given a book of scientific revelations to the world, which we can heartily recommend, and which we advise everybody to read.

**A FEW IMPORTANT FACTS,** illustrating the Ruinous Tendency of Gambling upon the minds, morals, and business interests of the United States. New York: For sale by FOWLERS AND WELLS. Price 12 1/2 cents.

The three great leading vices of our age, are Drinking, Gambling and Licentiousness—all of which usually go together. Those who read books, papers and magazines on Temperance and Morals, are familiar with the wickedness of Intemperance, while "A few Important Facts" in relation to gambling may serve as a caution to those predisposed to this kind of vice. We commend it to young men, and to old men, to good men and to bad men. When a wolf is discovered going about seeking to devour innocent animals, all cry out to warn the ignorant. But here is a fiend infesting human society, leading in his train villany of every variety, from petty theft, robbery, counterfeit, forgery, on down to murder, together with all the consequences growing out of them. Shall we not then strive to put a stop to an evil so stupendous? Read "A few important Facts" on this subject.

**THE FAMILY AND SCHOOL MONITOR,** and Educational Catechism. By JAMES HENRY, Jr. 16mo, square; 167 pages. Published by GEORGE SAVAGE, 22 John street, and MASON AND LAW, 23 Park Row, New York. 1852.

This work is arranged with questions and answers, and is intended to implant in the minds of the young the most important principles of a physical, moral and intellectual education. A very ingenious chart has been prepared by the author to accompany this book, which so represents to the eye the relative position and importance of these fundamental principles of a just and harmonious education, that they are firmly fixed in the memory. Such a chart, accompanied by this book, would do much good in the family or school-room.

**HINTS TO EMPLOYERS, or a Plea for Apprentices and Clerks.** By JOSEPH P. THOMPSON. New York: M. W. Dodd.

A small 16mo. of 128 pages, containing the substance of two Sabbath evening lectures delivered in the Broadway Tabernacle. It should be read by all employers who would better the moral condition of their clerks and apprentices.

**A TREATISE ON PRACTICAL BOOK-KEEPING AND BUSINESS TRANSACTIONS,** embracing the Science of Accounts, and their extensive applications. Designed as a Class Book for Schools and Academies. By JOSEPH H. PALMER. New York: PRATT, WOODFORD AND COMPANY.

The most complete and satisfactory book on the subject. It cannot fail to be adopted by all who have occasion to acquire a knowledge of book-keeping.

**THE AMERICAN PRESIDENTS,** their Characters and Developments, with Portraits and Biographies. New York: FOWLERS AND WELLS, publishers.

A beautiful gallery of portraits, presenting capital likenesses of all the Presidents of the United States, with interesting sketches of their lives. It is so very cheap—only twelve and a half cents a copy—that every boy and man, every girl and woman, will want it. It may be sent by mail, at a trifling postage.

## 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.

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Phonographic Teachers will find this work a superior text book for their classes; its instruction in the art is complete, and its reading exercises are in Phonography. Price, in boards, 40 cents. In paper, 30 cents.

**THE AMERICAN PHONOGRAPHIC JOURNAL,** twelve numbers neatly bound in one volume. This is one of the best reading books a beginner can have. Price \$1 00.

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**THE REPORTER'S ASSISTANT.** The best work on Reporting, 35 cents.

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**PHONOGRAPHIC MOTTOES,** in sheets, 5 cents.

**PHONOGRAPHIC ENVELOPES,** large and small, containing a brief explanation of Phonography and its utility. All who wish to spread Phonography should use them. Per thousand, \$1 00.

**DECLARATION OF INDEPENDENCE,** in Phonography, fourteen lines by ten; a beautiful sheet, designed to be framed, 10 cents.

**PHONOGRAPHIC ALPHABET,** upon a beautiful enamelled card; of great service to learners where a book would be inconvenient. Per hundred, \$2 00.

*Note.*—Money should always be sent with which to prepay the postage on books.

Either of these works may be ordered, and received by return of the FIRST MAIL, at a trifling expense for postage. Please inclose the amount in a letter, and address, post paid, FOWLERS AND WELLS, No. 131 Nassau st., New York.

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LECTURES ON THE AMERICAN ECLECTIC SYSTEM OF SURGERY, by Benjamin L. Hill, M.D., with over 100 engravings illustrating the practice of Surgery. Price \$3 50. To be had of FOWLERS AND WELLS, 131 Nassau street, New York, or 142 Washington street, Boston. P.S.—This work cannot be sent by mail, as it weighs more than 32 ounces. What an absurdity is such a law! Feb. 11.

## WATER-CURE ESTABLISHMENTS.

**HYDROPATHIC INSTITUTE.**—Dr. TRALL receives patients at his commodious city establishment, 15 Lighthouse street, one door from St. John's Park. In addition to the usual appliances for full Water treatment in all ordinary diseases, he has, with the assistance of Dr. J. L. HOSFORD, established a department for the special management of those female diseases which are incurable without peculiar mechanical and surgical treatment. Feb. 11.

**OUR CHANGE.**—ELMIRA WATER-CURE.—Perhaps a word or two explanatory of our change of location may not be devoid of interest to our former patrons and friends, as the most of them are readers of this Journal, nor to others who are interested in the progress of Hydropathy. The one hundred and fifty thousand readers of this paper are mostly aware, that we have long been engaged heart and hand in this cause, even from its infancy in this country, while many are aware, that for the past year, we have had charge of the "Forest City Cure," one of the finest institutions in this State. We are happy to state, that we do not leave our past year's residence for want of patronage or ample conveniences to treat the sick, nor from any dissatisfaction towards Dr. Burdick, the gentlemanly proprietor, or his kind and generous lady, from whose hands we have received multiplied kindnesses and many tokens of regard, which are not soon to be forgotten. It is with many regrets that we bid farewell to "Forest City," with all its agreeable inmates and pleasant associations, confidently expecting that great prosperity will crown the labors of its proprietor.

We leave mainly in hopes of making us a permanent residence near a flourishing village, on one of the great thoroughfares leading through this State, where supplies can be readily obtained, and where access can be had to church, and where all the privileges can be enjoyed which a large place affords. We wished to invest some capital, and to take the entire charge of a Cure into our hands, which, after so many years of experience in the business, we feel a tolerable degree of confidence that we can successfully manage.

Elmira is the county seat of Chemung Co., N. Y., and is located near the centre, east and west, of the State, and also of the New York and Erie Railroad, in a fine, healthy, and flourishing district of country. Canandaigua on the Northern Railroad is connected with this point by an iron road, making a cross track between the two main routes of this State. Elmira is only nine hours distant from New York city, while Erie on the Lake is a little less. This place is remarkably accessible from all quarters of the country. The Chemung river winds its way through the village, tortuously winding itself among the spurs of the Alleghany Mountains, which shoot up into this State like peaks of a "submerged world," adding much to the healthfulness of the place, as well as to the beauty of the scenery.

The Cure (which is now being built, and will be ready to receive by the first of June next) is located within fifteen minutes' walk of the R. R. depot, churches, post-office, and all the business places of the town, which new numbers over five thousand inhabitants. The Cure stands east of the village, on an eminence of one hundred and twenty feet above the level of the river; making the situation airy and romantic. A good plank walk extends from the village to our premises, making fine access to all the public places in the village, at all seasons of the year. Those who have been at cures will readily appreciate the value of six miles of such walk, as presenting facilities for good exercise in uncomfortable travelling. A good number of the rooms in the Institution are large and airy, while all are of good size, and conveniently arranged for the comfort of patients. Especial attention in the construction is to be paid to ventilation, which is a matter of so great importance to the sick as well as to all employed in the Cure. A fine, spacious piazza of near one

hundred and fifty feet in length, on a level with the second floor, is to be put up with the building, making a fine promenade for those who cannot take walks any distance from the house. The bath houses are each two stories, located in the rear of the main building, which is seventy-five feet long by thirty-eight feet in width, and three and one half stories high. The bathing apartments are situated at opposite ends of the house, and reached by halls leading from the main one running through the centre of the house.

The water (which is the one great desideratum to any Cure) is soft and abundant; the spring is only twenty rods from the Institution, and its temperature is fifty-five degrees at all seasons of the year. To obtain good water at a Cure is no small item; as many cases cannot be cured by hard, poor water, which can be reached with the aid of soft water.

Taking into account the accessibility of this Institution, its beautiful location—commanding a view of four miles of the railroad, and of the entire village, together with an extensive range of country, diversified into hills, mountains, plains, and ravines—we think (as the house is new, and built expressly for a cure) that we may expect our share of patronage, and hope to give good satisfaction to those who may in future be our guests and patrons.

One other consideration which may be of some importance to the public. We bring no small share of experience with us, as we have had charge of cures for the last six years. We were two years at Greenwood Springs, three years we had the charge of the medical department of the (Glen Haven Cure, and one that of Forest City. Our time and attention will be entirely devoted to the interests of the Cure. Mrs. Gleason has had large experience in treating female diseases, to which she will devote much attention. Her success in the past has been such as to insure a large number of patients in years gone by. We have treated over two thousand cases since we commenced the Hydropathic practice, and taking into account all our facilities, as Mrs. Gleason is competent to treat all forms of disease peculiar to her sex, we hope to receive our share of the afflicted, who may wish to avail themselves of the facilities that a well conducted Hydropathic establishment affords for the recovery of health. S. O. GLEASON.

**GLEN HAVEN: SPRING ARRANGEMENT.**—This Institution, so finely and beautifully situated, opens at this date its fifth season. During the past year there have been treated in it 260 patients, 135 males and 125 females. Of these 104 have had unmistakable critical actions, or as they are termed, CRISIS, every one of which have terminated favorably. We venture to say, that no establishment in the Union, taking its whole number of cases treated, including transient patients, can show a greater proportion. Of these, 45 have had crises by skin in the way of eruption or boils, by fever, and by intestinal evacuations, making three crises each. Of the balance, some 15 have had two crises, and the remainder single crises. Of the 156 who had no crises, 130 were greatly benefited; 20 stayed so transiently, that no good or ill ensued, and 6 were not helped. During our winter course, we have averaged 27 patients. We have remodelled our establishment thoroughly, so that we persons, 12 by 20 feet, all of which are nicely and newly carpeted. We shall have fine boats on the lake for the use of our guests. Our table will maintain its reputation, we trust. Our help will be of the highest character, and we are determined to satisfy all reasonable expectations. We shall give no medicines. We are Hydropathists, not Hydrodrugists. Our business is to take medicine out of people, not to put it in. Advice we shall gladly give, free of all charge save postage to APPLICANTS. The past year we have made over 500 prescriptions for treatment out of our Institution. Our prices will be as reasonable as formerly, but graduated as follows:

First four weeks, seven dollars a week, payable weekly.

Second, six. For any time after, five.

**ROUTE.**—From the east or west, on the Albany and Buffalo Railroad to Skaneateles, at which place inquire for Mr. James Tyler, who will see persons safely and comfortably at THE GLEN. From the east or west, on the New-York and Erie Railroad, come to Binghamton, thence to Cortland and Scott by stage. Post Office address—Scott, Cortland Co., N. Y. J. C. JACKSON, M.D., T. G. CHAPLIN, Proprietors. March, 21.

**PROSPECT HILL WATER-CURE.**—Dr. T. L. NICHOLS and Mrs. M. S. GOVE NICHOLS would respectfully apprise their friends and the public, that they will remove, on the 1st of May next, to their country establishment, at Prospect Hill, Port Chester, N. Y.

As they have selected this spot, in preference to all others offered to their choice, many of which presented strong inducements, they wish to give some of the controlling reasons.

**ACCESS.**—Port Chester is about 28 miles, or one hour's distance, from New-York, by the New-Haven Railroad, with trains running almost every hour, from depots in the centre of the city. Prospect Hill is in sight of, and but a few minutes' walk from the Port Chester depot.

**SALUBRITY.**—Prospect Hill is high, airy, in a beautiful country, and entirely out of the range of Fever and Ague. We believe it to be as healthy a spot as there is in the world, as it is one of the most beautiful.

**WATER.**—The whole country is full of springs, brooks, and rivers of delicious water of perfect softness and purity.

**SCENERY.**—The view from our establishment is scarcely paralleled in this country. It includes fifty miles of Long Island Sound, with its bays and Islands, half Long Island, and from ten to twenty miles of the surrounding country. This prospect, alone, is enough to give new life to an invalid.

Prospect Hill and its vicinity combine every thing that can make such an establishment attractive—fine walks and rides, all needed seclusion, salt and fresh water bathing,

boating, and every appliance that can assist in the restoration to health.

As our room will be limited during the first season, and as we intend to take only so many patients as we can fully accommodate, giving them our undivided attention, applications should be made in advance.

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

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

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

Patients are requested to bring two coarse cotton and one linen sheet, two woollen blankets, one comfortable, and old linen for bandages. S. ROGERS, M. D. E. F. ROGERS, Superintendent. Feb. 11.

**FOR SALE OR TO RENT.**—The Fairmount Water-Cure Establishment, pleasantly located at Knox Corners, Oneida County, on the Rome and Madison Plank Road, is offered for sale or to rent, on reasonable terms. Persons wishing to engage in the healing art with pure water, or in connection with keeping a house of entertainment for travellers, are requested to call and examine the premises. If not sold soon, will be rented from the first day of April next. Knox Corners. JOHN J. KNOX. March, 11.

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

The charge for board, medical advice, and all ordinary attendance of nurses, is \$8 per week, payable weekly. T. T. SEELYE, M. D., Proprietor. Feb. 5.

**THE ROUND HILL WATER-CURE RETREAT.**—Established in 1847. Located at ROUND HILL, NORTHAMPTON, Mass. Accessible by Railroad from Boston, Albany, and New York, in from 4 to 5 hours. For beauty and healthfulness of location—softness and purity of water—large and well-furnished rooms, and for comforts and conveniences for patients and their friends, this establishment is unsurpassed by any in the country. Address A. RANDALL, Esq., Agent, or C. A. HALL, M. D., Physician. Feb. 11.

**A RARE CHANCE FOR A HYDROPATHIC PHYSICIAN.**—For sale, or to rent, the Water-Cure Establishment at Willow-Grove, Montgomery County, Pennsylvania, fifteen miles from Philadelphia, on the Eastern road; a farm of forty acres of good land well cultivated, large buildings properly arranged and furnished, plenty of the best, purest water; a most pleasant and healthy location. Terms moderate. For further particulars apply to John C. Brunner, No. 13 South Tenth st., Philadelphia. March, 11.

**DR. R. WESSELHOFF'S WATER-CURE ESTABLISHMENT, in Brattleboro', Vt.,** notwithstanding many reports to the contrary, continues in successful operation. Patients are received at all seasons of the year, and will meet with the personal care of Dr. W., who has so far recovered as to be able to attend again to his professional duties. March, 4.

**MOUNT PROSPECT WATER-CURE.**—Binghamton, Broome Co., N. Y., accessible six times a day, by N. Y. and Erie Rail Road. Patients are received and treated all the year round, without any reference to winter. No letters received unless the POSTAGE IS PRE PAID. DR. O. V. THAYER, Principal and Resident Physician. Feb. 21.

**GREENWOOD SPRINGS WATER-CURE, Cuba, Alleghany county, N. Y.** The proprietors of this Institution respectfully announce that they are prepared to receive and treat the sick and afflicted during the coming winter. Terms per week, \$5, payable weekly. J. C. WHITAKER, J. B. FRASIER. Feb. 11.

**J. W. CLOWES, Surgeon Dentist, No. 7 Eighth Avenue, New-York.** March, 11.

**Dr. GEORGE HOYT, Hydropathist, Boston, No. 20 Winter street.** March, 11.

**THE BROWNSVILLE WATER-CURE ESTABLISHMENT, under the direction of Dr. C. BELZ, is open for the reception of patients. Summer and Winter. Feb. 10.**

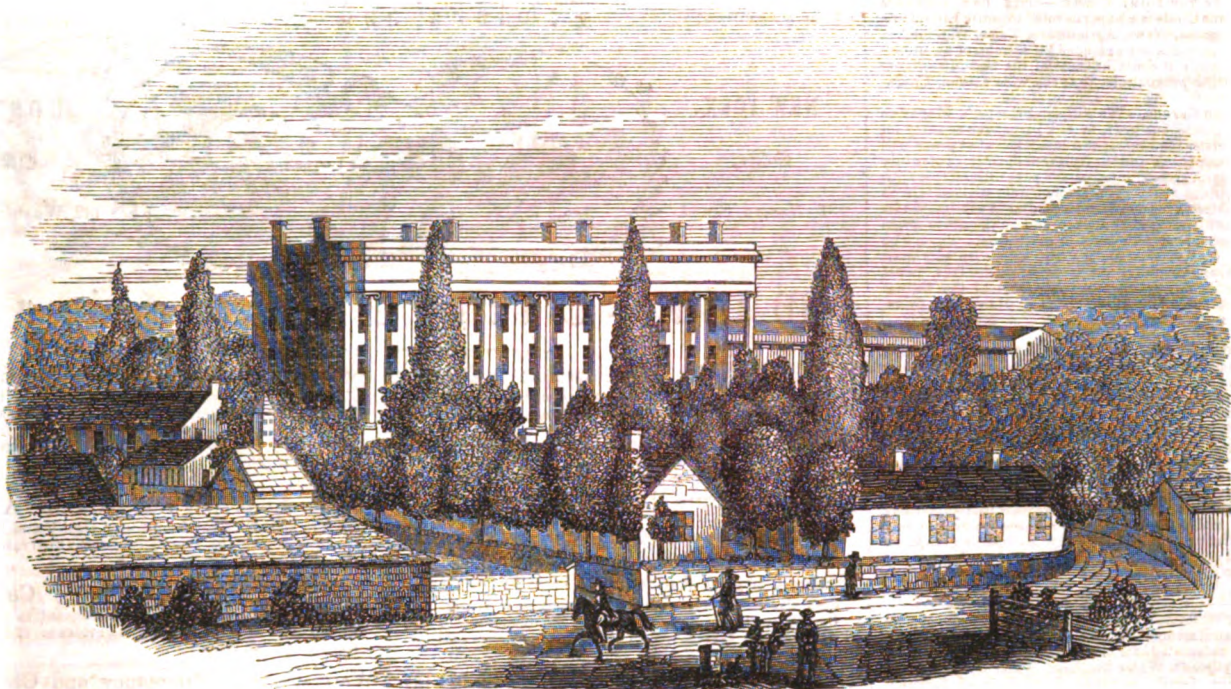
**PENNSYLVANIA WATER-CURE ESTABLISHMENT.**—By EDWARD ACKER, M. D., Phillipsburgh, opposite the town of Beaver, on the Ohio river, Beaver county, Pa. Feb. 8.

**MISS M. H. MOWRY, PHYSICIAN, No. 22 South Main street, Providence, Rhode Island. Feb. 14.**

**OFFICE OF CORRESPONDENCE, Washington City, D. C.**—A letter on any business, addressed to this office, and enclosing a fee of five dollars, will procure a satisfactory reply.

REFERENCES—R. Wallach, U. S. Marshal; W. Lenox, Mayor; Jo. Gales, of the "Intelligencer;" R. W. Latham, Banker. Address T. C. CONNOLLY.

Office of Correspondence, Washington, D. C. EDITORS who place the above notice, with this note, among the business cards in their columns, may at all times command the services of this office. T. C. C. March, 6.



C. GRAHAM, M.D.,  
PROPRIETOR.

MAMMOTH WATER-CURE OF THE WEST.

R. S. HOUGHTON, M.D.,  
PHYSICIAN.

This establishment is situated on a commanding eminence adjoining the village of Harrodsburg, Kentucky, being thirty miles from Frankfort, twenty-eight from Lexington, and eight from Kentucky River, near the geographical centre of the State. The Proprietor is determined to avoid neither trouble nor expense that will add to the comfort or conduce to the improvement of health-seeking invalids. The main establishment is one of the most elegant and spacious buildings in the West. This, together with the surrounding cottages, (which are all admirably adapted to the comfort and convenience of the occupant,) will accommodate 500 patients. While seeking to render the dwellings as desirable as possible, other and equally important considerations have had due influence in the mind of the proprietor. The grounds are elevated and extensive, adorned with every variety of shrubbery grown in America, interspersed with some of the most beautiful and rare exotics from Europe and Asia, and traversed by wide gravelled walks, intersecting and crossing each other in every direction. A small and beautiful lake is situated within the pleasure-grounds, whose glassy surface is enlivened by many tame and wild water fowls. — *Collins's History and Antiquities of Kentucky, 1847.* There are also two Bowling Saloons, and an elegant Saloon for the accommodation of patients who may wish for other kinds of physical exercise. The medical

department is filled by ROLAND S. HOUGHTON, M.D., whose experience in the various departments of Hydropathy, we trust, will entitle him to the entire confidence of those who may stand in need of his professional services. The WATER-CURE has proved eminently successful in RHEUMATISM of every grade and character: DYSPEPSIA, with all its attendant evils, as NERVOUSNESS, HEADACHE, CONSTIPATION, PALPITATION OF THE HEART, HYPOCHONDRIA, etc.; also, INCIPENT CONSUMPTION, CHRONIC DISEASE OF THE LIVER, popularly called "Liver Complaint," GOUT, HIP DISEASE, CHRONIC ENLARGEMENT OF THE JOINTS, ULCERS, and every variety of Skin disease.—not to mention a host of acute diseases, in which it has proved superior to any other mode of practice. Patients are requested to bring two HEAVY Comfortables; also two Blankets, two coarse Cotton and one heavy Linen Sheet, six Towels, and a quantity of Old Linen suitable for bandages. ALL OF THESE ARTICLES SHOULD BE CAREFULLY MARKED. TERMS.—The terms for board, medical fees and attendance, will be TEN DOLLARS a week for each patient for the first four weeks; for each successive week, EIGHT DOLLARS. Servants who may be brought to attend on patients, will be charged \$2.50 each week. For further information, address C. GRAHAM, M.D., Proprietor, Harrodsburg, Kentucky. March, 1st.

THE SHEKINAH.

This Magazine is devoted chiefly to an inquiry into the Laws of the Spiritual Universe, and a discussion of those momentous questions which are deemed auxiliary to the Progress of Man. The following will indicate distinctively the prominent features of the work.

1. LIVES OF ANCIENT AND MODERN SEERS, with elegant portraits, engraved on steel expressly for the Shekinah.
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CONTRIBUTORS.—Rev. James Richardson, Jr., O. W. Wight, C. D. Stuart, Horace Greeley, V. C. Taylor, T. L. Harris, J. K. Ingalls, Frances H. Green, Sarah Helen Whitman, Annette Bishop, and others. Several distinguished minds in Europe are expected to contribute occasionally. Two quarterly numbers of the Shekinah have already been issued, containing more than one hundred pages, each, of original matter, printed on the finest paper, with splendid portraits and music, also original. No. 1 contains a superb head of CHRIST, representing him in the light of his transfiguration. No. 2 has elegant portraits of EMANUEL SWEDENBORG and LOUIS KOSUTH.

TERMS \$3 a year, STRICTLY IN ADVANCE. Six copies will be sent to one address for \$10. A discount of 25 per cent. will be made to booksellers and periodical agents, but the cash must accompany the order. Address S. B. BRINTON, Bridgeport, Connecticut. March, 1st.

THE NINETEENTH CENTURY.—This Magazine is edited by C. Chauncey Burr, and Celia M. Burr. It is devoted to every form of rational progress; and thoroughly opposed to every species of unhealthy excitement and delusion. The

press has very justly called it the "Great American Magazine" as it is designed to give expression to the best and highest form of American thought and feeling. It is published quarterly at New York, at \$2 a year. A discount of 33 per cent. will be made to booksellers. To clubs of 10 or more, the subscription price will be \$1.50 per annum. Address C. CHAUNCEY BURR & Co., New York. March 1st.

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