

# THE WATER-CURE JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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## Contents.

Illustrations of Physiology, . . .	97
Wounds and their Cure, . . .	99
Cases of Water-Cure, . . .	99
Chronic Rheumatic Gout, . . .	99
Symptoms and Treatment, . . .	99
Fever and Ague, . . .	99
Hypochondriasis at the "Turn of Life," . . .	99
Prolapsus Uteri, . . .	100
Cholera Morbus, . . .	100
Fever, . . .	100
Our new Epoch, . . .	100
An Autobiography, . . .	101
Horses, . . .	101
John Howard, . . .	102
Allopathic Practices and Allopathic Success, . . .	103
Diseases and its Remedy, . . .	104
Typhus Fever, . . .	104
The Teeth, . . .	105
"Will Water-Cure Save Me," . . .	105
Cases of Home Treatment, . . .	106
The New Medical College of New York, . . .	107
Water-Cure in Hospitals, . . .	107
The Granville Water-Cure, . . .	107
Reply to E. A. Kittredge, M.D. . . .	108
The Eradication of Medical Quackery, . . .	108
May Topics, . . .	109
Another Cure-all for Consumption, . . .	109
Duration of Human Life, . . .	109
Patent Self-Raising Flour, . . .	109
Sea-Sickness, . . .	110
The Shower-Bath as a Penalty, . . .	110

## ILLUSTRATIONS OF PHYSIOLOGY.—NO. IV.

BY T. L. NICHOLS, M.D.

PHYSIOLOGISTS are at fault in many things, but, since the time of Harvey, few subjects have been more disputed than those connected with the circulation of the blood. The common opinion has been that the heart is the great agent of this circulation. That opinion must be abandoned. We must assign to the heart the office of regulating the flow of blood, in regard to quantity and rapidity. As its cavities contain only a measured quantity, and as this amount passes through with a measured rapidity, we have in the heart a regulator like the pendulum of a clock, or the balance wheel of a watch.

But there are abundant proofs in physiology, that the blood could circulate perfectly well without a heart, and that a large portion of its circulation is carried on without the direct influence of that organ. The office of the heart appears to be, to force the blood, in regular, measured quantities into the arteries, and with the aid of their contractions to bring it within reach of the fine capillaries. There, we have reason to believe, its function ceases. The vessels have a circulating power of their own; or, as some contend, the blood has a self-moving power.

Let us glance at some of the proofs that the heart is not needed to circulate the blood. The circulation of fluids is a condition of all organized beings, while comparatively few are furnished with hearts. The sap rises through the roots of a tree, penetrates to its remotest leaves, and returns again to the roots, having performed its nutritive office. This circulation is carried on with great power, but there is no heart, and no organ of a similar character. We have only spongioles or absorbent vessels at the ends of the roots, fine anastomosing tubes running up, through root, trunk, and branches to the leaves, where there is a set of capillary vessels, and then a return of this circulation. Cut into a young maple, birch, or grape-vine in the spring, and you will see the rapidity of this movement; and if you will take pains to adapt a proper apparatus you may measure its force, which is a very respectable one.

There are many classes of animals with circu-

latory systems, but with no more hearts than the vegetables. The blood either circulates itself, by some vital, inherent power, or it is circulated by the contractions, or attractions, or repulsions of the vessels which contain it.

But even in the human subject there are portions of the circulation quite free from any possible influence from the heart, and it is on these that I shall chiefly rest my argument. When the blood has passed through the arteries by the impulse of the heart, and enters the capillaries, it no longer moves on with a regular *vis a tergo*, but stops, moves backward, and takes its own time to perform its nutritive function. Passing into the veins, it comes back to the heart with a force which cannot be attributed to that organ, but which is gentle, regular, and in all respects like that produced by endosmose, or capillary attraction.

There is one part of the system of circulation, in which the separation from the heart is more decided. The venous blood of the whole digestive system collects into one large venous trunk, called the *vena porta*, which enters the liver, and then branches out into a set of microscopic capillaries. It is from the venous blood in these vessels that the bile is elaborated, and these capillaries then gather into veins again, and finally unite in one trunk, the *hepatic vein*, which carries the blood into the ascending *vena cava*, by

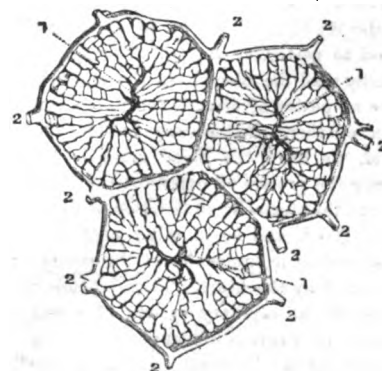


FIG. 1. Section and microscopic view of three lobules of the liver, showing the distribution of the portal and hepatic veins.

## INFLUENCE OF THE JOURNAL.

[The following voluntary testimonial is a fair sample of communications daily received at this office.]

"MESSRS. FOWLERS AND WELLS:—I have been a reader of the Water-Cure Journal for more than three years, and I can safely say that I have received more benefit from its perusal, than from the perusal of any other periodical I have ever read. I believe it has been the means of accomplishing more towards the Physical regeneration of the Human race than any other medical periodical ever published,—yes, more than all of them put together. The laws of life and health are so clearly and plainly set forth, and their observance so forcibly and urgently pressed upon all who wish to enjoy those blessings, that no one can read a single number without obtaining an amount of information, which, if put in practice, would be of incalculable benefit to him. Go on, then gentlemen, I am with you in this glorious reformation, and shall render you all the assistance in my power, to spread the joyful news of a world's redemption from disease and drugs.—[Florence, Ky. H. T. HARMAN.]"

which it is taken to the heart. Now this blood passes through two sets of capillaries, over the circulation of which the heart can have no power.

In the circulation of the fœtus, the blood is carried from the *placenta*, or afterbirth, which is attached to the walls of the uterus, to the fœtal heart. There is no communication between the vessels of the infant and those of the mother, nor can it be conceived that the fœtal heart gives the impulse of this circulation.

There is a set of vessels called lacteals, which receive the chyle from the small intestines, and after carrying it through an extensive glandular system, unite in a duct, called the *thoracic duct*, which passes up through the thorax, and empties into the junction of the jugular vein with the subclavian, some distance above the heart.

Here is no heart to give its force to this fluid, yet if this duct is tied, it will swell up and burst.

We have a similar example in the bladder, which will burst from the distention of the urine, when it cannot find an outlet. Whence comes the force that bursts the urinary bladder? If the *ureters*, or tubes which convey the urine from the kidneys to the bladder are tied, they will also expand to a great size under the pressure, which comes from the capillaries of the kidneys, but not, surely, from any impetus of the heart, or any similar organ.

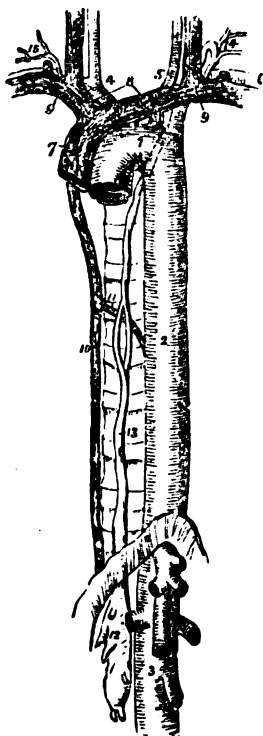


Fig. 2. Thoracic duct, beginning at 12, the receptaculum chyli, where the large branches of the lacteals and lymphatics join to form this pouch, from which the tube passes up behind the lungs and arch of the aorta, and terminates by a valvular opening at the beginning of the left vena innominata.

The fact that it is not the heart alone that circulates the blood, is shown in determinations of blood to particular organs. The heart can only blindly send the blood into the arteries. It can have no power of directing it to one organ more than another. Yet, in any excitement of the mind, we have the blood going to the brain; during the process of digestion, the blood gathers around the stomach; in lactation, it fills the mammary gland, and so of other organs. None of these normal irregularities of the circulation are governed by the heart. They depend upon the action of the capillary system of vessels, acting under some nervous influence.

So in states of disease. In the congestive, or cold stage of intermittent or remittent fevers, when the blood leaves the surface of the body, and gathers around the internal viscera, this ac-

tion cannot depend upon the heart. That honest viscus is working away with the same force as usual. It is in the nerves of the capillary system where the power is wanting.

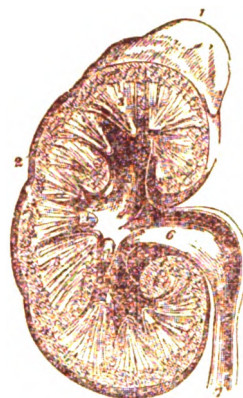


Fig. 3. Section of kidney, and beginning of ureter, 6, 7.

The heart, therefore, is not the only, nor even the chief organ of circulation, whose power resides chiefly in the small vessels, and more or less in all the vessels. The heart is but an expansion of veins and arteries, and these vessels, like the heart, have their own power of expansion and contraction, and by their movements they act powerfully upon the circulation.

The great efficiency of the Water processes arises from the fact that we apply them directly to the external capillary system, and the extremities of the nerves, in which reside so large a proportion of the powers of life. One may know the efficacy of the Water Cure, as a matter of fact and experience, but he cannot understand the principles upon which it acts, without a thorough knowledge of anatomy, and a more profound insight into physiology, than is commonly found in the books thus far written on that most important and least understood of human sciences.

THE WATER-CURE.—[Under this title the *Essex Standard*, of Elizabethtown, N. J., publishes a lengthy article, from which we quote.]

"This system of treatment of the various diseases to which civilized humanity is subject, is assuming an importance of which those who take but slight notice of passing events can have little conception.

Less than a quarter of a century ago it was entirely unknown; and now, Water-Cure Establishments exist in every part of Europe, Great Britain, and the United States; throughout which countries it is also extensively adopted in Home practice, and in both cases, crowned by a success unparalleled in the history of the healing art.

Its literature, for it already has its ready and accomplished writers, is clear, perspicuous, perfectly intelligible to the ordinary intellect, interesting, even fascinating. How different to the general, and we might be pardoned almost for saying to the medical reader, is the incomprehensible jargon of Medical Literature?

The Water-Cure Journal, too, the most delicate, chaste, ably edited, beautifully printed and truly valuable of all the monthlies, has an immense circulation, and its enterprising publishers are looking forward to an early period when its subscription list shall exceed its hundredth thousand. It should be the companion of every family in the land.

Our attention has been called to this subject by the recent cogent and spirited Lectures delivered by Dr. Bourne, upon Water-Cure, Physiology, Education, etc."

[The editor here enumerates and recommends such Hydropathic publications as he approves, and in the same paper, in another notice, remarks:

"We are assured by friends in whose judgment we place much confidence, that Dr Bourne understands fully the subjects which he discusses, and as an interesting lecturer has few superiors. We are confident that the doctor has been successful in inducing many persons to reflect on the important truths which he teaches, and believe that much good will be the result of his visit.

"We think all our ladies, particularly, should investigate the claims of Water-Cure.

## WOUNDS AND THEIR CURE.—NO. II.

BY JOEL SHEW, M.D.

WOUNDS are of different kinds, accordingly as they are made. In medical language, they are called incised, punctured, lacerated, or contused, as the case may be.

INCISED WOUNDS are those made with a clean-cutting instrument, drawn more or less quickly across the part. These generally bleed more at first than the other kinds of wounds.

PUNCTURED WOUNDS are those made with some sharp pointed article or instrument, such as a knife, nail, pin, splinter of wood, or thorn. These are to be regarded as the most dangerous of all wounds; they are more liable to implicate bloodvessels, nerves, viscera, and other deep-seated parts; the parts thus wounded are more liable to be stretched and torn, and are, consequently, more disposed to inflame and suppurate; matter is also more liable to burrow extensively, it not having a chance to escape; foreign bodies are more likely to be carried into greater depths, and they are more liable to be attended with lock-jaw than the other kinds of wounds.

LACERATED WOUNDS are made by some substance or thing that tears the flesh. They are attended with less hemorrhage than the incised, because their surfaces being irregular, renders it easier for the blood to coagulate, and because blood-vessels when torn do not bleed near so readily as when they are cut. A man may have his arm torn off by machinery, and suffer no loss of blood, while a comparatively small cut may cost him his life. But in most respects lacerated wounds are much worse than those of a clean cut; they are more liable to inflame violently and slough; they are often complicated with foreign bodies, and are much more liable to be attended by lock-jaw, and other constitutional disturbance.

A CONTUSED OR BRUISED WOUND signifies one that is made with some blunt substance, which does not break or penetrate the skin. Such wounds may be very slight, and such as demand no attention whatever, or they may be so severe as to endanger or destroy life.

The first great object in the treatment of wounds is to arrest the hemorrhage, if this be such as to demand attention. This being a subject of great importance, I have treated of it in a former number of the Journal, to which the reader is referred.

If a patient faints from loss of blood, or from shock, he is to be laid down in a horizontal position, and treated as we would in any other case of syncope; and it is of importance to observe that a meddlesome treatment, as is by far too often the case, should not be allowed. It is far better to give nature a reasonable time to rally the patient.

The healing of a wound depends much upon its cleanliness and freedom from foreign substances of every kind. If there are any particles of dust or dirt in it, such as cannot be seized with a pair of forceps, or other instrument, a stream of tepid water from a syringe, by pouring, or by a sponge, will be the appropriate means. It is rather better to use the water tepid—that is, not quite blood—than cold. But cold will answer the purpose, though not so well. The water should, if possible, be soft.

If there is any large substance in the wound, it is to be extracted with forceps, or by any other available

means; and it should be remembered that all foreign substances, of whatever kind, not only prevent healing, but cause inflammation of the part. Hence, always the sooner they are removed the better.

We should not be in any hurry to close a wound, particularly if there is any danger to be apprehended from hemorrhage; the action of air upon a cut surface tends to arrest and prevent bleeding. It is well also in such cases, before the wound is closed, to place a wet linen compress upon the raw flesh, or within the wound, as this will have a soothing effect upon it, and promote the subsequent healing.

In the treatment of wounds in which the flesh is separated, it is an object of importance to bring the cut surfaces as much together as possible, and in such a manner that they may be retained thus in apposition. For this purpose a compress of old soft linen cloth may be laid upon the wound, and retained by a bandage encircling the part. Another method is to sew the wound together, using one or more stitches as the case may require, remembering always that the

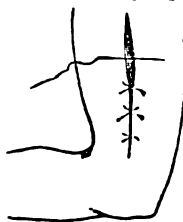


FIG. 1.  
The stitch is tied by itself, as seen in Fig. 1. The stitches may be taken out in from one to two days, by carefully clipping the thread at one side, and pulling carefully at the knot.

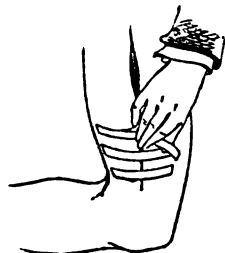


FIG. 2.  
as may be seen in Fig. 2. In order to make the dressing more secure, other strips of the plaster may be applied crosswise of those first applied.

The reason why the edges of a wound should be kept in as close contact as possible is obvious. The less space we leave for nature to fill up, the sooner and the more easily she can accomplish her task.

In cases of punctured wounds, we should not be in a hurry to heal the surface, but rather prevent it. It is better for such a wound to heal from its bottom, and for this object it is better to keep the surface open. It is even advisable in some cases to put a pledget of lint within the lips of the wound to keep it from closing. In all cases it is advisable to keep a wet cloth upon the part, and at such temperature as is found most agreeable to the feelings of the patient.

When a part is cut clean off the body, it should as soon as possible be cleaned, by washing it in pure water, as well also as the wound, and then be replaced, and kept in its position. This plan will not always succeed; but it is now well known that a part once separated may grow on again.

Contusions and bruises are for the most part best managed by the water dressing, of which I shall speak at length hereafter.

If a child receive a bruise upon its head, the wound should not only be treated properly, but the child's health watched most carefully for weeks and months afterwards. Convulsions are brought on by these

concussions of the brain, sometimes, even a long time after the accident. But more frequently a fatal inflammation of the outer membranes of the brain occurs from this kind of injury. Parents cannot be too careful in regard to keeping their children from accidents of this kind.  
[No. 98 Fourth Avenue, N. Y.]

## CASES OF WATER-CURE.

BY ROLAND S. HOUGHTON, A.M., M.D.

Chronic Rheumatic Gout—Symptoms and Treatment—Fever and Ague—Hypochondriasis at the "Turn of Life"—Prolapsus Uteri—Cholera Morbus—Fever.

### CASE I.

**CHRONIC RHEUMATIC GOUT.**—In the latter part of November, 1849, I commenced attending a gentleman at his own residence in the city of New York, who had long been a martyr to rheumatic gout. He was of middle age, and had greatly injured his health by the excessive application to business which had always marked his highly successful career as a merchant. My patient informed me that in his earlier days, while residing in England, he did not allow any fit of illness to interfere with his attention to his business; and if he was confined to his bed, before being bled, and dosed, and blistered by the "active" practitioners of the English school, he would transact the business of the day with his partners or clerks, that is, as far as he could do so without leaving his chamber; for his was the governing mind of the firm. The consequence of all this was, as one would naturally suppose, that his nervous system was sadly overtasked; while his physical condition sadly attested the truth of the observation which SIR ASTLEY COOPER was in the habit of making, about the "peculiar activity of the English practice."

The symptoms under which my patient labored at the time when I commenced attending him, were such as a physician usually encounters in cases of chronic dyspepsia, gout, and rheumatism. There was generally severe pain in the first joint or ball of each of the great toes; but sometimes it would shift its location to other parts of the foot. The joints of the hands were also obstinately affected—partially stiffened for months together on account of the presence of *lithic acid* in the system. There was marked disorder of the functions of the stomach: impaired appetite, heartburn, acid eructations, flatulence, cramps, etc. The liver was, also, affected with torpidity, and there was usually a deposit of sediment in the urine. The action of the bowels was also disordered.

The treatment I pursued was substantially as follows: During the first ten days, I principally employed the rubbing wet-sheet and the half-bath; also enlisting the aid of wet bandages and fomentations, together with the sitz-bath and shallow-bath, as circumstances demanded. Clysters were also perseveringly administered from the outset, and with the happiest results. About the 10th of December I commenced a systematic course of wet-sheet packings, followed by the half-bath, (usually at 60°) accompanied with a great deal of rubbing. Sometimes I administered a wet-sheet of four thicknesses, and from time to time I made variations in the treatment as the symptoms required. Almost immediately after commencing the treatment, the patient's appetite returned; and he greatly enjoyed his plain, but nutritious diet of brown bread, etc., with a moderate allowance of animal food only once a day. The patient's hours for meals were generally, during winter, 8 A. M. and 4 P. M.; and by my advice, and in accordance with his own inclinations, he abstained from eating anything after his dinner at 4, until his breakfast next morning. About one month after commencing the wet-sheets vigorously, my patient was able to walk briskly, and with comfort; and from this time for-

ward his recovery was rapid. The main object of my treatment (I may here say) was to excite the skin, the lungs, and the kidneys to throw out the gouty matter by means of perspiration (sensible and insensible); by means of accelerated respiration (as in exercise); and by influencing healthfully the function of the kidneys by means of water-drinking. I presume that I gave my patient about eighty wet-sheet packings during the course of the treatment; and to such good purpose that when I had occasion to use the dry-blanket packing, (as I did only about half a dozen times,) perspiration would break out copiously at the end of one hour, so well would the skin respond to the indication.

I attended this patient, altogether, a little more than three months (from the 26th of November, 1849, to the 31st of March, 1850): that is, during the coldest months of the year. On the 1st of April, by my advice, he commenced riding regularly eight or ten miles each day on horseback, the half-bath being regularly kept up twice a-day. Under this new regimen, my patient steadily continued to improve; and during the past two years I am pleased to add that his health continued to be uniformly good. On the whole, this was one of the most gratifying and successful cases of water-treatment it was ever my fortune to attend.

### CASE II.

**FEVER AND AGUE.**—In the autumn of 1849, I attended a distinctly marked case of fever and ague, of the quotidian (or daily) form. The symptoms of this disorder are so well understood, however, that I shall not stop to dwell upon them. From beginning to end, I found no occasion for the use of any remedy but WATER, which seemed to have the happy faculty of wholly eradicating the malady from the system, leaving no sequel behind, or predisposition to a recurrence. [A similar claim cannot be set up for the common "anti-periodics," such as bark and quinine, and arsenic especially, which last delectable poison so extensively figures in the popular "Choleraes" of the day.] Immediately before the time of the expected "chills," my patient took the douche (and occasionally the shower-bath) for one minute, followed by a good deal of friction, which invariably had the effect of driving off the cold stage between one and two hours, thus tending to break up the regular recurrence of the paroxysms. The wet-sheet was, of course, employed during the stage of fever, followed by the half-bath, with an admirable effect. Occasional warm-water emetics were also found useful; and clysters were frequently administered for the purpose of overcoming the inactivity of the bowels. I am confidently of the opinion that in almost all cases of fever and ague, the functions of the digestive organs (and of the liver, especially) are greatly deranged. This patient had contracted the malady during a short visit to a malarious district a few miles from the city of New York, and had imprudently exposed herself by walking out frequently in the evening; but upon her return to New York, the water-treatment (as I have before observed) effected a complete restoration to health. The cure was a permanent one, as I took pains to verify, by means of inquiries made at different intervals, through the patient herself and her friends. The diet in her case (it is proper to add) was very sparing and plain; and during the hot stage she was encouraged to drink freely of pure, cold water.

### CASE III.

**HYPPOCHONDRIASIS AT THE "TURN OF LIFE."**—On the 5th of March, 1850, I was consulted by (and in behalf of) a married lady, whose case presented many of the distressing symptoms peculiar to the kind of nervousness connected with what is called the "change of life." Some of her symptoms may be enumerated as follows: great despondency of mind; irritability of temper; general debility; tremulousness, and tendency

to start at every noise or sight; sense of sinking at the pit of the stomach; transitory pains and aches; creeping sensation; *tendency to incessant motion, or change of place*; sleeplessness, or broken rest; sensations of terror, without any apparent cause; an extraordinary fear of death, owing to religious despondency; frequent sighings and groanings; capricious appetite; foul tongue; yellow, or sallow complexion; bowels costive, but frequently distended with air, and rumbling; secretion from the kidneys usually pale and limpid, but variable; and a *general anxiety* apparent in the expression of the countenance. In all such cases as these, I fully agree with Dr. Gully that medical treatment is "only palliative: the nervous tumult persisting more or less, in spite of every means, until the 'change' is effected. Still, this is a period of severe trial, and not unfrequently of danger to important organs,—the usual monthly irritation of the womb being liable to be thrown upon the heart, or lungs, or head; and the sufferer will find in the appliances of the Water-Cure, a *sure and certain way of preventing such transfers.*" The treatment of this case extended from the 5th of March until the 18th of July, at which time the patient left the city for the country (where she was to continue the treatment) almost completely restored. The appliances made use of in this case were the sitz-bath, wet-sheet, half-bath (with plenty of friction), wet bandages, fomentations and frequent injections. This last remedy was perseveringly employed throughout—sometimes as often as three times a day; and with the effect of procuring abundant *bilious* discharges for a long time in succession. Under this treatment the sallowness of complexion rapidly disappeared, giving way to the clear "white and red" of health; the patient's usual spirits were restored, and she was enabled to resume her accustomed duties at the head of her own household.

## CASE IV.

**PROLAPSE UTERI.**—On the 17th of June, 1850, I was consulted in behalf of a married lady, who had been for one year previous under the (cauterizing) treatment of a learned "Professor of Obstetrics and Diseases of Women and Children," for *prolapse uteri*, and other disorders peculiar to her sex. During this year the patient was "nothing bettered, but rather grew worse;" and she accordingly resolved, with her husband's full approval, to discontinue the cautery and make a trial of the Water-Cure. The treatment I prescribed was a course of rubbing wet-sheets and half-baths, for their tonic effects upon the system generally; and for local treatment, the wet bandage around the abdomen, together with the thorough, efficient, and persevering use of the sitz-bath and vaginal syringe, at least three times every day. Under this treatment the patient rapidly and steadily improved. In a short time she was enabled to walk with comparative ease; and in five weeks she was able to accompany her husband and children to the country to spend the months of August and September, promising faithfully to continue the treatment as before. I am pleased to add that the promise was kept, and that the lady was rewarded by a complete recovery from this painful, tedious, and but too common malady.

## CASE V.

**CHOLERA MORBUS.**—At an early hour on the 2d of August, 1849, a mechanic called at my office in the city of New York, where Asiatic cholera was raging epidemically at the time, and complained of having been attacked within an hour before with profuse vomiting and purging, the ordinary premonitory symptoms of that terrific scourge. The thorough use of the enema-pump, and a cold plunge-bath afterwards, effected so rapid an improvement that my patient was able to go back to his work, of his own accord, in the afternoon. Upon investigating his case, I was satisfied that dietetic irregularities had brought on the complaint, which was nothing more or less than an ordinary attack of *Cholera Morbus*. It is possible

that, if neglected, it *might* have become merged in *Asiatic Cholera*; but as it did not have any chance of proceeding so far, (thanks to water-treatment!) I am content to give it the less terrible name.

## CASE VI.

**FEVER.**—On the evening of the 29th of June, 1850, I was called to attend a case of fever in the same city. The patient was an artist of great excellence, who had been ill for about twenty-four hours before I was called. I found him suffering from severe headache and other pains; his skin very hot and dry; tongue foul; the pulse about 104; and his strength so far reduced that he could not stand without assistance. I immediately administered a cooling wet-sheet, followed by a plunge-bath, in which the patient was immersed until the heat of the arm-pits corresponded with the heat of the surface generally. Injections were subsequently administered, with very good effect; and in just one hour and a half from the time I commenced treating the case, the patient informed me that he was *as well as ever*. In order to run no risk, however, I prescribed the wet-bandage from the arm-pits to the hips, to be worn all of that night, and two cooling-baths each day, with an occasional wet-sheet for the balance of the hot season. Under this treatment the patient never lost a day, as regarded his professional labors; while he even gained from ten to fifteen pounds in weight in the first two or three weeks. I hardly need add that nothing more was ever heard of the fever; and I may here remark, that if patients generally would send for a Water-Cure physician within the first twenty-four hours after being attacked with fever, it would be broken up *in an hour and a half* (as in this case) with the utmost ease; nothing more being required by way of subsequent treatment than the use of wet cloths and bandages, and such cooling baths as the patient could take himself without any assistance. The diet in all such cases should, of course, be sparing; and the patient should be encouraged to drink abundantly of pure, soft water. [Harrodsburg, Kentucky, March 24, 1852.]

## OUR NEW EPOCH—A PERSONALITY.

BY T. L. NICHOLS, M.D.

We are all egotists. Every man's life centres in his own individuality. *To be comes before to do.* We do not seek warmth of an iceberg; and the lamp that would enlighten others must be itself on fire. We impress ourselves on others, according as we are something in ourselves. The hand writing carries the expression of character, not only to the sight, but to psychical impressibility; and even in print, in one of forty thousand steam-impressions of our thoughts, forms of expression produce their effect upon the reader.

And why this essay? It is because I feel a certain personal interest in each reader of the Journal. It is too seldom that the responsibility of writing to the vast throng of more than a hundred thousand readers, duly inspires me. I am more apt to individualize, and write for that gentleman, this lady, or her fair sweet child—to write as one to one, and not as one to thousands. I am not sure which is best, but I know which the heart oftenest chooses. It chooses now, at this epoch of my—of *our* life—for I do not write my own thoughts or feelings only—to say a few simple and heartfull, though egotistic words, to those who may choose to read them.

The epoch—is our removal to the country. We have toiled in the city for years, doing its work, bearing its burthen, and partaking of its many enjoyments. Of a spring day, sometimes, we have escaped to the green woods for a pic-nic. In mid-summer we have stolen away for a brief excursion, or lived a few weeks in some retired cottage. But now the blessed country is to be our home. It will no longer be a lit-

tle patch of blue sky, between high walls and chimney tops, but a whole horizon. No longer a few stars competing with the gas-lights, but the whole canopy of heaven. We change the view of our neighbor's window-blinds for the grandeur of a boundless prospect of land and sea; for the city cries and the roar of omnibusses, we have breezes singing in the tree-tops, the song of birds, and the murmur of the distant waterfall, making the silence of nature more impressive. We shall be surrounded with the conditions of health, instead of struggling against the causes of disease. And still, with our habits of city life, with our tastes for the arts and luxuries which a city alone can supply, it will be a comfort to us that our quiet and beautiful home is only one hour's distance from the Babel of wealth and poverty, luxury and misery, in which we have so long labored.

Do I err in thinking this change in our life a matter of interest to the readers of the Journal? Surely not. They are some thoughts the richer for our labors. Not a few owe to us something for the greater purity, health, and happiness they are enjoying. And there is no one who appreciates our labors in the past, who will not be glad to know that we shall labor in the future with more earnestness and more effect. We cannot give more than we have; and a city life is a waste of life. We feel that our lives will henceforth be purer, deeper, and stronger; and that we shall be better teachers of the laws of a healthy life, when we enjoy more of it ourselves. In this way all who read our writings, all who receive our thoughts in any way, are interested in the circumstances of our lives.

The whole world has an interest in the life of every worker. The idler is of no account. He floats along the current of humanity, and whirls round in its eddies, without influencing its movements. But the worker does good or harm, and the life of every man influences his work. The man who eats pork, thinks pork. The man who chews tobacco talks and acts tobacco. We say of a drunken man, "it is the whisky that is talking." So it is of other things. When we go to church, sometimes it is a piece of roast-beef and plum-pudding that preaches, sometimes a sear, sometimes a strong cup of coffee or hyson. Now and then it is wine or opium. It is not the truth as it is in Jesus. Our literature is narcotized; too often our politics are stupefied or inebriated. "As a man thinketh so is he." As a man is, so he thinketh.

And we, in our sweet country home, with a world of beauty lying around us, breathing an air all purity, with the fresh grass and waving trees, springs gushing from the hillsides, a clear river murmuring through the valley, and at our feet the billows of the sounding sea, here on our native earth as the Creator made it, with all heaven about us, and all its glorious worlds inspiring us, we shall work for this humanity as we have never worked before. Healing and teaching—the mission of Christ and all his true disciples. When the Master would teach his disciples, he led them out of Jeru-salem, to the top of a mountain apart—apart from noise, tumult, and strife, into the sublime quietude of Nature. It is such a place that we have chosen. Here they who are of us, will come to us. Here we shall heal and teach, and one function will in no case interfere with the other. Our patients have always been our pupils, and our pupils must be our patients. Those who come for health get wisdom, and those who come for wisdom get health. Do they not belong together? Shall we separate body and mind, like a watch from its case? The wheels, and pinions, and springs are the body itself. Mind and body alike require the application of the two principles which are the basis of Hydropathy—*purification and invigoration*. False ideas are to the mind what morbid matters are to the body. A false system of education does the same mischief to the mind that a false medication does to the body. Our teachers are as allopathic as our doctors. We have drug poisons in education as in medicine. The systems are alike false. We have

also a transcendental homœopathy in both. To both must be applied the principles of nature, and education must be made as physiological as the treatment of disease.

We offered ourselves as teachers of a thoroughly physiological system of medicine, because the time had come, there was a demand to be supplied, and we saw no one ready to supply it. Shew, and Trall, and Kittredge, and Jackson, and others, (for the list is a numerous one,) were each doing their work. Shew was writing his books with zeal and industry; Trall pushing on his Encyclopædia, better worthy the name than many ponderous folios; Kittredge lecturing and writing in his own inimitable vein of humor and philosophy; Jackson dealing ponderous blows on error, with a heart broad enough for all humanity; all thoroughly hydropathic and all at work, but none ready to do the special work that fell on us. So it is now, in respect to another sphere of labor. A physiological education, combining physical with mental development, is the great need of the world, but, most of all, of women. We see and feel the want. Our studies and labors have fitted us to supply it, and we offer ourselves, also, to this work. On the first Monday in June, we shall be ready to receive a class of ladies, limited in number, and to give them the principles and elements of what we believe to be a true education. Many of these will be teachers of others, and thus may be commenced an educational reform which will carry its blessings everywhere.

In this education, there will be no stereotyped forms. Each pupil will be examined at the beginning, as to her physical and intellectual development, and will then have what she most needs. If she needs health, she will have treatment; if physical development, the exercises of the gymnasium; if mental discipline, language, logic, and mathematics; if knowledge, the sciences. And all will be taught the basis of health, development, culture, and philosophy, in human physiology.

With three months of the summer devoted to this work; with three months of the winter engaged in our medical school, for which we have already more applications than for either previous term; with the care of the sick at all times; with our writing for this and other periodicals; with the books we have in progress; with all this labor and much enjoyment do we hope to fill up some coming years of life, so as to leave the world better than we found it, and better for our having been a part of it. In this work we well know that we have, and shall have, the sympathy of all true men and women. Opposition can come only from the ignorant or the envious—the bigoted or the bad.

For the labors we have thus planned we need all the strength of Water-Cure, and all the sympathy of friendship. The results of our labors are ever a stimulus to future exertion. We may accumulate little or much of worldly wealth; but we have already a precious income of gratitude and affection, which we value "above rubies." Among the letters from patients and pupils which come as installments of this income of heart-dues, there lies a letter, from which I must extract a few sentences. It is from a graduate of the first term of the Institute; one of the most modest and unpretending members of the class; a married man, self-taught, not like some of his fellow-students, a graduate of universities, or an *élève* of fashionable seminaries, but a carpenter from the interior of this state. Read his letter, and judge of his worthiness to practice Water-Cure.

"I have bought the little water-cure farm and shall make a beginning, small no doubt, in a week, in the water-cure business. So, the die is cast, and better or worse, I shall have to forego the pleasure of living with you, and go to work with what medical capital I now have, with your leave and blessing. I have twenty acres of good land, with a good start in fruit, a chance for the best grape in this section, under the southern face of a ledge of rocks, in a north bend of the river, warm, with a deep, porous soil. It is, notoriously, the warmest winter retreat heretofore—the little hill, the rocks, and a fine forest just in the rear, near enough for us to enjoy a perpetual bird-song, and one of the prettiest sheets of still water that graces old Susquehanna, within thirty rods; four miles from Owego, and in rather a retired situation, all but the roar and rattle of the cars.

"I am not 'working away like a steam-engine,' as you report of brother Reh, but when circumstances would permit I have said my say, and done my do among my peers. I have had neighborhood calls, done neighborhood duty, and got neighborhood pay—at least, a good conscience and opening prospects. I have done water-cure wonders among the women and children; isn't that beginning at the foundation?"

After giving a report of several important cases, admirably treated, our correspondent gives the following:

"I was called to our doctor, (Allopath.) who, about three weeks since, was prostrated by a horrible derangement of the liver, stomach, and bowels, the brain in deep sympathy.

Cause—hard work, exposure night and day, in weather fair and foul, full living, and a little brandy and blue-pill to throw it off when nature was exhausted. I nursed him two or three days, roused his skin somewhat by washing, rubbing, and packing, got a fair circulation, which was followed by an encouraging action of stomach, bowels, &c., but all would not do. The man—the doctor had murdered himself, not so much in ignorance as in innocence. He died, with a constitution which might have lasted, in strength, seventy-five instead of thirty-three years. He was a friend of Water-Cure, and premeditated an establishment, after acquiring more means in his present practice. When will Wisdom come to the rescue, and rule the race?

"I am now in my new home, and getting ready for a few patients who have already applied for board and treatment, among dozens that would if the means were at hand, and to whom my best advice is freely given. I am glad to say to you that my wife's health is improving finely, I believe. The blood is coursing in all directions; the skin of the legs, which for five years have been apparently as bloodless as marble, the symptoms of dyspepsia, constipation, prolapsus, and you know what all, are disappearing; health is hopeful, and I am anticipating a Water-Cure partner, as good in health as heart. Her cure comes more in consequence of persevering in simple and few means, than in any powerful manipulations or treatment; thorough ablutions, followed by my own hand frictions, magnetism, and with wet bandages and careful diet, has wrought the wonderful change, and mostly in six months. God bless you in your teachings more and more. Unworthy your friend, E. D."

Most worthy is such a man our friend, as we are friends to all intelligent workers in the cause of humanity.

N. B.—If there be any to whom this article seems too personal or too presuming, they are most respectfully assured that it was not intended for their perusal.

## AN AUTOBIOGRAPHY.

### CHAPTER IX.

#### HORSES.

PERSONS are differently affected towards animals. Some like horses, some cattle, some sheep, others dogs; and yet others fowls. My passion is for horses. Behind a good animal that can trot his mile in three or four minutes, without breaking, with head arched, ear straight, tail up, and courage unflagging, I feel myself at home. It delights me. It swells out my manhood. It gives me increased dignity. It teaches me that I am something more than a mere animal, that bit and bridle are not the only relations that exist between the animal that draws, and the animal drawn; but that beyond the leather strap and the iron wire, the *soul* that is in the horse is in subjection to the *spirit* that is in me: that he is *for* me, and I am to him—the one a thing, the other a *man*. I never drive a good horse, one which has bottom and blood, one which has thirty times my strength, one which could do what he pleased with me, were his knowledge to his power proportional as my knowledge is to my power, without being deeply, sacredly impressed with the everlasting difference which Heaven has established between men and things:—a difference so entire, so absolute, so universal, as to exhibit itself on all occasions, and assert itself at all hazards. It will have, spite of statutes, of customs, of social arrangements, of conventional laws, of church creeds, of councils, of priestly or political essays, it will have my acknowledgement. It is God's distinction, and is not superficial. The partition wall between a man who is a *person*, and a horse which is a *thing*, is as deep as the earth's foundations, and high as God's throne. It is a wall no man can level. Men are not horses, horses are not men. They cannot be made so. One of the old Roman emperors tried it, but he failed. He ordered his war-horse into the public place, and commanded the populace to pay it such honors as were due to citizens only renowned for virtue, civil, or military services. Not a man in Rome who bowed, that did not feel that by no possibility could a horse be the symbol of high-souled manhood.

Of the mere animal creation, the horse is to me the most perfect specimen of physical beauty. In given qualities or special traits, the ox, the cow, the camel, the elephant, the dog may surpass the horse, but as a

*whole*, he takes precedence. The dog inspires, in a majority of cases, the most attachment, but his scale of being must be lower than that of the horse. Horses are not indigenous to this continent. They were imported by the early discoverers or adventurers. When Hernando Cortez invaded Mexico, and made battle against the Indians, the advantages he gained were greatly owing to the consternation of the natives, at sight of his horseback warriors.

They had seen men, but *centaurs* they had not seen. His mailed riders sat so easily, and managed their animals so gracefully, that it was difficult for the Indian to conceive that the animal and his rider were not a unit. It sent terror to his marrow. It froze his life. The cold shiverings that are always attendant on superstition run through his frame like electric shocks, and his war-club fell as if an infant essayed to lift it. It is not wonderful that they felt thus. Who is there that ever failed to admire a fine horse richly caparisoned, with a fine rider on his back. And who would not tremble to have seen Cortez and his knights plowing their way into the masses of human flesh, till their arms grew tired with slaughter, and their eyes dimmed at sight of blood. Who could have seen the descent of the Mameluke Cavalry on the French in Egypt, or some of the charges of Murat, with his brave hearts by his side, and not think of the description of the horse in Job.

"He paweth in the valley,  
And rejoiceth in his strength:  
He goeth on to meet the armed men,  
He mocketh at fear and is not affrighted,  
Neither turneth he back from the sword.  
The quiver ratteth against him,  
The glittering spear and the shield,  
He saith among the trumpets, ha, ha!  
And he smelleth the battle afar off,  
The thunder of the captains and their shouting."

As I have had some rare opportunities in my day to judge of horses, it may be thought pardonable in me to speak of traits and qualities—or *characteristics*. The difference in horses has puzzled thousands of people, and will puzzle other thousands, till they stop long enough to study Phrenology. Then the riddle will be unravelled. This science, properly understood, will enable a man to judge far better in respect to the qualities of a horse, than any statement that can be made relative to him by one knowing him, yet deficient in knowledge of the science. All horseman should understand Phrenology.

There is a great deal of force in the question of *pedigree*. *Blood* in horses, as in *HUMANS*, is everything. If a man is to put large sums of money into horses for private or public use, he should be taught to feel that "*Blood* is everything;" personal appearance nothing. Your "*sleek-coated beauty*" is nothing to your "*raw-boned gray*," provided the former is a "*happen so*," with base blood, and the latter a "*happen-so*" with the blood of Barbary in his veins. Different breeds of horses have different characteristics. Instance: the Eclipse stock is all over the United States, noted among many very excellent qualities for the vice of crossness, which shows itself not so much in kicking as in biting. The Messenger breed, more particularly known in Central New York, is famous for gentleness and power of endurance. The Morgan horses are beautiful and quick of foot, but lack size, though unsurpassed in symmetry. Some horses are marked for their "*balkiness*" or "*stakiness*." Qualities of character run in the veins of a dozen generations. The difference in a horse who can go his fifteen miles an hour, and your dolt on the road, may date back, for aught one knows, to "*Flying Childers*." It is just such difference as may be seen between a Russian serf and the child of an English nobleman. If a man is to buy a plow *nag*, and pay forty-five dollars for him, it is of small consequence what is his pedigree; but a fine animal which shall satisfy your

beau-ideal apparently, and for whose beauty you will have to pay, ask first what is his pedigree, and, if it suits you, *prove* it before you buy.

The sires of horses are of better blood in this country than are the dams, as greater pains have been taken to import blooded males, than females. This is owing to the general, yet erroneous impression, that the sire stamps his character on a colt more decidedly than a dam. Those who are desirous of improving the quality of horses, and for that purpose import them, would do well to investigate this point. If they do so, they will find that offspring follow the characteristics of the female oftener than the male. It will be found among horses as among persons, that those who have attained to the widest celebrity, have had mothers superior in those qualities or traits which have given them their celebrity. However, till mares of pure blood are of as easy purchase as horses, those who wish good horses will be anxious to procure such as have traits like the sire predominant. Let me tell them how to do it. Did you ever see a CHILD look like one parent, and be like the other? Ever see it? Is it not constantly witnessed? Just so it is with colts. One may have the color, build, and, as far as it goes, action of the horse, and inherit all the vicious qualities of the mother—if she has such. Outside or external resemblance will not guide one safely in a choice. An old negro from Virginia, who, thirty years since, worked for my father, told me how to discriminate. I have tried it in a great variety of ways, and it has never failed me. To me it has all the authority of law, and I value it highly. The rule is this. A horse whose forequarters are the heaviest, takes his characteristics from his sire. The horse whose hindquarters are the heaviest, takes after the dam. This will prove true in spite of external similarities. Now for the application. If a horse has ugly qualities, such as balkiness, disposition to bite, kick, run away in the harness, or is unruly in the pasture, never buy a colt of his which has his foreparts the heaviest. On the contrary, do not hesitate to purchase a colt whose foreparts are the heaviest, provided the sire has remarkably good traits. So with the dam. Buy, or refuse to buy, a colt from a mare of good or ill qualities, as the colt may be heaviest in the hindquarters. I am so confident that this rule will prove true, that I am willing it should be subjected to the closest scrutiny.

Horses, like human beings, are of different temperaments and traits; and, like human beings, are very much subject to external influences. So strong is external force over them at times, that it gives or diminishes the tone of their nervous system, making them quite tractable, or almost unmanageable.

A large number of anecdotes I have from time to time had occasion to enter in my note-book illustrative of this position, one of which I will relate. When I was a boy, my father owned a sorrel mare, which was called TIB. She was ordinarily sluggish, but possessed good speed and great power. She never frightened at anything, and aside from her laziness, was a good beast, except on particular occasions, when she, without any apparent cause, would refuse to go. For a long time she was subject to the usual treatment of bulky animals, severe whipping, pounding, torturing, &c. But my father and the hired men gave it up as a bad course, and she was released from this harassment. A close observation of her tantrums led me to the conclusion that she was subject to paroxysms of the nervous system, growing out of electrical changes of the atmosphere. She was always true to draw or travel in bright, clear, blue-sky spring or summer weather; and for the dozen years that we owned her, we were never troubled with her in a cold, frosty, still winter's day. But in a summer's day, when the electric fluid passed rapidly from the earth's surface, and dyspeptics would look like committing suicide, and rheumatics would predict a change of atmosphere, when thunder-caps white and gorgeous as an East Indian palace lifted their heads in the north-west, beto-

kening the clap and flash of coming storm, then look out for old TIB. She would suddenly stop in the furrow, in the harvest-field or highway, and pitchfork tines or apple-tree clubs, or bundles of fired straw under her belly, could not start her. Like a sentinel at his post, she was deaf to all urgencies and appeals save *one*. That would start her after a while. The same result would be witnessed in a winter's day, when the air was from the south, and thawy. So she was always worked with these reservations; for she was not always reliable. After we had owned her about eight years, my father hired a man by the name of John Hart. He was a pious man, and liked above all things to sing. One bright August morning we were drawing in wheat, and old Tib had been drafted into harness. She had worked well till about 4 o'clock in the afternoon, when suddenly, as we were loading, there came a clap of thunder from an almost

"Clear sky"

on our ears, and we saw in the west a cloud a little bigger than a man's hand, portending rain. We were not far from the barn, and hoping to get loaded and into the barn before the rain reached us, the sheaves were thrown on by two men, and loaded by Hart with great dexterity. Our hopes were quite sanguine that TIB would be reasonable this time, first, because she had had hard thunder-shower experience enough to know that it was not pleasant to her, nor at all obliging to those employing her; second, because she was "HOMEWARD BOUND," and a little effort would put us all under dry cover. She made no hostile declarations till the rack was loaded, when, at the usual word, she refused to budge one inch. The men proposed to pound her, but my father forbade, but suggested to Hart to sing. He had a full, manly, melodious voice, which rung from his throat in tones sweet and beautiful; and he knew all the ballads from Robin Hood to Yankee Doodle, and the Methodist hymns from "*Blow the trumpet*" to "*How happy are they*." 'Twas a scene for Turner's pencil. In the west the heavens were black as Erebus. In the east lay thunder-caps white as snow, like Pelion upon Ossa. North and south the rain had flanked us like the wings of an army. Here and there fell a big rain-drop, harbinger of more, whilst around the load stood the hired men aching to pound old Tib into mince-meat.

Hart was on the load. "Sing," said my father. Hart began and sung a hymn, every two lines of which were a chorus of,

"Blow ye the trumpet! blow!  
Sing glory! Hallelujah!"

and his eye dilated, and his breast heaved, and he forgot that behind him but a little way off, was thunder and lightning enough, rightly expended, to "*blow*" up half of creation; and that before him was a crazy old mare within ten rods of a good barn, too mad, or too upset, however, to make her way to it. He thought of his mission, which was to sing God's praise 'mid flashing fire and thunder stroke, and he filled his mission full.

"Sing away!" cried my father, "Sing away, Hart! the old hag is relenting, I see it in her eye; and the tip of her ear is playing to your music like the fingers of a maiden to her guitar. She likes the *Hallelujah* strain. It soothes her brain, which seethes under this thunder like lead in a red hot cauldron. Ha! ha! give her the rein, she'll go, hurrah! we're in in time—hurrah! there has been no such singing since Timotheus sung at the feast of Alexander."

We had made a discovery. Hart's voice would control the old mare in her tantrums, like the lyre of Orpheus the trees; and whilst he lived with my father, a Methodist hymn would always start her. She was a Methodist from instinct, and Hart declared that Tib knew a Methodist from a Presbyterian hymn instanter.

## JOHN HOWARD.

BY J. H. HANAFORD.

In almost every age of the world some few men have arisen far above the mass, dazzling, so to speak, the gaze of inferior minds, and surprising all by the magnitude of their labors. If some are "born to rule," others are born to labor, to distinguish the age in which they lived by acts of benevolence, magnanimity, and self-sacrifice. Here and there, an eccentric individual—as such are regarded by less gifted minds—throws off the shackles of sense, and obeys the ennobling impulses of our *higher* nature. With such there is a higher destiny than to die in subservience to degrading and tyrannous appetites; they aspire to the *dignity* of human nature, to gratifications which result from development of the *superior* powers of the soul,—from the spirit rather than the body, as such; they would labor for the elevation of the great *brotherhood* of man, rather than to pamper their caprice, and foster a weak and childish pride; they would decorate the mind, enlarge its powers, multiply its sources of enjoyment, instead of an inordinate regard for the fooleries of corrupted society. To such, one sympathetic tear, shed over the woes of suffering humanity, is more refreshing and satisfactory than an age of applause, sought in the acquisition of "empty fame;" one thrill of joy, sent to the depths of the inmost soul, by rescuing an erring one from the paths of folly and disobedience, will requite the toils of months and years; one smile of gratitude from one whose bosom swells with emotions of gratitude to its benefactor, is far more to be coveted than a life of the gratifications of animal propensities. That these propensities were conferred upon us in common with the brute creation, for wise purposes, and for gratification within certain limitations, cannot be doubted; but that their gratification, directly and indirectly, should engross most of our time and energies, or the ordinary extent in reputedly refined society, is alike inconsistent with the benevolent design of the Creator, and degrading to man.

Few, if any, in the same age, rose as high above the mass, or combined more of the characteristics which *honor* humanity, as JOHN HOWARD. He well earned the appellation, "Howard the Philanthropist." Every power of his capacious soul seemed enlisted in behalf of the suffering and afflicted. The extent of his "labors of love" seems almost incredible, especially when we take into the account the fact that he inherited a frail constitution, and was treated as an invalid from his earliest youth. He early commenced travelling for the restoration of his health, visiting Italy, France, &c., during which travels he acquired or increased his love of literature and the fine arts, to which, however, his philanthropy did not suffer him to devote much time. To his ill health, perhaps, may be attributed, in part, his peculiar habits, but perhaps still more to the promptings of this magnanimous soul. Had he lived at a later age our surprise might have been less, but to see the current of thought and general habits, more than one hundred years since, so nearly resembling those of the more advanced in our own age, compels us still more to venerate and admire their favored possessor. In considering his acts, we may almost hesitate which the more to admire, the industry, zeal, moral courage, and conscientiousness of the man, or the noble, heaven-born enterprise in which he was engaged.

In all his habits there was a regularity which must have conduced, in no small degree, to the success which ordinarily attended his labors. To him *inactivity* was not *rest*. His regard for the welfare of his race urged him on to *action*. While preparing his first work for the press, though it was during a severe winter, he arose at two o'clock, retiring at ten, or after that time. At seven, it is said of him, "he dressed for the day, and repaired to the printing office, where he remained until the workmen went to dinner, when he, putting some bread in his pocket, with raisins or some other dried

fruit, took a walk into the outskirts of the town, eating, as he walked, his hermit fare—which, with a glass of water on his return, was the only dinner he ever took." Still later in life we are informed that, "though the weather was intensely severe, he was always up, and at work before three, taking his breakfast, which his servant had laid ready for him over night, at about six, that he might be in the office at eight." Near the close of his eventful and useful life, we are assured that the "*maximum* was six hours of sleep; but while travelling, he did, and could, for a long while together, pursue his journeys with but one night's rest in three, and that, upon more than one occasion, taken in his carriage, as he proceeded upon his way through five or six hundred miles of wretched road, stopping only to change horses." To endure such fatigues and exposures, would require, it might seem, a good constitution, and the best dietetic habits. But what these were we are not left to conjecture. That Hydropathy was not unknown to him, is quite manifest. In describing his early residence, his biographer says, "Back of this peaceful hermitage was a small but convenient bath. Here Mr. H., when at home, bathed every morning, summer and winter."

He was accustomed to act as physician when he could render himself serviceable to any suffering mortal. At one of the prisons of Turkey, he found a young man afflicted with the plague. His prescription, which might meet but little opposition in our best Water-Cure Institutions, was, "Bathe him in the sea, apply to his feet plasters of salt and vinegar, and keep him on a cooling regimen."

Dr. Aikin says, "Water was one of his principal necessities, for he was a very Mussulman in his ablutions; and if nicety had place with him in any respect, it was in the perfect cleanliness of his whole person." When he could not plunge in a bath, "he would lie down, for a considerable time, between two sheets, damped for the purpose of communicating to his body a degree of cold." He always remonstrated, with much earnestness, against the airing of linens, under any circumstances, and "never suffered his own to be brought near the fire."

In dietetics he was equally in advance of the age. To those who still question the nutrient principles of a farinaceous diet, his habits and endurance will be problematical. The "pleasures of the palate" were not regarded by him with much favor. He seems to have taken food to sustain life in the best possible manner, rather than for the slight pleasure it might have afforded. Simplicity of kinds, and temperance in quantity, distinguished him from the mass around. In his earlier life his abstemiousness was advised by his physician—a rare occurrence—but after he engaged in the great work to which his whole magnanimous soul was devoted, the improvement of prisons, &c., it was rather from principle than otherwise, and not so much from the cruelty of taking life as some have supposed, as from a conviction that all animal food was unfavorable to the highest development of all our powers. In the education and management of his son, therefore, he carefully avoided everything which would produce the effeminacy which is so prevalent among the youth of civilized society, and labored to develop his entire nature in accordance with the laws of his being. Especially did he guard against the pampering of his stomach with the trash and niceties (?) which sow the seeds of disease and death in so many of the youth of the present day.

In writing to a friend from Brussels, while speaking of his low estimate of the French cooks, he says, "I have not tasted of fish, flesh, or fowl, since I came to this side of the water. Through a kind Providence I am very well—calm, easy spirits." Later in life his preference to vegetable food was so confirmed that he never tasted of animal food, not so much as an oyster. His most intimate friends concurred in the belief that this course was the result of "an idea he had imbibed,

that animal food had a decided tendency to irritate the system; whilst a vegetable diet contributed at once to keep the intellect clear, and the whole frame free from the effects of transmissible passions." To his dietetic habits he ascribed his uniformity of temper, and presence of mind, for which he was so justly celebrated on all occasions. In all of his dealings and intercourse with his fellows—and he mingled much with society in all its grades—he was the same kind, benevolent, magnanimous and self-controlling Howard. The very name naturally suggests all that was noble and praiseworthy in our fallen nature. Nor was his extraordinary equanimity the result alone of natural endowments. He claims no exemption from the usual foibles which are common to our nature, but speaks of a "dreadful catalogue of sins committed, which made his heart despair." One great object in his self-culture was to bring his propensities into subservience to his nobler powers, and in this he succeeded in a degree rarely attained by mortals, and, by his own confession, it was mainly effected by his uniform "temperance in all things."

One more quotation on this point must suffice, though many might be made. While at Riga, Mr. Howard entered in his diary the following "*ultra* sentiments." "I am fully persuaded as to the health of our bodies; herbs and fruits will sustain nature in every respect, far beyond the best flesh. Is there any comparison to be made between an herb and flesh market? The Lord planted a garden for man in the beginning, and replenished it with all manner of fruit and herbs. This was the place ordained for man. If these had still been his food, he would not have contracted so many diseases in his body, nor cruel vices in his soul. The taste of most sorts of flesh is disagreeable to those who for any time abstain from it; none can be competent judges of what I say, but those who have made the trial of it."

The question very naturally arises, What were the results of this extraordinary course? Was his health confirmed, and did it impart vigor and stamina to the system? Could he endure fatigue as well, or better than ordinary men, under similar circumstances? An appeal to facts must decide these questions.

That he performed Herculean labors cannot be doubted, and that he inherited a diseased and puny frame is equally manifest. While prosecuting his merciful enterprise on the continent, "he performed the greater part of his journeys in a German chaise, never stopping on the road but to change horses; traveling, if necessary to the effecting of his purpose, the whole night, sleeping as well in his carriage as in bed. In traveling from Petersburg to Moscow, over an intolerably bad and dangerous way, he declined a proffered escort, and performed a journey of five hundred miles in less than five days, never stopping a moment for rest or refreshment." That journey, in such an age, and in such a country, would have made sad inroads into most constitutions, even at the most clement season of the year. At the advanced age of sixty-one he made an excursion into the western part of England, "where he reached the house of a friend late in the afternoon; and though he had been traveling two nights, without being in bed, or taking any other refreshment than a cup of tea in the morning, he appeared in as good spirits, and as active and as fit for business, as if neither rest nor refreshment had been wanting." In writing from Moscow, he says, "I go through Poland into Hungary. I hope to have a few nights of this moon, in my journey to Warsaw, which is about one thousand miles. I am well, the weather clear—the mornings fresh. The thermometer forty-eight degrees, but I have not begun fires."

So strong were his convictions of duty in regard to prison reform, and so confident was he that his habits would ward off the shafts of disease, that he never shrank from his deeds of mercy, in whatever form infection might present itself; though at last, in the weakness of age, he fell a victim to a most virulent

fever, while administering "aid and comfort" at the bed-side of another, of which, combined with a presentiment of his approaching end, he died. He entered the most loathsome and infectious cells, though warned by his medical attendants of extreme danger, while keepers and convicts were dying by hundreds around him. He informs us that the atmosphere was almost suffocating, and that he was afflicted with severe headaches on those occasions. He modestly observes, "I have known several amiable young men, who, in their zeal to do good, have been carried off by this dreadful disorder, and this is one of my incentives to endeavor to extirpate it from our prisons."

In the short space of seventeen years, after the age of forty-five, he traveled more than fifty thousand miles, and expended about \$125,000 from his own purse, for the improvement of the condition of the prisoners of Europe. He lived to see almost an entire revolution in prisons and prison discipline. The health of the prisoner was more regarded, and by his efforts food, cleanliness, ventilation, and the moral condition of convicts, received far more attention.

In Howard was concentrated a rare union of the more excellent, though somewhat diverse, traits of character. He was intrepid, yet calm and collected; temperate but benevolent, giving profusely, and yet sedulously avoiding all needless indulgence for himself; never fearing man, but, to an extraordinary degree, devoted to his Creator; decided but respectful to inferiors as well as superiors; and few, if any, have been more characterized by an unfeigned spirit of humility. His friendship for his fellows tended to make him forget himself. His own comfort and ease seemed of minor importance. "What is duty?" was the great question, and, when ascertained, he "followed where Providence led." In all the vicissitudes of heat and cold, in the varied society of Europe, in storm and tempest, his researches were still carried forward with zeal and success. Plague, famine, and pestilence presented no barriers; where these existed, his labors were redoubled, that their ravages might be stayed. While there was one sorrow to be assuaged, one calamity to be mitigated, one evil to be removed, he could not remain satisfied in inaction. While his ardor was still unabated, far from his native island, lamented by strangers, and beloved by thousands in whose behalf his best years and noblest powers had been enlisted, he fell in the path of duty. He chose a remote and quiet resting place, and asked that only a sun dial might be placed over his grave, "where he might be forgotten," and that no inscription should be written but, "MY HOPE IS IN CHRIST."

## ALLOPATHIC PRACTICE AND ALLOPATHIC SUCCESS.

[The following interesting narrative fairly illustrates a common mode of practice.]

TO THE PUBLISHERS.—I am neither a doctor, nor the son of a doctor, but by using my eyes and ears in their legitimate capacity, I have observed some things which I am going to tell of. You are very much in the habit of publishing reports of cases under your peculiar treatment, while no one says a word about the thousands of cases treated scientifically by the various other pathists. Taking my cue from others' manners, I begin thus. About the first of July last, Mr. N., after performing an unusually hard day's work in the woods, was seized with exceedingly acute inflammation of the bowels. Treated Allopathically; very severe case, lasted five days. Termination, death.

CASE SECOND.—In the same town, about the same time, Mr. A., a man of 23 years of age; a very strong, athletic man, from a powerful stock; large, energetic, and ambitious to make money by hard work. Had tended threshing machine two years before, and inhaled

large quantities of dust; but had been called healthy since. Disease, Bronchitis; treated as before, by a very celebrated fast driving Allopath; lasted four weeks; termination, death.

CASE THIRD.—Miss F., a very healthy, strong, active young lady of 17. After a good deal of mental excitement, attendant on a journey, and family troubles, and a few weeks' hard labor attending on a sick person, about the first of October was taken with moderate Bilious Fever. Treated Botanically; continued failing four weeks; the feelings of friends fluctuating between hope and fear till the very last, when death closed the scene.

One more, and I have done. Some time in the month of January, three children in one family, of the respective ages of 9, 7, and 5 years, were taken about the same time with Scarlatina, or, as we common people call it, Canker Rash. Treated Allopathically, and in about six days were all three removed from all trouble and care of this world, leaving the mourning parents to either bless or curse Providence, as their religious sentiments may dispose them. These are by no means unusual or rare cases in this region, for during the past year Whooping Cough, Measles, and Scarlatina have all prevailed very extensively; and in a town of only two thousand inhabitants, in one of the most pure and healthy climates in the world, more than one funeral a week has been the average, and the great majority were children or young people.—(G. W. W., Brandon, Vt.)

## DISEASE AND ITS REMEDY.

BY D. W. RANNEY.

THE highest powers of the human mind have been turned to the discovery and the investigation of remedies for the cure of those diseases which we are heir to. The whole field of nature has been ransacked to find an antidote for the legion of diseases to which we are subject. The chemist has analyzed every subject and mineral of nature, and made combinations as varied and as numberless as the leaves of the forest, in the hope to discover some *panacea* for the ills of the human race. Not a mineral or vegetable poison, however malignant, but has been added to the truly frightful list of *medicines* for the cure of man's diseases; the most of which have been engrafted in the *materia medica*, through the ambition of their discoveries, more mindful of their own fame than the true well being of the race. Fortunes of colossal magnitude have been acquired by the compounders of elixirs and cordials, but the results have not been satisfactory. Instead of curing diseases, their number has been increased, and they have assumed a malignancy and a fatality fearful to contemplate. The ravages of those modern diseases, ship-fever, Asiatic cholera, and dysentery, have enshrouded the globe with their victims; while those of an older date, as small pox, fever and ague, &c., excite nothing of the dread which their more modern rivals create.

Not a sailor now leaves his port, not a traveler commences his journey, nor a Californian his golden search, but he trembles for the fragile tenure by which he holds his life. The child of the present day, under the system of drugging and living practiced, runs the risk of the battle-field, of living till three score years and ten, and of going down to the grave "like a shock of corn fully ripe." All the sympathies which cluster around the human heart are aroused at the alarming progress and fatality of disease; for how few there are who do not mourn the *early dead*. Long-continued violations of the laws of our being, have rolled like a flood this penalty upon us.

The mighty aboriginal tribes dwindled more before the diseases of the pale-face, than from his bayonets and bullets.

"They have gone,  
They have passed away, as the wild birds fly."

For the many chronic ailments of the day, the Water-Cure proffers every reasonable hope of ultimate recovery. The golden shores of the Pacific contain not a more precious boon than is found in the principles of the Water-Cure.

The river which flowed in the midst of the garden, in the days of primeval innocence, furnishes the "cordial" exhausted nature requires.

The Goddess of Health is now imaged in the nectar of Jupiter, which dimples in the crystal fount, that sparkles in the mossy granite cup, and in the tiny cascade that leaps in brightness from rock to rock. It is found in the deep cold wells, gushing in babbling brooks from the hill-sides, and flowing in broad rivers in the vallies, a beneficent gift to man. When the earth first wheeled upon her axle to the new-born light, God "breathed upon the face of the waters"—a great moral type of purification.

The tribes of Israel, as a symbol of inward purity, were baptized in a cloud; and John, the forerunner, applied the mystic element to the "Saviour of the world." Pagans and Mohammedans have incorporated bathing in their religious rites: and all branches of the Christian church have, for eighteen centuries, used water as an emblem of purification.

The hydropathic treatment is capable of the greatest change and modification; by it the virus of hydrophobia can be eliminated and expelled from the system of the adult; and the infant would receive appliances of the most safe and harmless character. Varied in endless diversity, by mode, time, temperature and quantity; *water*, in the hands of an experienced practitioner, is capable of *curing all curable diseases* which do not require surgical aid. Take, for example, the hydropathic treatment of Asiatic cholera. See the victim after the watery parts of the blood have passed away in the *rice-water*; his blood ceases to circulate freely; it stagnates in its channels; his countenance takes the hue of death. Something must be done—for moments are hours. I will not say what others would do, for they have tried every thing, but we commence to supply the vast drain from the blood of the watery parts; by enemas, by the sipping of water, by the warm bath, or the wet sheet packing, and bottles of hot water at the feet. The millions of tissues and absorbents convey water to the blood; circulation commences, it continues, and conveys heat and life to the extremities; *the patient lives*.

A physician, one of the immortal few who practiced in Sandusky when that awful scourge visited that place, called at the Mount Prospect Institution, and told the writer that "he became a believer in Water-Cure from witnessing its almost miraculous effects upon a collapsed and given-up case." As an experiment, a warm bath was prepared, and the man laid into it; while in the bath he first opened his eyes; and, said he, the man is now well and doing business. The practice of the Water-Cure has thus far been mostly confined to the treatment of chronic cases; but in the treatment of acute cases it is destined to achieve a brilliant reputation. The phases of acute diseases being more marked and apparent, the sudden relief which follows skillful and continued Water-Cure treatment, is rendered more vivid and striking, and thus a powerful impression is made in favor of hydropathy.

I well recollect the effect of Water-Cure treatment upon patient and observers, in a case of hemorrhage at the nose.

The patient was under full homœopathic treatment, and while the bleeding continued, which was for five hours, he took "pillets" every five minutes, but of no avail. I had made him a standing offer, that with water it should be checked in fifteen minutes; after five hours had elapsed, and the hemorrhage apparently increasing, he said to me, "do try the Water-Cure for it." I gave him a sitz bath of 90 deg., gradually lowered in temperature to 75 deg., a hot foot bath at the same time, and his hemorrhage stopped *within fifteen minutes*. I would say to Water-Cure practitioners,

treat all the acute cases which you can get—*beg* for them; for the rapidity of the cure of such cases, when treated by water, will gain more reputation for our system than months of treatment of chronic cases. We *must have* the treatment of the acute cases; the final consummation of the Water-Cure, and the interest of suffering humanity, demands it. As long as we only treat the *dilapidated, worn-out relics* of the drug practitioners, what have we gained? We *must treat the acute cases*, storm that strong hold of the drug practice, and Water-Cure is triumphant. Calomel, quinine, and the lancet, are fast losing their power with the people. Sick of continued drugging, there will soon be a change as universal as that which occurred in the Sandwich Islands upon the arrival of the missionaries, when paganism was abandoned for Christianity.—[Mount Prospect Water-Cure.

## TYPHUS FEVER.

BY R. T. TRALL, M.D.

THE treatment of typhus fever by the *pharmacopœia* of the schools, and the *materia medica* of nature's laboratory, affords a contrast comico-serious. Let us glance at it.

ALLOPATHIC.—First, a vomit, ipecac and antimony, the latter one of the deadliest poisons known; then a purge of calomel and opium, worked off with epsom salts and senna. If the head throbs much, bleeding is performed. Follow these preparatory measures with the alterative course—calomel, opium, and ipecac, once in three hours, in a sudorific decoction of chamomile and serpentaria; half a tea-spoonful of nitri, dulcis once in three hours, and a table-spoonful of solution of nitrate of potassa once in three hours, making some nauseous dose for the stomach once an hour by the clock. If the patient has a little cough, give him squills, with a little more tartar emetic; if pain comes on in the side, stick on a blister; if there is great headache, put another on the forehead or side of the face; if the head grows delirious, shave off the hair, and cover the scalp with little sores; if the feet become cold, apply mustard and vinegar; if any part of the body gets particularly hot, draw out some of the blood with leeches. Continue the "course," with occasional variations of the drops and powders to keep up confidence, till the patient's blood and bones become thoroughly drugotized, which will be evinced by fetid breath, metallic taste, MERCURIAL PULSE, swelled tongue, spongy gums, drooling salivary glands, great anxiety, extreme restlessness, and such like indications that the "doctor stuff" is doing a powerful business, once in a day or two evacuating the bowels with salts, senna, oil, charcoal, or an extra dose of SUB MURIAS HYDRARGYRI. When the disease and the patient have been doctored down below the range of febrile action, which usually takes from three to six weeks, so that they—the patient and the disease—will be compelled by the force of apothecary circumstances, to part company; then—presto, change!—commence stimulating the patient *re* again. Pour into his stomach as much as his head will bear of wine, brandy, porter, toddy, with bark, quinine, ether, capsicum, ammonia, valerian, elixir vitriol, compound spirits of lavender, etc., etc., according to the taste or discrimination of the physician. In three or six weeks more he may be out around—a first-rate subject to spend his future winters in Florida or Cuba, to prevent the northern blasts from reminding him too severely of the minerals in his bones.

In describing the usual routine of druggery, I should not omit the little, very little attention, generally paid to personal cleanliness, which is really the nearest approach to rationality of any part of the management, such as rubbing the hands, arms, and feet, with a little vinegar and water, or a little saleratus and water, and sometimes sponging the whole body with a

little spirits and water. All such patients ought to be thankful for all such small WATERY favors, in the hope of getting more.

It should also be mentioned that, under the ordinary drug treatment, a multitude of accidental or casual symptoms are apt to be present, requiring special medication, as hemorrhage from the liver, a bloated state of the abdomen, diarrhoea, suppressed urine, black vomit, etc. They are met respectively with sugar of lead, oil of turpentine, tincture of kino, arsenic, and MORE CALOMEL! These accidents are, nine times out of ten, the effects of the treatment alone.

**HYDROPATHIC.**—First cleanse the stomach by drinking copiously of pure, soft water. If the bowels are not entirely free, move them with injections of pure, soft water. If the whole body is hot, apply the cold wet sheet frequently, until the temperature becomes natural. If it rises again, repeat the process. If the head aches and throbs, apply VERY cold wet cloths, often changed. If the general heat is irregular, cold shivering and hot flashes together, use the packing wet sheet once or twice a day. If the extremities are cold, apply warm flannels, or bottles of hot water. Let all the endeavors be to purify the body, and equalize the circulation. Continue the "course" until the patient is well, which will almost always be within one week. Always take especial care to have the room well ventilated, and never burn any sugar, vinegar, or rags in his apartment, as is too often done, thereby adding one stench to another. When the patient gets out he will be neither marred within nor scarred without; nor will he be obliged to spend the remainder of his life in trying to run away from the mercury which is trying to eat him up.—*From the Water-Cure Almanac.*

## THE TEETH. NO. VII.

BY DR. J. W. CLOWES.

SOME, perhaps, of those who have read our preceding chapters, may think that we have already exhibited the human mouth in the worst possible light; nay, some, doubtless, suppose that we have only been trying the while to see what disgusting and revolting scenes a disordered fancy might invent. To all this we say, that of every sketch we have drawn, the living likeness still remains; a likeness whose hideous reality can be but poorly expressed in words. Nor is this all. We have sketches yet to draw of the polluting and uncleanly condition of the mouth—the human mouth! which methinks should make even the most reckless pause in their mad career of neglect and abuse. Oh! that mankind would exercise more frequently the powers of reflection! Had this been done, how many constitutions now broken down and in ruins, a mournful "wreck" of matter, might still have been "towers of strength," dispensing health and happiness to thousands of our race. All know that the *little cold*, by neglect, becomes a consuming phthisis; the *small scratch* a convulsive tetanus; and the *incipient speck* of decay the sapping destruction which mars one of Nature's most beautiful arrangements—we mean the teeth. Who will venture to dispute that upon their health and perfection depend many of the highest and purest enjoyments of life? Are not the teeth to the physical system, what the key-stone is to the mighty arch? Who may gainsay it? not one. Is it wise, then, to leave them rotting piecemeal from the mouth, destroying where they should sustain, weakening where they should strengthen, and defiling that which they were intended to adorn and embellish. Whom think ye the *richest*? the man possessed of hoarded thousands, and a vile-conditioned mouth, *offensive* to himself, *intolerable* to all others, and a stench in the nostrils of his kind, or the man of common sense and but moderate means, who applies these means, as best to advance his real

pleasures, contribute most to his true interests, and give him the stamp of cleanliness before the world? judge ye who?

### SKETCH V.

Mr. —, the subject of this sketch, is the resident of a neighboring town. Though months have elapsed since we first beheld him, still the remembrance of the scene we then witnessed is deeply and painfully impressed upon our memory. It was emphatically a *mournful picture* of suffering humanity. Physical disease and a sordid mind were goading their victim almost to madness. But to be more explicit. One afternoon just as we were about to leave our place of daily confinement, the door was suddenly opened, without having received even the courteous prelude of a knock. Though not a little surprised at this abrupt movement of the door upon its hinges, still the immediate entrance of a most miserable looking being tended greatly to increase it. We bade him be seated, and as he proceeded to occupy the proffered chair, he seemed, through physical weakness, rather to *fall* than *seat* himself in it. The appearance of the man at once inspired us with two very opposite feelings; disgust at his loathsomeness, and pity for his sufferings. He proceeded to inform us that he had an "*old tooth*," at which several attempts at extraction had been unsuccessfully made, that the pain he had suffered from its presence had allowed him no rest, day or night, for more than a week; in fine, that he wanted it "*pulled out*"—"could we take it out?"—and what would it "*cost*?" To the former of these inquiries our reply was, "we will try," and to the latter, "*half-a-dollar*." Among those but little read in that abstruse volume, cycloped human nature, the effects produced by these replies will cause no little astonishment. That we "*would try*," seemed to give little encouragement to this man, although some would have found in it a source of consolation. But when the *price of extraction* was named, an influence was exercised that seemed to electrify his very soul. A demand so *exorbitant*, appeared for a moment to act as a check upon every physical ailment. Avarice, the great master-passion of his life, possessed unlimited control, it was the great ocean to the river of his thoughts, a momentary grave of corporeal suffering. A moment more, and the gathering tide that had received but a brief repulsion, rolled back with increased acerbity of pain, overwhelming its victim with tortures greater than he could well endure! \* \* As he lay outstretched before us, that once strong man, but now the miserable wreck of what he *had been*—a pale, pulseless, senseless, almost inanimate form, we could not refrain a tear for human frailty. Long and protracted was the struggle which ensued between life and death, but when at length the former once more obtained the mastery, we felt that it could not retain it long. Our aid was given him to rise from his fallen position, and as a drunken man "*reeling to and fro*," he possessed but little strength to manage his enfeebled and trembling limbs.

## RESULTS OF READING A W. C. ALMANAC.

BY J. H. HILL.

GENTLEMEN:—Enclosed is one dollar as a renewal of my subscription to the Water-Cure Journal for another year. I feel a deep interest in the success of water-cure principles. I have been an old subject of the abominable results of Allopathic drug medication for fifteen years preceding the last five. Since which time I have been the subject of the glorious, healthful, and invigorating influences of water-cure. I met the water-cure through the medium of a Water-Cure Almanac; at which time I was the subject of dyspepsia, diabetes, rheumatism, weak lungs, &c., &c., being diseased from the crown of my head to the sole of my

foot. Having by this time, as you may well suppose, lost all confidence in all other systems, (for I had tried all I could hear of,) I embraced the water-cure at once, but very cautiously venturing no farther than a towel or friction bath, which I used twice a day. And tongue cannot tell or communicate the powerful renovating influences which were the result. To no one who has not experienced them, it seemed almost impossible for me to believe my own senses. I could not stand straight, could scarcely put on my own clothes on getting out of bed in the morning, had abandoned all hopes of cure at the time I began the use of water. I might say in one year from the time of beginning, I was entirely free from disease, by the application referred to as above—was induced to hop, jump, and run foot-races with the boys, to determine if it were possible that my own senses were deceiving me. I found it was beyond question a boldly developed, pleasing reality, about which there could be no mistake—the effect of which was to astonish not only the neighborhood, but also the drug and dye-stuff fraternity, who shook their heads portentously, warning all those who seemed to be favorably impressed upon the subject of using water, not to meddle with it; that though there might be an extraordinary case which would bear it, as a general thing it would be far more likely to kill than cure. Some few cases, however, which were given over to the hopeless consequences of disease and drugs by the Allopaths, having nothing to lose but everything to gain, would apply to me for advice relative to water treatment, always supposing that its application would either kill or cure—the former result being almost universally expected; but to the astonishment of all, there was not a single case of all who persevered in the proper use of the applications which I directed, but what were benefitted in proportion to the amount of treatment made use of. I wish it here to be recollected that all the knowledge I possessed at that time was derived entirely from a Water-Cure Almanac which I accidentally met with in opening the mail as Postmaster, and which, on first sight, I considered as sheer nonsense; but, on a close examination, as sound philosophical truth. These things began in '45, since which I have on all occasions used all my influence, which I could spare from my confined position in gaining a livelihood for a helpless family, which position was brought about mainly by the abuse of doctors and drugs. I am now making arrangements as fast as possible to establish myself in the practice of the Water-Cure. Up to this time I have never made any charge for my services, unless when I had positively to neglect my business otherwise; but I find I cannot do so any longer, I must abandon one or the other. A half-way attention in treating disease will not do. Then again there are some things connected with the healing art which I do not feel competent to undertake, which causes me to feel a timidity in embarking in the business. I feel quite competent for all the ordinary diseases of our climate. If I possessed means to spare, I would as early as possible attend a course of lectures at the American Hydropathic Institute; but if I should spend my time and money, what little I have, I shall be unable to establish myself with a proper convenience for practising. Please, Gentlemen, to give me your advice relative to the proper course to pursue, with position thus defined, either publicly through the Journal, which will probably benefit others as well as myself, or if you will do it privately, believing it to be more proper, it will be as bread cast upon the waters. I expect hereafter to be situated so as to aid very considerably in the circulation of your valuable publications, especially those embraced in the list of Water-Cure. Heretofore circumstances would not permit much attention to it. I have induced some eight or ten Allopathic doctors to take the Journal, some of whom are practising about half-and-half.

Send for 100 Water-Cure Almanacs for 1892. Price \$3.

PUBLISHED.

## "WILL WATER-CURE SAVE ME?"

BY JAS. C. JACKSON, M. D.

A QUESTION like the caption of this article is surrounded with somewhat of difficulty in its answer. Yet I propose to state some points of the case which will show the probabilities of a favorable answer. I do not wonder that the inquirer should ask such question before venturing a trial, for as a general fact those who make or propose to make trial of the Water-Cure treatment, have spent strength hopelessly on other systems of medicines. Sick people at first grow rash in the use of means, but failing cure, grow cautious. If having tried various means and failed, creates incredulity in the sick, it by no means tends to make the Water-Cure Physician hopeful. His decision will in most cases hinge on the fact whether the person asking advice has undergone much drugging—for drug-diseases are the hardest to cure.

Allow me to state some obstacles more or less serious to the cure of diseases by Water treatment.

**First.**—Water Cure will not restore a sick person who lacks WILL to get well. No matter how long continued the treatment, it is useless, if this element is wanting. For it is as divinely true and as worthy of exaltation into an axiom, that where there is no will there is no way, as it is that "when there is a will there is a way." It is of inconsiderable consequence from what cause, or by what means the effect has been produced, it is enough that it is so. If a man is dyspeptic and his brain takes on sympathy with his stomach, so that his perceptions are morbid and his soul has come under the dominion of sensation, to the degree that when he feels badly, he has no power to shake off the incubus, that man will die from disease which other men would have thrown off, as a lion dew from his mane. The body dies through the weakness of the soul. The spirit is unequal to the struggle and morbid influences conquer. All the waters of Jordan cannot save him.

So essential do I consider this faculty of inherent soul force to be in making up my estimate or diagnosis of a case, that it constitutes a turning point with me in deciding to accept the applicant into THE GLEN. The brave and heroic only do I venture to hold out hopes of health to, under my administration of Hydropathy, and I ask but to know, whether a man deeply diseased shall have preference in my own mind over one slightly diseased, that the former will surrender to DEATH only at the last moment, and then with grace and manly courage; whilst the latter will give up the ghost at the first random shot that the King of Terrors makes with his long bow. The man of force of will, often recovers though you see him lying at the grave's mouth. The inefficient man dies, though you can hardly judge him sick, from mere spiritual inanition. This view of the case confirms itself to the inherent strength that the sick possess. There remains to be taken into account the indirect influences that assist to work the restoration of one, and the dissolution of the other. The physician, the nurse, the friend, feel the courage of the one, and the want of courage of the other, and catching them reflect them to build up one and to kill the other. Slowly therefore under the same attentions and kindnesses the one lives, gathers vigor, and at last sees the sunbeams glowing like the goodness of God about him, whilst the other falls and droops till the shadows of night surround him, and he is—DEAD.

Whether the sick can get well by means of the WATER-CURE depends very materially on the fact that he or she can work. Labor is life's great law; who will not work for life has no guarantee for life. That labor is a curse, is a falsehood as stale as it is stupid. Labor is a blessing. Throughout Gods domain wherever it is wrought it brings good gifts in its train. The sick man has his work to do as surely as the man in health. The measure of effort is likely to be widely different, but earnestness of purpose must show itself, for "to him that hath shall be given." Everywhere, from God's

throne in the highest to the ant's hill at one's feet, are myriad influences conspiring to aid and strengthen THE WILLING WORKER, and to bury out of sight the DRONE.

**Second.**—Whether the Water Cure will save you will depend on the power you possess to give up the bad habits you may have, and to institute good habits. Such are your tea and coffee drinking, your meats and pastry foods, your tobacco-chewing, smoking and snuffing, your wine-bibbing, your tight lacing, your irregular hours of sleeping, your exhaustion of the nervous force in and after the great variety of ways known to you.

Let your drink be water, your food simple, and if you have the least tendency to dyspepsia, eat but twice in 24 hours, say at 7. A. M., and 3. P. M. It is vastly better than to eat 3 times, as you will find if you try it and persist in it. Eat as little as possible for you to do, and keep up vigor enough to apply baths. You will not die from starvation. The Americans are not pre-disposed thereto. Eat slowly. My patients of their own accord adopt the two meals a day system, and sit at the table not less than forty-five minutes. They have found ample reward in so doing. Besides, spare diet is most effectual in lessening the appetite for tobacco, if you are so unfortunate as to be afflicted with the use of that most disgusting weed.

To you, women, with the diseases to which you are specially subject, much depends on your change from the long to the short dress whether Water-Cure will avail you. I will not argue the question as one of taste, though I doubt not on that ground an impregnable argument can be made in favor of the short dress. But I press the matter on the score of health. If health and taste are necessarily at odds—it is the first time in my knowledge that the sense of beauty and the sense of comfort have been found opposed to each other by the ordainment of God. Let our women have health—though their taste suffers. To a woman who needs an out-of-door life—vacating close rooms, and the sphere of the nursery and the cookroom, lest they should open a pathway for her to the grave, to one needing the use of her limbs and who must have relief to her compressed lungs and crowded viscera—the short dress is of deeper import than one of taste. It may gratify one's taste to be a pretty corpse and have a friend to say she "looked sweetly in the coffin"—but it answers the end of existence better to keep out of the tomb, and live healthfully and cheerfully whilst one can; so, my country women, give your bodies fair play, and throw your tight shoes, strained elastics, corded skirts, whalebone waists and corsets to the dogs, where I would also advise you, and the men if they take them, to throw your

## DRUGS.

Sir, Madam, for Human Nature's sake let drugs alone. They are a nuisance. On the authority of the most skillful of their administrators I could quote endless evidences on this point; they have killed more than they have cured. Some distinguished men have declared that they have killed more than war. Let them alone. Have no fellowship with the foul stuff. I have a man in my care lately, whose disease was as clearly caused by over-drugging, as ever the torpor of an anacanda was caused by over-eating. The Doctors far and near have been consulted, and each gave him some medicine under which he steadily grew worse. His stomach reminded me of the Doctor's jar into which he threw the "tips and butts," the odds and ends of his saddle-bags, and when he had a disease about which he knew nothing, he gave the patient medicine from this jar, and called it a dose of

"OMNIBUS GATHERUM."

Let drugs alone. They and the Water-Cure are not of the same family. If you have been sick for any length of time, you have tried drugs, now try water. If you are not well-informed, and cannot stay long at an establishment, go to one and stay a fortnight or a month, and get an insight to the processes; then go

home and fulfil your mission. Devote the life that is in you to the making of more. Let your neighbors laugh, sneer, ridicule you if they will. Do you keep cool, remembering that he can "laugh who wins," and it is yours to win. Those whose health must be gained by home treatment if at all, and I am well aware that a great number must thus get it or die, will find full compensation in a short visit to some good establishment to get an examination by its Physician, and to learn in a general form the mode of administration, and the baths that are the most genial to them. Then go home, subscribe for and read the Water-Cure Journal and Water-Cure Books attentively, take mild treatment unless otherwise ordered by a Physician with whom you are in correspondence, have patience and faith, struggling daily like a brave heart against the stream,—for a dead fish can float with the current,—and if you get into trouble and know not what to do, if my opinion is good for anything, you shall have it for the asking, whilst I have time to wield a quill.

Reader, after my notion of things, you can form a judgment as to your being cured by Hydropathy. Try it. The man with the withered hand at the Saviour's bidding tried to stretch it forth, and was rewarded for his courage with a cure. Try it, intelligently and honestly, try it; who knows that a well-directed effort will not be the forerunner of success.

## CASES OF HOME TREATMENT.

BY S. H.

MESSRS. EDITORS.—I have been for nearly two years past a reader of your valuable journals, the Water-Cure and Phrenological, and I consider myself a life-subscriber; and the pure unmixed satisfaction I experience when examining the plain, sound, common sense, yet deep principles they advocate—principles which I consider to be of vital importance to every one—is such as I have never been able to experience whilst reading any of the many publications that flood the country. I see in every number of the Journal cases of home treatment reported, and as an opportunity has presented itself, I feel anxious to contribute my mite to that department. The dysentery, or flux, has been epidemic throughout our little town this season, and assumed what the Doctors term a very malignant form; and I should judge there was something quite malignant either in the disease or treatment, from the number of patients they have lost; but I will give a brief description of two cures of flux treated with simple water:

No. 1 was taken with violent and frequent discharges from the bowels, attended with severe pain in the lower part of the abdomen, took a dose of burnt brandy, which checked the discharges, but brought on considerable fever, with increased pain and inflammatory irritation in the bowels, extremities cold, head hot, pulse hard, frequent and somewhat intermittent; extremities were bathed in warm water, with hand frictions until warm; the fever was reduced by application of cold wet-sheet packs and sponge-baths; the wet compress wrung out of cold water was laid upon the bowels, and sitz-baths of thirty minutes were taken two or three times in twenty-four hours, which seemed to allay the irritation in the bowels, from which there was no discharges after the burnt brandy was taken, although the patient was attended with a continual and almost irresistible desire to go to stool until the fourth day, when the bowels acted quite natural, and the patient commenced getting better from that time; the diet consisted principally of ripe fruits and vegetables.

No. 2 was taken with severe pain in the lower part of the bowels, frequent and bloody discharges, some fever, the nervous system very much irritated; was treated the same as in the first case, except, as the discharges continued, cold water injections were given after each, until natural action was restored. The sixth day the patient was able to sit up, and the tenth

attended to business. Not a particle of medicine was given in either of the cases, and they were treated mainly from what knowledge could be gleaned by reading the *Water-Cure Journal*. Patients here under the regular treatment, as a general thing, were down from three to five weeks, if they got well at all; and I have strong reasons for believing that some of those who have died here under the *Medicine* treatment, were not attacked as violently as the cases I have reported above. Indeed, according to the *Doctor's* own declarations, some of their patients were taken quite mildly, but they continued to grow worse until death. The question arises here, why is it that persons attacked with the flux, who have strong vital powers, and naturally healthy constitutions, die so generally under the allopathic treatment, while those whose treatment has been more mild, who have taken little or no medicine, have as a general thing got well, for such has been the result here this season. The question to my mind is very easily answered, that too, without any great array of Latin phrases, but in plain English. It is not reasonable to suppose that the human system when attacked with any irritating disease should go through with a process, the very nature of which is to create double the irritation already existing; it would seem to me the direct opposite would be the most reasonable course to pursue. I have seen infants here under the regular treatment, lying almost motionless under the deadly effects of opium, the bowels acting with frequent and violent discharges, no appearance of circulation upon the surface, the extremities cold and blue, the head hot, spasms and fits finally set in, and death puts an end to the scene. Nothing done to arouse the circulation, no frictions applied to the surface, no injections to the bowels, everything went on in the regular way, and as any person of common sense would suppose under the circumstances, die very regularly; but the circulation of the *Water-Cure Journal* and other kindred works, are fast doing away with this regular wholesale murder, and I hope and believe that the time is not far distant, when all drug-shops and pill-bags will be buried beyond all hope of future resurrection. Our little town at present can boast of five regular *Doctors*, one Eclectic, one Thomsonian; and one *Water-Cure* physician has just announced himself among this formidable array, and I hope he will clear the field of this pestilential set of regulars. Then, and not till then, may the people here look for any natural results of diseased action; but, on the contrary, they will be dosed, bled, and blistered, until outraged nature ceases to resist, and death puts an end to its struggles.—[*Knoxville, Ill.*]

## THE NEW MEDICAL COLLEGE OF NEW YORK.—A SKETCH.

BY E. A. KITTEDGE, M.D.

New York is doubtless a great city, and the new school for manufacturing doctors out of the raw—very raw material, is also great, and great and mighty are the doses thereof.

'Great also is the Diana of the Ephesians,' great the idea of incarnating diseases, and then killing them with poisons without hurting the patient! but greater than all is President Green of the New York Medical College.

Yes, mighty is the wisdom of Prof. Green, and most alarmingly developed is his bump of conscientiousness; and woe unto the wight who despises, prolongs, and believeth not in the swallowing of caustic—all other sins may be forgiven but—the one of refusal to swallow the darling pet probang—so beautifully saturated with the nitrate—of the puissant prince president of the New York New Medical School.

To be serious, have not things got to a very pretty pass, when a president of a medical college refuses to

give a diploma to a gentleman every way well qualified to pass an examination, simply because he is supposed to be favorable to the Water-Cure?

Incredible as this may seem to people generally, yet it is nevertheless true.

'The rejected,' is a gentleman of superior attainments, and probably very much better qualified to pass an examination, and practice medicine even, than nineteen twentieths of all who have graduated in New York these last ten years, and the professors know it; and yet, so bitter is medicine, and so sweet revenge, and so immense the love of approbation from the great body of the faculty, &c., that these professors, who have set themselves up in opposition to the old long-established schools, as the school par excellence, especially for liberality! have actually refused to license a man every way well qualified, simply because he had avowed a belief in the efficacy of the Water-Cure, and should probably practice it.

Now I would like to ask Mr. President Green, what business it is to him or any of his faculty, what a man intends to do after he may have graduated?

If their learned body of professors have failed to convince the gentleman in question—who I think they will admit is perfectly competent to understand all they can teach—of the necessity and propriety of giving poisons—which they admit would create disease and death in a healthy person—in order to atone for violated law, how can they expect him to give them, especially when he knows of a way that will accomplish it without doing any more violence to the system, or the practitioner's conscience.

But, say the learned professors, we don't believe it possible to get along without 'medicine!' Well, more shame for you; it has been done often enough right before your eyes, and the modus operandi, and the rationale of the Water-Cure, has been made so plain, that 'he who runs may read,' and reading may easily understand—if they don't believe it possible to get along without drugs in 'sensible doses,' one-third at least of all New York know it—and that they do not, is simply because they do not want to know it, and therefore refuse to examine the new and better way. Why, methinks it would puzzle them to give any good and sufficient reason; for surely, be the same true or false, these puritan fathers of the public weal, who give the cue to society, and say what is lawful and what is not to be swallowed when sick, and to whom all must look for proper aid, and in whom all the unenlightened place the most blind and implicit confidence—these I say should most assuredly look into everything that comes well authenticated, that promises ever so little for the relief of the suffering thousands constantly crying to them for help; and we opine it is rather late in the day for them to say that the Hydropathic system is not pretty well authenticated now, for hundreds and thousands of the brightest and best minds both of the old and the new world have testified to its merits, and many of them have shown conclusively that it is based upon the eternal laws of truth and reason, and in accordance most perfectly with all the known laws of health and science.

In view of these facts which can't be pushed out of sight, it does seem strange, not to say foolish, that a body of men calling themselves the faculty, and censors of the medical world, whose system of practice has nothing but its antiquity to recommend it, whose pretensions even to the name of a science, cannot for a moment be sustained, and which has proved a perfect failure as all the world knows—it is passing strange, I say, that such a body should presume to dictate to a man of education, talent and genius, who for years had been looking into all these things, and was, long before this new school had an existence, infinitely better qualified to minister to the wants of diseased humanity, than nine-tenths of all their other students ever will be though they live on forever—if they use

nothing but what is taught in their precious school—and tell him that if he is true to God, to himself, and his patients, he cannot have the sanction of the New York Medical School.

## WATER-CURE IN HOSPITALS.

BY M. D. OF N. Y.

As a convert from drugging, and old-fashioned dosing, I cannot help but add my mite of influence, though ever so small, in favor of the free use of cold water, believing as I do, most conscientiously, that when properly applied, its effects are certainly more sure, and assuredly less baneful and injurious in the after-influences, as is too frequently the case when Calomel, Jalap, Iron, Senna, Salts, and the rest of the allopathic remedies are administered. I am an M.D., bearing the parchment of the "old school," nurtured up in their ideas of things—aiding, as 'tis called, the "vis medicatrix nature." Though a young man in the profession, disease in all its various forms and phases, and severity, have come under my observation and treatment while connected with the — Hospital, N. Y. My first attention to the really good effects of water, was in the following instance:—Mr. — was admitted for scrofulous inflammation of the ankle joint; a probe introduced, gave strong and undoubted evidence of disease of the bones of the Tarsus—especially the Calcaneous, Astragalus and Scaphoid—the three largest of the seven bones entering into the formation of that joint. When first admitted, the usual antiphlogistic remedies were given, but without the desired effect. However, in due time amputation was performed at the junction of the middle and upper thirds. Instead of enveloping the stump in a cartload of bandages, &c., the lips of the wound were approximated by two or three small strips of adhesive plaster, and cold water, kept constantly applied. I watched the result with no little anxiety, as it was "something new under the sun," a deviation from a well-beaten pathway. The result was indeed gratifying—not more than a tablespoonful of pus, and that healthy, escaped. Union by first intention progressed; no swelling, no tenderness, no pain, "no nothing," ensued. Medicines internally were seldom given; but whenever it was necessary to support strength, nutritious food, and hygienic rules were applied, and the patient soon convalesced—in a much shorter time than any former one. That cold water possesses healing qualities, the many, very many radical cures, afford sufficient proof. An article in "Ranking's Half-Yearly Abstract," January, 1852, No. 54, by Dr. Garvin, details the treatment of internal hemorrhoids or Piles, by the injection of cold water, and with the happiest success. The former aversion to this method of treatment is being daily overcome—experience affords proof of its valuable qualities. In the Medical Profession a revolution is in progress—slow, but sure. Homoeopathy with its infinitesimal doses is becoming popular, and its popularity is based upon ocular evidence of its happy results; but, at the same time, I am not prepared to enlist in its active service, for seeing not what is accredited to it. I can't believe until practice reveals the truth that is claimed for it. Still I am not an out-crier against the doctrine in toto, for in some diseases I willingly confess its wonder-working effects. But I am imposing on your good nature in this long desultory scrawl—so here will close till another time.

THE GRANVILLE WATER-CURE.—A new establishment, situated in Licking county, Ohio, is announced in advertisement. We cannot for a moment doubt the entire success of this new establishment, while conducted on Hydropathic principles. We hope to hear a favorable report from Granville, Ohio.

## REPLY TO E. A. KITTREDGE, M.D.

BY H. FREASE.

In the March No. of the Water-Cure Journal, Dr. Kittredge has an article detailing what he thinks of the Hydropathic Institute, addressed to "whom it may concern." As one of that number, having received the diploma of the Institute, I wish to reply to that article.

In the first place, Dr. K. has charged Dr. and Mrs. Nichols, if not directly, at least by implication, with incompetency or dishonesty, or both. As the Dr. and wife are more directly concerned with this phase of the article, they can take care of themselves. Next, those of the American Hydropathic Institute, who received certificates of qualification, are impliedly charged with having been destitute of a knowledge "of the first principles of anatomy, physiology, chemistry, philosophy, pathology, &c., &c.," six or twelve weeks before receiving the diploma of the Institute. It would be well, before a man undertakes to enlighten the public, and especially before making charges calculated, if not intended, to injure the prospects of twenty persons, some, and perhaps all of whom may be about to commence the important and responsible business of physicians, to acquaint himself with all the facts of the case. Now, Dr. K. knew nothing about the students of the Institute or their qualifications. During the whole term he did not visit it, and is perhaps not acquainted with one of its members. By what authority then does he make his charges? Now, the facts in the case are these, that all those who received diplomas were well acquainted with all the subjects relating to the causes of disease and the means of cure. In general, they had a good knowledge of anatomy, physiology, chemistry, &c., before entering the institute. True, but two of them had passed through the regular medical schools. The others obtained theirs by different means, but it may be none the less valuable for that. Dr. K. probably took a regular course of three full years, and understood thoroughly "anatomy, physiology," &c., which only enabled him to give "die stuff" for a number of years, and before he was qualified to heal the sick he was compelled to learn from an unlettered peasant. The following might be a useful problem for the doctor to ponder about. If two full years be "not a whit too long" to qualify a person without a previous medical education for a Water-Cure physician,—how long would it take a man who had received a previous medical education, and had been for years engaged, by administering "die stuffs," in "curing patients till they died," to unlearn what he had learned amiss, and to qualify himself for curing people by water till they are healthy? There is much weakness, and perhaps some vanity, about many of those Water-Cure physicians who have medical diplomas; which they fancy gives them a right to mark out and dictate a path to be trod by those whose hands are clean of drugs and "die stuffs." The fact is well known that few M. D.'s ever abandon the fanciful theories and learned conjectures of the old school; which continually recur as obstacles to the best application of water. I believe Dr. K. has divested himself of the notion that drugs are useful, still he is unable to see that a person can get a knowledge of the human system, the philosophy of disease and the best means of cure—or that he can study nature—her laws, adaptations, and operations, without confining himself three full years in learning that, much of which he must forget, before he can be a successful Hydropathic practitioner.

I am an advocate for knowledge in the treatment of disease. Let none embark in so responsible a calling, without ample qualification. But the fact that one has been engaged for a series of years in administering "drugs and die-stuffs," is no evidence of such qualification.—[*Sugar-Creek Falls Water-Cure, Tuscarawas County, O.*]

[We think this matter has now been sufficiently explained; justice to a large and intelligent class of

students seemed to require this "reply" in their behalf—and we most cheerfully give it a place in the Journal.

HYDROPATHIC SCHOOLS must and shall be sustained wherever and by whomsoever formed, until the people become competent to do all their own doctoring. Why will not every Hydropathic physician form and teach a class of pupils, men and women, in the practice of WATER-CURE? Surely this may be done with propriety, and with immense advantage to the promulgation of Hydropathy.—Eps. W. C. J.]

THE ERADICATION OF MEDICAL QUACKERY.—[Although the following has once appeared in the Journal, we cannot refrain from republishing it, for the encouragement of new Hydropathic converts.]

"If there are any misanthropic individuals, or drug-concocted doctors, or book-blinded professors, or money-making apothecaries, or pocket-robbing nostrum venders, or speculators on human ignorance and gullibility, of the baser sort—candy peddlers, lozenge mongers, pill makers, snuff puffers, nervous cordial advertisers, and sweetened whiskey and sassafras, under cover of 'sarsaparilla syrup,' dealers—who have 'hoped against hope' that the swelling flood of hydropathy, portentous of the utter ruin of their goods, wares, merchandise, and 'stock in trade,' was about to be stayed or rolled back, let them lay the flattering unction to their souls no longer. All the encouragement we can offer is to bid them despair.

"We hold these truths to be self-evident," that all men and women were created to know something, and that the time is fast approaching when they will know something; and that among the things which they were created to know, and will know, are life, liberty, and the taking care of their own health. And we believe the rapidly-increasing number of Water-Cures in the country, and the extensive circulation of Water-Cure books and periodicals, are the destined 'media' through which the people are to have a demonstration of this knowledge.

"There is a spirit of inquiry abroad, which will not easily be put to rest. The people are demanding a reason why they are to be drugged through life; why they are to be poisoned from the cradle to the grave, in order to keep them from dying; why they must continue to swallow all manner of foul substances, to keep health in the body, and disease out? And the more they ask for a reason, 'the more they will find none,' as our friend Mr. Noggs would say. The conclusion will be eventually arrived at, that the world has made a fool of itself about long enough."

[In this connection we may state, that in 1849, the "Patent Medicine business," so far as it has been possible for us to ascertain, declined at the rate of ten per cent. throughout the United States; and in 1850, twenty-five per cent.; in 1851, more than thirty per cent.; and if we read "the signs of the times" correctly, 1852 will leave the whole trade in Drugs in a miserably dilapidated condition, as much so, it is hoped, as their drugs have left the poor dupes who have swallowed them, without dimes, dollars, or health. Has the diffusion of Hydropathic principles, through the Water-Cure Journal, had any thing to do with breaking down this Patent Medicine, Drug, and Cod-liver oil business? Shouldn't wonder, shouldn't wonder.]

KEEP THE HEAD COOL! OR THE RESTORATIVE PROPERTIES OF WATER.—Residing in England a few years ago, the writer became well acquainted with an old gentleman near seventy years of age, who had been bald nearly thirty years; and having an apoplectic constitution, or tendency of blood to the head, was advised by his physician to sit with a wet sponge upon his head; he followed the advice, and the result was a fine, luxuriant crop of hair. This effect is natural enough, when it is considered that the cooling and

comforting properties of the water reduced the unnatural heat of the head, so destructive to the vitality of the hair. Who does not know how almost certain most kinds of fever are to cause the hair to come out, and, in many instances, to destroy it for ever afterwards? and hence, how wrong it is to give undue heat to the head by wearing fur caps, and other warm covering to the head, which should *always be kept cool*? The writer has known many beautiful heads of hair to be entirely ruined, by wearing fur caps;\* and it is well known, that the process of sweating horses and other animals in blankets, is often resorted to to remove the hair. Again we say, "keep the head cool!"

G. W. A.

\* It has been suggested by Physiologists, that this wearing of caps, and tight hats, is one reason why so many men become bald, while so few women, who wear ventilated bonnets, so seldom lose their hair.

A GYMNASIUM IN WASHINGTON.—The Daily Telegraph, says—

"If there is one thing more needed in this city than all others, it is a gymnasium. The great number of persons whose occupations are of a sedentary nature would seem to invite the attention of some one to the enterprise of establishing an institute of the kind. It is admitted that want of exercise—of muscular exertion—among a very large mass of persons, is an evil of no slight magnitude. There are few who will engage in an exercise not stimulated by some immediate pleasure or gratification. Walking is too monotonous for many; the exercise of the dumb bells must be private; and few others are at all inviting. A gymnasium would obviate all difficulties. It would throw open the door for the most excellent and healthy exercise, and would do more, if properly established, with baths and other conveniences, to promote vigorous health among the clerks under government, and persons of sedentary and confined occupations, than any other one thing. Will not some one undertake this laudable enterprise? We venture to predict its success."

[Tight! Why will not some unoccupied carpenter act upon this suggestion? It would put dollars in his pocket, and health into the bodies of men. The same thing should be done in every city, and that, too, quickly.]

WHAT TO DO WITH THE MEDICINES! OR, NOTHING MADE IN VAIN.—In a late number of the Horticulturist, we find an account of a wonderful crop of melons obtained by Dr. Hull, near Newburgh, from a piece of ground 40 by 180 feet. The article states that, "The bugs were completely expelled by watering the plants daily with a strong decoction of quassia, made by pouring four gallons of boiling water on four pounds of quassia in a barrel, and after twelve hours filling the barrel with water. The intolerable squash or pumpkin bug was thoroughly driven off by a decoction of double strength, containing a pound of glue to ten gallons, to make it adhere. The result was, a product of 'sixteen hundred superb melons' on less than one-sixth of an acre of ground.

This is making the most sensible use of medicines that we have heard of for a long time. G. W. A.

HONEY.—Honey is, according to Mr. Milton, who has lately published a treatise on bees in England, a universal specific; and among its other valuable properties he declares that it prevents consumption, and states that that destroyer of human life is not known in countries where honey is regularly taken as an article of food. Those who have less faith in the specific, attribute the cause to difference of climate rather than to honey. The Italian singers, it is said, are greatly indebted to honey; but their practice is to sharpen it with a few drops of acid, though they sometimes take it in a pure state.

[The above is the opinion of a man who deals in the article. No doubt honey is good in its place, and a moderate quantity may be used as an article of food, or rather luxury, without any particular injury. But we would not have the readers of the Water-Cure Journal pin their faith on specifics of any kind, whether in the shape of food, medicine, or superfluity. On the contrary, we assure them that they must "live according to law" in every respect, or honey can't save them.—Eps. W. C. JOURNAL.]

New-York, May, 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.

LOCKPORT, N. Y.—A correspondent corrects our statistics, and states the number of inhabitants to be 10,000 instead of 5,000; and adds, that a Water-Cure establishment would succeed well at that place.

WATER-CURE IN PENNSYLVANIA.—The Conneautville Courier of the 10th March, has the following:—"We see it stated in the Water-Cure Journal that Dr. Wm. F. STEPHENS, a hydropathic physician from the East, has received an invitation, which he will probably accept, to locate in Mercer. We would by all means recommend the Doctor to locate in Mendville, in this (Crawford) county, believing it to be one of the best locations which Western Pennsylvania opens to the hydropathic system of medical practice."

HYDROPATHY IN KENTUCKY.—A correspondent writing from Hopkinsville, says:—"I know of no 'Water-Cure' or hydropathic physician within a hundred miles of this place, and suppose this would be a favorable location for an establishment. We have a flourishing village here, containing about 1,500 inhabitants, located in a rich and fertile country, and have any quantity of allopathic and homoeopathic doctors." Who will occupy this field! For full particulars, address JOHN STILES.

WANTED.—A WATER-CURE ESTABLISHMENT, IN THE BEAUTIFUL CITY OF TORONTO, CANADA WEST. This City has a population of over 30,000, and is in all respects a capital place for a first class Water-Cure. Who will put it up!

TO PREVENT MISCARriage, 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.

## MAY TOPICS.

BY R. T. TRALL, M.D.

PREDICAMENTARY.—We have on our hands a respectable pile of communications from all sorts of doctors and all kinds of people, many of them from Allopathic physicians, variously commenting on, criticising, approving, condemning, etc., the deportment of this Journal, and quite overwhelming us with all manner of suggestions and advicings as to its proper course in future. All right. All parties interested in our reform must be deeply thankful for these evidences that this periodical is accomplishing its great purpose. But profoundly grateful are we for the occasion which prompts so much notice and advice; we cannot make any practical account of the advisory part in the way of shaping our course. It does, however, place us in a somewhat unpleasant predicament. We have a strong desire to please, and be pleased; but we will speak the truth, or what seems to be truth, though it offend our best friends.

Some drug-doctors complain that, by taking such an ultra and exclusive stand, we are driving them away from us; whereas, by pursuing a "middle course" we might propitiate the light of their countenances, and induce them to adopt more or less of our system. Those gentlemen seem to forget that we have no "middle ground;" that "expediency" or "policy" is no part of our trade; that "patronage" and "customers" are not the leading objects of our teachings; that we doctor folks, not because we are misfitted by education to get a living any other way, but to illustrate and demonstrate the principles we teach. And again, we wish to drive their drugs far away from our system, and the doctors with their drugs, provided they are so pathologically combined that they cannot be separated; for we are very sure that a system of the healing art whose materia medica is air, light, food, drink, exercise, sleep, clothing, temperature, governance of the passions, &c., could not

but succumb under the poisonous alliance of anti-mony, opium, calomel, cod-liver oil, ratsbane, catsbane, dogsbane, wolfsbane, henbane, and other "banes" too numerous to mention.

Some of the communications aforesaid take exceptions to our manner as well as matter. They say that such epithets as "drug-doctors," "drug-poisons," "old-school physicians," "dangerous experiments," "chemical destructives," "false theories," "absurd vagaries," &c., &c., are not calculated to conciliate the profession, and only tend to provoke bad personal feeling. We are sorry, but can't help it. We mean no personal offence. We do not apply these terms to the doctors as *persons*; but to their system as such. The dictionary supplies us with no other words exactly expressive of our meaning; and we are particularly anxious to be understood, though our great-grand-father take umbrage at our plainness of speech. As to the scientific matters of difference between us, is it not enough that the publishers of the Water-Cure Journal invite, nay, challenge a discussion before the public!

ANOTHER CURE-ALL FOR CONSUMPTION.—Whether the fishes of the sea refuse to furnish any more cod-livers, or whether patients' stomachs are becoming more qualmish, it is evident that the filthy excrement, called cod-liver oil, will not much longer "go," as a remedy of Consumption; hence the important question arises, what is to be done? The apothecaries are deeply, or rather, perhaps, highly interested that something new be put into the market speedily, or the immense amount of capital invested in drug-making machinery will be greatly depreciated. What a happy thought was *phosphate of lime*! This is to be the remedy for the ensuing two or three years. Let Taylor puff his Liverwort, Rogers his Canchalagua, S. P. Townsend his "most extraordinary" Sarsaparilla, Old Dr. Jacob Townsend his "really original" ditto: let Watts swear that no one who takes his "Nervous Antidote" can possibly die; and let Roback, the Astrologer, stave off deaths by calculating nativities;—they will all find a formidable commercial rival in this new dodge or development of the regular profession, which introduces phosphate of lime to the patronage of sick and dying consumptives. It is true that some physicians do not "fall in" with the "new remedy" very cordially, but as the Boston Medical Journal expresses it, "give it the cold shoulder;" and others actually denounce it as trash. But so it was on the advent of its immediate predecessor—the cod-liver oil; so it has been with all the specifics for Consumption; but as it was with them, so it will be with the phosphate of lime business. The apothecaries will whip all the refractory doctors into the traces; the "profession" will generally recommend it, and it will have a "run." The following from the Boston Medical Journal, in allusion to the weekly bill of mortality, and the use of cod-liver oil and phosphate of lime, has a meaning for those who will take the trouble to extract it:

"The proportion of deaths by Consumption, the last week, was *unusually large*, being about one-third of the whole; and the number was greater than in the sickly season of 1849. It would seem that the *extensive use of the new remedies* for this disease among us has not yet done much towards lessening its fatality."

DURATION OF HUMAN LIFE.—Professor Stevens, of this City, in a late address, imputes the lengthened duration of life, as exhibited by the following data, to the "advancement and diffusion of medical science:"

"In the city of Geneva, in the 15th century, one individual in 25 died annually. For the 18th century, one in 34; at the present time, one in 46. With us the mortality is greater. I estimate it at one in 40, the proportion of childhood being larger, and childhood being the period of the greatest mortality. In the British navy, among adults, none of whom are very aged, the mortality is only about one in 100. Seventy years ago the mortality in the British navy was one in every ten. In 1808, one in thirty; 1836, 13 8-10, among 1,000; a diminution to less than a seventh of the rate in 1770. In the American army, with a corps of medical officers not excelled by that of any other country, the mortality is little over one in 30 per annum. In London the mortality in the middle of the last century, was one in 32. In the year 1838, the mortality was one in 36. I quote from the annual report of the Registrar General. Within the last twenty years the mortality in Russia has been one in 27; Prussia, one in 36; France, one in 39.07; Holland, one in 39; Belgium, one in 43.01; England, one in 43.07; Sicily, one in 32; Greece, one in 30; Philadelphia, one in 42.08; Boston, one in 45; New York, one in 27.83. The emigrants have made our mortality greater than that of our sister cities; in other respects it has diminished with the advance of medical science. These statistical statements might be multiplied at great length, but enough have been given to show conclusively the prodigious extent to which human life has been lengthened, with the advance and diffusion of medical science beyond its duration in former periods, and beyond its present duration in the less enlightened countries of Europe."

So far as the "advancement and diffusion of medical science" is to be found in the administration of poisonous drug-remedies, the effect, in our judgment, has been to abbreviate the period of human existence, and greatly multiply the diseases and infirmities of the flesh. But the advancement of a knowledge of hygienic influences, and the diffusion of better habits among mankind, have tended very greatly to counteract the evil tendencies of drug-medication, and to prolong the duration of life. So far as ventilation and personal cleanliness are concerned, society in the civilized parts of the world has made many improvements. In the cities of the "old world" where the plague repeatedly swept off the people by tens of thousands, the streets were narrow and dark; every kind of offal and filth was thrown into them, to rot in the shade or ferment in the sun, and no attention scarcely was paid to purity or cleanliness as regarded person, clothing, or tenement. These evils have very generally been corrected, and, consequently, the pestilences which they engendered have disappeared. Whenever the true philosophy of life and health shall be diffused among all mankind, such an improvement will be made in medical science as will rule drug-medicines out of existence, and then people may calculate with some approximation to certainty, on living to a good old age, and dying a natural death.

PATENT SELF-RAISING FLOUR.—Many inquiries are made respecting the nature and healthfulness of what is sold in this market under the name of "prepared flour." Hecker and Brother, of the Croton Mills, in Cherry street, are the principal manufacturers of the article in this city. Coarse

and fine flour, buckwheat, and Indian meal, are "prepared" by them after a process invented and patented by a Mr. Fowler. The ingredients are, of course, an acid and an alkali—probably supercarbonate of soda and tartaric acid—which, when the flour is wet with water or milk, unite and form a salt—tartrate of soda—and set free carbonic acid, which puffs up the dough. In healthfulness this method of raising bread or cakes differs but little from the common practice with supercarbonate of soda and sour milk. It is, however, a great convenience to the cook, and is preferable to the ordinary method of employing the same articles, for the reason that the acid and alkali are more exactly measured than by the tea-spoon. As we have before explained, those who cannot manage fermentation in the very best manner, will make better bread by this patent raising. In raising biscuits, griddle-cakes, pastry, &c., it has the advantage over yeast that the articles may be eaten as soon as cooked; whereas all fermented foods should never be eaten fresh.

**SEA-SICKNESS.**—John Dawson, M.D., Missionary to Burmah, in a recent treatise on this affection, which is sometimes designated as *Mase Morbus*, proposes to elevate it to the rank of a distinct disease, and dignify it with the technic christening of "Cephalogastrorrhœa." There is a ludicrous impropriety in the name, but that is of little consequence; a sickness is just as bad to endure and just as hard to cure, whether called by a short and familiar title, or a long and learned one. In the medical management of the malady, Dr. Dawson tells us that he has tried a great variety of remedies, as morphia, effervescing draughts, aromatic drinks, stimulants, brandy, wine, ginger plasters, mustard sinapisms, &c., sometimes with more or less relief, and sometimes with none. He recommends cathartics as the best medicines to take; and of these, he thinks the compound extract of colocynth, combined with the mercurial blue pill mass, a good preparation. Abjuring all this kind of treatment, we would recommend all persons unaccustomed to a ship's motion, who contemplate journeying on the waves, to prepare themselves by dieting a few days very abstemiously. The food should be mainly dry and solid, a rigid temperance should be observed for several days after embarkation, and on the approaching very turbulent waters, fasting over one or two meals is advisable. If sickness come on, the wet girdle should be applied rather tightly around the abdomen, and the patient should keep as much as possible in the open air on deck; but if the nausea become great, he will find relief in a horizontal position. Nothing renders sea-sickness so painful and dangerous as a plethoric habit and overfullness of body. Persons of such habit are always more or less "bilious," and are liable to extreme retching and vomiting; and although some of them experience great benefit from the "clearing out" which the congested liver and obstructed vessels derive from the attack, yet equally advantageous depurating effects can be secured by much milder and safer measures. Sailors are in the habit of swallowing a half pint or a pint of salt-water, which operates as an emetic, or purgative, or both, and by unloading the stomach and bowels, lessens the severity of the

sickness, and not unfrequently relieves it completely. This fact not only proves that the use of drugging is unnecessary, but it also indicates the principle of temporary abstinence from food, or strict abstemiousness, as preventive measures.

**THE SHOWER-BATH AS A PENALTY.**—Through the politeness of George E. Baker, Esq., of Williamsburgh, one of the committee, we are in possession of the report of the Select Committee of the Assembly of 1851, appointed to examine into the affairs and condition of the State Prisons of this State. It is an able and valuable document. It not only exhibits the abuses of our prison system and the mismanagement of their officers, but indicates the desired reforms, in the spirit of a "practically progressive philosophy." The penal part of our prison discipline, though less absurd and barbarous than formerly, is still in many respects unjust, impolitic, and even in some instances actually murderous. But our attention has been more especially fixed upon that portion of the Report, which treats of punishing refractory prisoners with the shower-bath. It is, as thus administered, not only cruel, but highly detrimental to health; and we cannot recognise the right of a State, or the constituted authorities, to punish the worst of criminals in any way destructive to life or ruinous to health—a position we are happy to find ably advocated by the intelligent members of the Special Committee.

Dr. Fosgate, late Physician of the Auburn Prison, tells the Committee that, since the *cat-o'-nine-tails* was abolished in the Prisons of the State, the shower-bath has been the chief mode of enforcing the discipline of the Auburn Prison. Dr. F. also quotes several eminent medical authorities to prove the injurious effects of cold water. But the error is entirely overlooked by Dr. F. He simply imputes the mischief to cold water; whereas it is the misapplication or abuse of it which does the evil, as we will proceed to show from this Report. The manner of administering the shower-bath punishment is thus described:

"The form of the machine is that of the common stocks, with a reservoir of water above it, having a head of fifty-four inches, measuring from the surface of the water to the perforated plate at the end of the discharging tube. The offender, being stripped of his clothing, is placed in a sitting posture in the stocks, *with hands and feet securely fastened, and his head contained in a sort of hopper*, the bottom of which encircles his neck so closely that the water will not run off as fast as it can be let on, the water being under the control of the keeper by means of a cord attached to a valve in the bottom of the reservoir. From the perforated plate the water falls about eighteen inches, when it strikes the head of the convict *immovably fixed*, thence passing over the whole surface of the body. When the reservoir is full, the *force of the blow on the head* is nearly equal to a column of water seventy-two inches in height. This force is somewhat reduced by the intervention of the perforated plate, a late modification of the instrument."

We are not informed of the least attention being paid to hygienic considerations when the water is applied in this inhuman manner. It may be immediately after eating, when the body is cold, or the convict in a state of nervous exhaustion. The water is also employed at the freezing point—32 degrees Fahr. Here we have a practical de-

monstration of "water-killing," which the allopathic journals have so much to say about. We are sure the boldest and most exclusive hydropath in the world would never dare to risk his life, nor hazard the life of a patient, nor even a well person's, by *such* a shower-bathing. Aside from its mere brutality, all physiologists ought to know, as all experienced hydropaths do know, that such and all similar applications of water are dangerous in the extreme.

Dr. Fosgate gives the details of cases in which serious diseases, confirmed insanity, and absolute death, resulted from this method of punishment. The following are among the number:—

"Convict number 4,959 was showered previous to my connection with the prison. He told me that while in the stocks, his head ached as though it would certainly split open, when all at once it suddenly stopped, and he felt no more pain. He came out of the stocks an insane man, hopelessly incurable, though at times he converses understandingly about the punishment."

"Convict number 5,669 was showered with six pails of water discharged on his head in a half inch stream. Shortly after he fell into convulsions, from which he emerged with a mind totally destroyed. He was pardoned in about three months afterwards, and a report subsequently reached the prison that he did not long survive the injury."

Another method of punishment, more in character with the tortures of the inquisition of the past ages, than the Christian discipline of the present day, deserves mention and execration. It is called *yoking*. The yoke is formed of a flat bar of iron four or five inches wide, and from five to six feet in length, with a moveable staple in the centre to encircle the neck, and a smaller one at each end to surround the wrists. All these are so arranged that by turning screws on their protruding ends, on the back of the iron bar, they can be tightened to any degree deemed expedient. The weight of the lightest yoke is thirty-four pounds avoirdupois, and some of them weigh forty pounds.

"The principal objection to this punishment is," says Dr. Fosgate, "that the yoke bears too heavily on the cervical vertebræ. Most persons are aware of the unpleasant, and in fact, unsupportable sensation produced even by the weight of the unbuttoned coat and vest pressing upon the back of the neck. Under the weight of this instrument the convict cannot retain the erect posture for even a few minutes consecutively, but is forced to bend forward in his continual writhing, which brings the entire weight of the bar upon the lower cervical vertebræ. The arms are generally stretched to their full length, and from steady tension of the nerves, are benumbed, while the hands turn purple, and at times become much swollen. In several instances I have placed my fingers beneath the yoke, and found the pressure so great that it was actually painful to me. The average time of wearing the yoke is about two hours."

A man of average size requires half a ton weight of water a year; and when he has reached the meridian of life, he has consumed nearly three hundred times his own weight of this liquid.—*Prof. Draper.*

To withhold from society facts regarding health, is a sort of felony against the common rights of human nature.—*Dr. Lamb.*

## Reviews.

**THE HYDROPATHIC ENCYCLOPEDIA : A Complete system of Hydropathy and Hygiene.** An illustrated work, embracing Outlines of Anatomy ; Physiology of the Human Body ; Hygienic Agencies, and the Preservation of Health ; Dietetics and Hydropathic Cookery ; Theory and Practice of Water-Treatment ; Special Pathology and Hydro-Therapeutics, including the nature, causes, symptoms, and treatment of all known diseases ; Application to surgical diseases ; Application of Hydropathy to Midwifery and the Nursery, with a glossary Table of Contents, and a complete Index.—By R. T. TRALL, M.D. Two large volumes, substantially bound, price \$2 50. New York and Boston, FOWLER AND WELLS, Publishers.

This elaborate work has found favor, not only as a guide for the home practice of Water-Cure in families, but also among Medical men of every faith. We have good reason to hope that it will yet be introduced into medical colleges as a text book for students, and when this is done, "good-bye" to most of the antiquated and absurd practices in the healing art. Nature will be consulted more, and art less, in the curing of disease, and in prolonging human life.

This great work has received the highest commendations from the American Press, without a single dissenting voice; which, together with our knowledge of its superior and unequalled merits, confirms us in the belief that it will soon become the **STANDARD WORK ON HYDROPATHY.** Certainly nothing in Europe or America has yet been attempted which can approach it in either execution, completeness in detail, or general excellence. It must quickly find its way into the hands of every disciple of Hydropathy.

**HINTS ON DRESS AND BEAUTY.** By MRS. E. OAKES SMITH. One Vol. 12mo. Price 25 Cents.—New York and Boston, FOWLER AND WELLS, publishers.

Of all the productions by this voluminous writer, we do not hesitate to pronounce the present, her last work, superior to any, or every other, with which we are acquainted. Decidedly superior in practical USEFULNESS, if not in a mere literary point of view.

In her preface she says :—

The current of public opinion has been, for more than a year, tending to a reform in Dress, and hundreds of women confess to a desire for the Reform Costume, but have not the courage to assume it. I really do not see that anything very heroic is done by shortening the skirt a few inches—one would think the reverse, if drabbling in mud in rainy weather were the real test of heroism, presenting, as women thus do, an appearance utterly indelicate and unlady-like. Women say they are "squeamish" at being stared at ; but this inconvenience is but temporary, as the experience of hundreds can testify. If one dress more than another be best adapted to my convenience or my purse, I really do not see that my neighbor has anything to do in the matter. I suspect this "squeamishness," (for I quote a word often used by those who are afraid to think for themselves,) is another way of indicating a wholesale imbecility of character, by which every woman thinks she must do precisely as every other woman has done, does, or is expected to do.

It is much to be regretted that women will "wear the heart upon the sleeve for daws to peck at"—will wear the soul outside of the body, to be blown upon "by every wind of doctrine," rather than be castled within, sure and steadfast, looking from the "loop holes of retreat," and judging for themselves. My neighbor's way of thinking or acting may be very well for her—it is her concern, not mine ; but her way of thinking or acting will not do for me. She eats pork and sausages—I revolt from both ; what then am I to sit in judgment upon her, and call her to account for eating pork or sausages ? Again, she may wear a man's hat, while I prefer a bonnet ; she may wear false hair to conceal a change in the circulations, while I think the gray hair preferable ; what then ? shall we intermeddle, be impertinent, and render each other uncomfortable on these grounds ? Certainly not. It is simply a difference in taste, culture, or opinion ; involves nothing vital to either of us,

and indeed concerns only ourselves individually ; and if either of us were so sensitive to the opinions of the other as to change our habit except upon clear conviction, we must be irretrievably insensible.

We must aim at the highest, the best, and in so doing we shall often need cast aside the old furnishing of both our minds and bodies, as things that have survived their use, and we should no more feel regret at doing this, than we do in casting off anything else that retards our way, or has ceased to be needful to us.

It is enough to say that this reform is slowly, but surely, making its way. For traveling, its benefits are so palpable that in time it will certainly be the only dress recommended by economy, convenience, and good taste.

Looking at the subject of Dress, as we always have, in the light of physiology, we cannot but feel the immensity of its importance. It is conceded by Physicians, and well known to all sane and intelligent people, that our murderous fashions have brought more disease and suffering into the world, than almost any other form of sin. But let us hope that *Tight Lacing* will soon be looked upon as of the past, and regarded, as it really is at the present time, an *unpardonable sin*.

"Hints on Dress and Beauty," contain arguments unanswerable in favor of the Dress Reform. We can quote but a few paragraphs, referring the reader to the work itself, for a complete elucidation of the whole subject.

By a national independence as to Fashion, each woman could devise what was best adapted to her peculiarities, while the simplicity of our reform dress would be adapted to all. A woman should never be old—never unlovely. I do not see why people should be sick, and stupid, and old, and unlovely and unloved. Every period of life is full of beauty, from that of the bread and butter girl, to that of the staid matron of seventy summers ; and as for the other sex, who look so incongruous, dressing as they do, padded and tightened, how shallow is their aspect as they advance in life, compared with the godlike dignity of the Patriarchs in their flowing beards and oriental robes, unsated by either tailor or barber.

Let us adopt a dress that shall be light, convenient, and easy of adjustment—one which a lady can put on without calling in her neighbors for help—one in which we can move freely, nor fear the dust nor the rain ; in which we can work, if we will, without the trouble of gathering up an acre of a skirt. We see what the Quakers have done by simple permanency, the drab and the broad brim having become a passport for respectability—but this dress, having been adopted at a period when severity and sanctity were the great aim, and not elegance of form or beauty of color, would be ill adapted to our present needs.

Let us have a simple Grecian jacket, or sack reaching below the knee, with pockets on each side, buttoning from the throat downward. Trowers of the same material for the street ; the Turkish form seems most approved, but is less convenient I apprehend, and less becoming than the simple plain trowers form. A small snug covering for the head, perhaps a gipsy hat, and boots such as are worn by ladies of rank in Russia, which can be put on without the trouble of lacing. This would be perfectly feminine, need not alarm the other sex with suspicion that we mean to usurp their prerogatives, and would be at once comfortable and inexpensive. Health, cleanliness, and beauty would be promoted by its adoption, whereas now we grow wrinkled, and sallow, and meagre from insufficient air and exercise, and by unnatural compressions. We should escape the bondage of so much drapery, and lift our hands to the zenith without endangering hooks and eyes. We could breathe freely as great spirits need to breathe, for I believe a compressed bust is fatal to all magnanimous achievements. Napoleon could never have conquered empires cased in whalebone, nor Milton have written his *Paradise Lost* in a tight bodice.

A lady is such by the very construction of her bones and muscles, by the nerves of her body, and the texture of her mind ; she does not need the touch of the dress-maker, nor the stamp of a coin to distinguish her as such. She does not need to flaunt her advantages abroad on the highway, she does not need to claim immunities because of her beauty even. Prettiness is so common that it ceases to please ; while the deep sentiment of a higher manifestation is so subtle and so all-pervading, that no woman need be vain over even a large endowment. The red cheek and full outline of an Audrey finds a Touchstone to admire, and as it goes onward from grace of form to nobleness of feature, still onward to where the soul breathes in the face, and we feel ourselves nearest the Divine, in every

stage there are beings prepared to recognise it, and to grow into love and worship.

Let us look the absurdities of the prevailing mode full in the face, and challenge a reform. Let us look our mean ambition in the face, and grow more true to our humanity. Let us reject the cumbersome and the petty articles of dress that make us listless and uncomfortable, and fret our tempers and impair our beauty. Hooks and eyes and pigmy buttons for especial torment. Let us discard them in heaps ; they belittle and annoy us, and heaven knows we do not need the aid of such things in life to give us discomfort. If we must be martyrs, let us be so in a great cause, and not for tape and buttons.

After other elaborate and pointed remarks on invidious distinctions—Natural inferences of the Turkish women—Genius the patent of nobility—Full rich natures, &c., the volume is concluded with the following beautiful and eloquent language :—

Finally, by the attention to air and exercise which the new costume would not only admit but challenge, we might go on beautiful and attractive to the very close—softening gently from the girl into the woman—ripening, and reposing in the full, rich and harmonious being, from youth to mature life, and thence to the magnanimity of age. I see no need of decay and dotage, of unloveliness and neglect, but each sphere well filled ; and each period beautiful in its completeness. As the purposes of this life recede from us, we should grow sublime in the opening halos of the eternal world, till we finally depart,

"Like one who wraps the drapery of his couch  
About him, and lies down to pleasant dreams."

## Miscellany.

IS IT POSSIBLE ?—We are often astonished, when considering the rapidity with which "OLD TIME" passes away ; yet, when we contemplate the vast strides and achievements of civilized man, in all the arts and sciences in the moral, intellectual, and social world, it is a source of equal wonderment and surprise.

It was but recently—not forty-five years ago—when the first STEAMBOAT was introduced upon our inland waters. How is it now ! Our rivers, our lakes, and all the seas and oceans, are plowed with MIGHTY STEAMERS, traversing all parts of the habitable world. In America alone, there are now between two and three thousand Steamboats in active operation, besides hundreds more now building. Our example, in this respect, is being followed in all parts of the old world. The most vivid imagination, or the most penetrating intellect, cannot predict or foretell the result of this new Steamboat revolution.

Then look at the modern Railroad movement ! Who shall attempt to compute the humanizing and civilizing power of the LOCOMOTIVE ? The labor of thousands of men, and millions of horses, performed in a day ! with yet work enough left for all.

Then again, look at the almost invincible, yet God-like and omnipotent TELEGRAPH, encircling and ramifying land and sea, conveying intelligence, with the quickness of thought, the world over ! Look at these things, realise them, and then say whether or not "the world is standing still !" No, time passes quickly. It flies, even with the rapidity of lightning. Nor can we, by the most judicious expenditure of time, have too much of it to DO GOOD IN THE WORLD, or to properly fulfill our destiny. "Man was made to work," and to do with his might, whatever his intellectual and moral sentiments direct.

We have been led to these reflections by a knowledge of the fact, that the FOURTEENTH VOLUME of this JOURNAL closes with the next number.

On the first of JULY, 1852, a new volume commences. We are ready for it. It is a part of our business to anticipate time. Already we have our engravers at work, preparing illustrations for the new volume ; writers are arranging their best thoughts for publication. Our work is before us, our duty clearly defined, and by the help of God, and a generous public, we shall do it.

**THE HYDROPATHIC ENCYCLOPEDIA.**—The author of this highly valuable publication has adopted the sensible plan of adapting it, in language and style, to the comprehension and wants of the people. He can give us the real *doctor talk* in big Latin and Greek words, but as he is not writing for the Latins and Greeks, but for the people who talk English, he communicates his ideas so we can understand him. Nor are his prescriptions among the non-comes-ables by nine-tenths of the people, but are within the reach of all. And this book tells us how, when, and where to use water in order to adapt it to the condition of the patient.—*New Lisbon Aurora.*

**PHLEGMONOUS ERYSIPELAS.**—About a month ago, I felt a sharp pain on the inside of the third finger of my left hand, like a blister, but it grew worse and black colored. It was pronounced a felon, and treated as such by an Allopathic physician in N—, who poulticed it with slippery elm and confrey three times a day, but it kept growing worse, with the most intense pain and sleepless nights. The pain grew so intolerable, and the finger looked so frightful, that I went in the cars, 116 miles, to the Cleveland Water-Cure, where my case was at once pronounced Erysipelas; and with wet bandages and half baths, the hand burst and discharged in three days, and the inflammation was then subdued, and I was then comforted with the information that I had narrowly escaped with my life, that the inflammation had got part way up my arm, and that if it had reached the body, I should have had a "wooden surtout" made for me. The flesh on the inside of the finger deadened and sloughed off to the tendon and bone, and new flesh is growing in its place. Meanwhile, my general health is fast improving under the influence of half baths, sitz baths, packings, Water-cure diet, fresh air, and exercise. H. C. F.

**FEMALE MIDWIVES.**—By *Caroline Morley*.—I have long been decidedly opposed to the practice of Allopathic physicians, and much in favor of the Water-Cure system, never doubting that it is better to be drowned than drugged to death. I have read your Journal with interest, and am constrained to say that it contains more true philosophy, more useful knowledge, and more practical information, than any other publication with which I am acquainted. Yet in one respect, allow me to say I consider you guilty of a great and glaring inconsistency. You strenuously advocate the propriety of women becoming medical practitioners, and yet you seem to exclude them from the place where common sense and common decency would seem most imperatively to demand their presence. In the May No. of your Journal I notice an article which I thought about as highly deserving the censure of all pure-minded people as a similar one from a certain Dr. Cleveland which so vexed the righteous souls of some extra-sensitive but not very consistent reformers.

Joel Shew, M.D., in detailing a case in midwifery, (the patient being a poor woman confined at one of your Water-Cure establishments,) says: "Being very much busied at the time myself, my worthy friend Dr. Wm. E. Rogers, of Waymart, Wayne Co., Pa., superintended the delivery in a faithful and skilful manner. With his own hands he changed the wet cloths every few minutes during the period of four hours. These of course aided very materially in warding off after-pains and all other evils incident to the puerperal state."

Indeed, with his own skilful hands this worthy gentleman, this scientific practitioner, performed a service for this woman, which no person should ever undertake, without first having an M.D. appended to his name.

Seriously, it seems to me you had better cast the beam out of your own eye, then shall you see clearly to cast the mote out of your brother's eye. And when you, who are about right in other respects, set a good example in this, the day will soon come when the feelings of delicate and pure-minded women will no longer be outraged by base practitioners in the shame-

less and needless manner above alluded to. In heaven's name, if you are really an advocate of Woman's Rights, if you truly desire her elevation and advancement, reduce your theory to practice, and let us hear after this what success your female M.D.'s can have in that branch of medical science which they certainly ought to understand, but of which they seem to consider the height of refinement to remain in blissful ignorance.

P. S. If you think it indispensable to the welfare of a woman during confinement to secure the services of a skilful and scientific accoucheur, you are entirely mistaken. I speak from experience when I say that it requires nothing but good judgment and a little experience, in all common cases, and that I am certain includes nearly the whole! C. M.

[There. Hope Caroline feels better now. We have not had such a scolding before, since the "flood." But we felt in "duty bound" to take it thus publicly, hoping it would do good. We thank Caroline for the first few lines of her communication, and suppose we "orto" for the last. But we shall leave those M.D.'s who have offended, to answer for themselves, while we shall look out for our ears, and the Journal in future.]

P. S. We may add, it is hoped that the numerous Female Medical Colleges which we have nourished and cherished, will soon be able to supply all the midwives our growing country may need. Then, man-midwives will no longer be wanted. It is not probable that they crave or seek this branch of medical practice, but only attend when solicited to do so.

Again, we think Caroline fails to consider the condition of our fashionable women, when she says, "It requires nothing but good judgment," &c., &c. There are not a few very intelligent women who barely survive this critical period, even under the most skilful treatment.]

## GOSSIP FROM BOSTON.

BY NOGGS.

DEAR GOSSIPS—Since last I wrote you I have been greatly amused by the proceedings of a certain M. D. and his friends, the enemies of the only true Medical Gospel, in S—d, Vt. The facts were these. A lady of strong intellect but feeble constitution, was, in due course of time after a late-in-life marriage, "confined" literally, and kept so for two weeks, and during that time was much worse treated than any of our State Prison convicts are, for they have plenty of cold water allowed them, but she was absolutely forbidden to drink any, though burning up within for the want of it. The child did not live, and the nurse, a woman of strong good sense, familiar with the Water-Cure, left her after a few days, in consequence of the Doctor and friends being opposed to the patient's being made comfortable, the patient herself being a most zealous believer in the Water-Cure, but the mother thereof as obstinate an opposer. Inflammation of the peritoneum set in, and a small abscess appeared near the arm pit. Her attendant politely called a physician! Said she was "doing well as could be expected," and that nothing but the abscess hindered her from being well!

As the reader will suppose, who is at all conversant with these things, the patient grew worse rapidly, and at last the fond, but ignorantly prejudiced mother, consented that Dr. K—, "the Cold-Water Doctor from Boston," should be sent for, as it was evident even to her, that her daughter was sinking fast. When Dr. K— arrived, he found her almost unable to speak loud, and breathing with the greatest difficulty; the bowels were very sensitive and swollen, the tongue coated, and very red on the edges and tip, and evidently rapidly declining. In consultation with the attendant "Doctor," Dr. K— made him own that the prospects of the case were, to say the least, very dubious, though till then he hadn't thought much about her anyway. He of course refused to have

anything to do with the Water-Cure, as he knew nothing about the applications, &c., he said, and left the case in the Water-Cure Doctor's hands. In the meantime her husband, a firm and intelligent believer in the Hydropathic system, had gone for the former nurse, determined to make one more effort to save his beloved wife.

But alas, though the water relieved her beyond all measure, as she herself affirmed, it was too late to save her, although the next day or two she was so much better; the husband wrote to the Doctor in Boston, thanking him for saving his partner's life; she died about the twentieth day, I think, after her accouchement, and immediately such a hue and cry as the Doctor and his satellites got up, you see only in places where the whole gospel has never been preached. They said that "the Water-Cure Quack from Boston had killed a Vermonter, and ought to be hung!" Poor fools. They think thus to keep sensible people off the true scent, but they are mistaken; the thief himself may cry "stop thief," as much as he pleases, there are enough good witnesses in this case to prove who was the delinquent. But human nature is human nature, and it is not surprising, after all, that the "Doctor," who through ignorance or inattention, probably both, lets a patient die, should want to lay her death at some body else's door, but facts are stubborn things, if they can get round them. Dr. K— says "he should like to see 'em do it."

Speaking of facts, Dr. Oliver Wendall Holmes, who is you know a witty man, is constantly engaged in giving lectures before Lyceums, on physis; he don't let 'em know beforehand what he is going to give 'em, but when he gets 'em all by the nose, as it were, he pours down their reluctant throats his nauseous drugs and doses; he gilds his pills, 'tis true, with wit, but they rattle in the stomachs of very many of his audiences, as I happen to know, and where it will do, or he thinks so, he gives Homeopathy and Hydropathy particular fits. He says that "Hydropathy is as old as the deluge, and that that operation was the first grand experiment of the Water-Cure, but that it killed, according to all accounts, more than it cured!"

Dr. K— being called on in two or three instances to follow the learned gentleman, by the Hydros, who didn't exactly like the way in which they were made to swallow the witty Doctor's physis, acknowledged the facts in the deluge case, but said he believed even in that somewhat boldly treated case, the "Water Cure" saved all that were worth saving, and that's all we could ask of any cure!

At any rate, if Allopathy will do a hundred part as much as this, we will never say more about Hydropathy.

By the way, isn't it strange that none of these mighty pundits, of the medic world, have never tried to convince anybody that this Water-Cure idea is a humbug, by giving them the reasons why it is so? Surely, if it is so, it can be proved.

If God's laws don't mean anything, somebody must have found it out by this time.

And if obedience to them isn't the way to atone for disobedience thereto, in God's name let us know what the way is. We have had ridicule and wit enough, let us have facts and arguments. We demand the proof.

"It is hard to prove a negative," they will say; well then prove an affirmative. You say that certain drugs are necessary to cure of certain diseases. I challenge proof; give us any kind of a rational philosophy why they should, and you will satisfy us, and do what was never done before, viz., give us a good and sufficient reason for the hope ye have in ye.

**A MODEL HOTEL.**—[The season for fashionable emigration from south and north is near at hand. Like Geese, many of the more wealthy portion of community spend the winter in the south, and the summer in the north. This is, doubtless, well; and as the fa-

cilities for cheap and rapid transit increase, so will the people increase their travel, and avail themselves of all the luxuries, and all that which is most agreeable and healthful in our various climates.

The increase of Railroads and Steamboats have already increased travel to such an extent, that the demand and necessity for public houses in all our cities, and on all routes and thoroughfares, that we now have Hotels building, and built on the most magnificent and extensive scale. Our readers will be interested in the following description of the METROPOLITAN HOTEL, soon to be opened in New York, by our neighbors, the BROTHERS LELAND, formerly of CLINTON HOTEL:]

The architectural effects of the METROPOLITAN are very striking. It is six stories in height, and has immense fronts on Broadway, Prince and Crosby streets. The material of which it is built is brown stone; and it is situated on a part of the lot occupied by Niblo's Opera House. The whole area of the hotel, taking all its fronts, embraces five hundred and twenty-six feet. It contains one hundred suits of apartments, embracing parlors, dressing-rooms, and bed-rooms, besides an immense number of single rooms. All these are supplied with hot and cold water baths, as well as other conveniences common to the luxurious age in which we live. It is believed that there is not an establishment in the world furnished with the same amount of water, steam, and gas-pipes.

We will not "put up" at a Hotel where conveniences for bathing are not provided, if we can avoid it. Above, it is spoken of as a "luxury," yet we consider it an indispensable necessity to ensure continued health.

The best workmen of the country have been employed in the construction of the building; the owner, P. S. Van Kenschlaer, having spared no expense therein. Evidence of this, we think, will be gathered when we state that he has already exhausted nearly half a million of dollars on the work.

The marble adornments of the house are truly superb, both in design and finish; the materials used being all of the richest qualities. There are mantles of classic statuette designs, and others of simple yet not less beautiful moulds, wherein Sienna, pink, Lisbon, brocatelle, and pure white veins of marble, are used with the most exquisitely varied effects.

Some thousand yards of the latest styles of tapestry velvet, as well as five thousand yards of Brussels carpets, have been used.

The cabinet work is of the latest and most improved styles, never before seen in New York. An entirely new pattern of rich cut glass has been ordered from France, also an elegant pattern of plain white porcelain China.

There has been probably a larger order for mirrors than ever before given for any one house in this country. It embraces five hundred, one hundred and twenty of which are to be of the largest description.

The bedding, as well as everything else for this immense establishment, is of the very best quality. It may, therefore, be pronounced the MODEL HOTEL OF AMERICA.

A LETTER FROM LISBON, WISCONSIN.—*Messrs. Editors.* My wife has subscribed for, and been reading your Water-Cure Journal for the last three or four months, and I seriously fear for what is likely to be the consequence. Our animal-eating propensities are likely to remain ungratified. Tea, coffee, and tobacco, we will have no use for; pepper, salt, and snuff, is henceforth good for nothing, and physic is thrown to the dogs; rum and brandy, and from the highest to the lowest forms of alcohol, is gone overboard; and while I am writing, my wife is trying the virtues of cold water. Oh! how she shivers.

You see we are brought up, all standing, against a new idea, and from this point we look about to see how we are to subsist the remainder of our days. Brown bread and cold water, we acknowledge, is very good, but to stomachs that have been used to almost every thing, it looks like a hard pill. I have been trying to reduce my living to some sort of a system, but for the lack of some articles of diet, I don't know hardly how to do it. Perhaps your experience in these things might enable you, if you felt disposed, to give us a sort of standard in some future Journal, leaving

your readers to fill up the small places with such things as may come to hand.

Your paper is producing quite a revolution in this place. We have a sort of a cold water doctor here, that occasionally lectures to us on patent medicines. He makes them out very bad articles, and I rather guess he tells the truth, for I have tested them pretty thoroughly myself, and NEVER received any benefit from them. I could write of what I have seen of their effects, but I will not weary your patience. T. B. STORM.

## THE VOICE OF THE FOUNTAIN.

BY MRS. EMILY BROWN SPENCER.

I CAME to where a fountain gushed its melody,  
And its clear falling sound was sweetest harmony;  
I stayed my steps beside that fountain, clear and bright,  
To hear its murmurs sweet, and see its rainbow-light.  
While wandering there a voice seemed speaking unto me,  
From that sweet water's joyous, gushing melody:  
Tell mortals water gives them health, and joy, and life;  
"Tell them to gird their loins, prepare *well* for the strife;  
Obey great Nature's laws in each respect, and they  
Will break the fetters dire disease has bound, and stay  
The chilling hand of death, which grasps the human form,  
And blighteth many buds that blush with beauty warm.  
Oh! tell them that the drugs they use can never cure;  
They hold out hope to mortals, and by that allure,  
And all unwittingly are followed, e'en till death  
Has sealed possession on them by his frosted breath.  
Oh! tell them that there is a way by which to live,  
A way which Nature will to wearied mortals give:  
Tell them if they will bathe in water pure and clear,  
Live simple, breathe the fresh air, disease they need not fear."  
I listened: but the fountain's gushing melody  
Was all I heard—that sweet, melodious harmony.  
I looked around: all Nature joined one choral song—  
"That voice obeyed, disease will flee and life be long."  
*Payson, Illinois.*

## GOSSIP FROM PENNSYLVANIA.

BY A MECHANIC.

GENTLEMEN OF THE JOURNAL.—As you seem to have but few correspondents in Pennsylvania, I thought I would send you a short account of "matters and things in general," and of the "Pathies" in particular. Here, in one small town—Guy's Mills—we are *blessed* (!) with four M.D.'s, viz.: two Allopaths, one Thomsonian, and one Homoeopath, and I guess they're pretty good doctors, for I have made only *eight* coffins for their patients in three and a half months, and those were for *children*, with one exception. The Allopaths, however, get the credit for most of those *cures*. Homoeopathy seems to be the rage here just now; and I guess the Doctor has great faith in that system, for it is only in *extreme* cases that he recommends his patients to *try* water; but as long as he amuses his patients with the "little pills," and leaves NATURE to work the CURES, I don't believe he'll do much harm. A little girl was reprimanded the other day for eating a quantity of the "pellets" left by the doctor for a patient; "why, ma," says she, "they tasted so sweet:" who wouldn't prefer such to other *nauseous* drugs? I have loaned my WATER-CURE JOURNALS to the neighbors; and if you don't believe they are exerting a good influence, you will when you get the list of subscribers that are now making up in this vicinity—Randolph, Crawford county. One man, who had just lost a child under Allopathic treatment, remarked to me the other day, that "he didn't see the use of giving *pepper* and other *hot* medicines to reduce the fever." What impudence! a man to think for himself, and differently from the Doctor, too?

I want to say a few words about "BLOOMERISM" before I close. Now don't you think you'd best be careful what you say in the "Journal" about such an "indecent" costume? I don't pretend to say that I think the NEW COSTUME violates any physiological law, or that it isn't more comfortable than the whale-bone, corset, and long skirt rigging, and, perhaps, even more

healthful, but then it *looks* so, and makes so much talk, that's the trouble.

A few of the WOMEN here have put on the new costume, and some have even worn it to church when the roads were bad, and such a fuss you never saw. Why, the Deacon, and some others, wouldn't go to "meetin'" for some time, while the boys, and a few of the "nice young men," insulted the Bloomers, by hissing and obscene talk, even while on their way home; but worse than all, the Pastor and his wife were on the side of the persecuted women. The Bloomers are firm, and won't give it up. Now if you don't know how to decide this matter, won't you just ask "Noggs" to give us his opinion.

REFORM ADVANCING.—BY J. R. H., OF SYRACUSE.—I am much of my time from home, preaching the Gospel, and lecturing on Temperance and other reformatory topics; consequently I enjoy the hospitality of many families, and have opportunity of observing the habits of a variety of people in reference to the use of tea and coffee. This is certain, the disuse is gaining. My rule, for some years, has been not to drink tea or coffee. But I have not always been firm and consistent enough in adhering to my rule, and occasionally, as a matter of compliance with what I supposed to be the custom of the family, I have taken those stimulants, and afterwards ascertained that they were prepared because "company had come." The number of families is fast increasing, on whose tables *cold water* is the regular and welcome beverage. Permit me to suggest the following TEMPERANCE PLEDGE:—

Pure water flows from many a hill,  
Sweet milk, we have it as we will;  
So this my pledge, on land and sea—  
WATER OR MILK my drink shall be.

A CONSULTATION OF "REGULARS."—Macaulay thus describes the scene over the dying Charles the Second:—"The fourteen doctors who deliberated on the king's case contradicted each other and themselves. Some of them thought that his fit was epileptic, and that he should be suffered to have his dose out. The majority pronounced him apoplectic, and tortured him some hours like an Indian at a stake. Then, it was determined to call his complaint a fever, and to administer doses of bark. One physician, however, (the most sensible of the lot!) protested against this course, and assured the queen that his brethren would kill the king among them." And kill him they did. Such is the wisdom of a medical consultation!—*N. Y. Sunday Courier.*

[How much better it would have been for poor Charles, had he not thus fallen into the hands of Doctors of any sort? But we can tell of barbarous deeds committed by doctors, not a hundred years ago, quite as bad. "Wait a little longer," and the Water-Cure Journal will spoil that kind of practice.]

AMERICAN HYDROPATIC INSTITUTE.—This Medical school of Water-Cure, under charge of Dr. and Mrs. NICHOLS, closed its second term on the 9th of April. The following persons graduated with honor:

THOMAS FEARNSIDE,	Illinois.
CHARLOTTE C. SHERWOOD,	South Carolina.
CHRISTOPHER N. BROWN,	Long Island.
ISABELLE PENNELL,	New York.
WILLIAM P. FROST,	New York.
CHARLOTTE KILLAM,	Connecticut.
JEROME B. FRAZIER,	New York.
MARGARETTA B. PIERCE,	Ohio.
THOMAS T. WILLIAMS,	Pennsylvania.

The applications for the third term, which begins in November, are already more than the number of either of the preceding classes.

GLEN HAVEN FESTIVAL.—We are glad to announce, by advertisement, the Second Annual Festival to be given on the 23d of next June, by the proprietors of this delightful retreat. We look upon the plan as worthy

of imitation by other establishments. Were the custom to become general, it would give an impetus to the Hydropathic cause, by bringing it before the public.

It will be remembered, that an interesting report of the last year's festival was published in the Water-Cure Journal.

**THE ROCK SPRING WATER-CURE.**—Dr. Cox of Marietta, Georgia, announces, by advertisement, summer arrangements for 1852. The Doctor has been very successful since his commencement. He says: I have added since the last season, to my establishment, 240 acres of ground, on which there is an excellent fish-pond for the amusement of patients, and a great variety of fruits, and other extended accommodations for their comfort and enjoyment.

It should be one of the first considerations with every well-ordered establishment in the country, to have it surrounded with every variety of fruits, flowers, vines, etc., etc. All these things will "pay."

**SUGAR-CREEK FALLS WATER-CURE.**—This new establishment has just been opened by our friend and co-worker, Dr. H. FREASE. It is pleasantly situated in Tuscarawas county, Ohio. Located thus far from any other similar establishments, conducted as it will be on pure Hydropathic principles, it cannot fail to receive an extensive patronage. Let the people, in this section of the country, but see the advantages of this mode of practice, and they will have no further need of patent medicines. We shall look with interest to the results of the Sugar Creek Water-Cure.

**THE ORANGE MOUNTAIN WATER-CURE** is announced as having been greatly enlarged during the past winter. It will now accommodate upwards of a hundred cure-guests. This is, without doubt, one of the most complete establishments in America; and the great success attending its present management, is a sufficient recommendation to those who may wish to avail themselves of its advantages.

T. W. W., when sending a club of twenty-four subscribers for the Journal, remarks:—

"I wish you God speed in your undertaking, and that for every one subscriber you have had in 1851, you may have twenty-three added thereto in 1852, which I know could be easily done by a little exertion on the part of the friends of the cause. The few that have been taken here are doing wonders. I think, ere long, you will mail one hundred copies to the Post-office at Hamilton, Ohio."

**A FAMILY POISONED—TWO DEAD.**—A poor family in the city of Pittsburg, named Cuthbert, consisting of the father, mother, two boys, a girl, and a lad living with them, named John Cawley, were poisoned last night, while partaking of some sugar into which some poison had dropped from an upper shelf, where loose papers of medicine, &c., had been left by a previous tenant. Medical assistance was immediately rendered, but the two sons died this morning. It is hoped the other may recover.

[This is but another fatal fact, chargeable, *not* to Hydropathy, but to that system which has peopled graveyards with youth and innocence, that system which we are determined to supplant, and erect in its place a system which will act in accordance with, and not in violation of the LAWS OF NATURE, and of LIFE AND HEALTH.

**DING DONG BELL, DONG BELL DING, DING BELL DONG.**—This has been the doleful tune of the Allopathic Journals for the last hundred and fifty years or more, with slight variations, and an occasional chorus, on "Pure, genuine Cod Liver Oil," with the usual accompaniment of pikery, mercury, and cat-nip tea. But we will give them a new tune to sing, in the "good time coming."

**EXPERIENCE AND TESTIMONY.**—Nearly ten years since, with a poor broken down constitution, we began Our Home practice in Water-Cure. We were then supposed to have incipient consumption; our elder brothers and sisters, four in number, had fallen victims to that great destroyer, whilst we had been drugged and doctored, like the loved ones before us, 'till we came near being doctored into the Eternal world. But thanks, ten thousand thanks to the genius of Hydropathy we made his acquaintance, and from that day to this we have been improving, from a journey up one pair of stairs, with a palpitating heart, to one of miles, without the slightest fatigue. We have become not only as "a wonder unto many," but even as one to ourselves, scarcely being able to realize so great a change has come over us. We are as free from every symptom of consumption as can be, and we want to say, through your columns, to all predisposed consumptives, do as we have done, and 99-100 of you will probably be thus free from disease as we are. Just "wash and be healed," and forego having "some great thing done for you." Never mind the "far fetched and dear bought," you can have it all at "Home, Sweet Home." Finding ourself in the ascendant, we commenced the morning ablution with our four boys, from two to eight years old, then a proverb in our neighborhood for being sickly children. The change in their case has been as marked as in ours; they are now as proverbial for health as they were formerly for sickness, and our doctors bills have dwindled from a large sum annually, down to 0, where they bid fair to continue. A brighter day is dawning, and we would that we could speak "trumpet tongued" all through our land, and awaken the suffering thousands to the truths, and almost miracles, of Water-Cure; for the present we must be content to let our ray of light shine through the Water-Cure Journal, which we are happy in believing is doing much to propagate this physical Gospel. We enclose here an amount for two additional subscribers, being sixteen since new volume commenced, without any commissions, save the ever ready pay that accompanies the consciousness of doing good to our neighbor.—[West Milton, N. Y. s. w.

## Business Notices.

**TO THOSE WHO WRITE FOR THE PRESS.**—Much labor and vexation would be saved to editors and printers, if those who write for the press would attend to the following advice:—

In the first place, all names—of county, place, or thing, and especially of individuals—should be written distinctly, with dots over the i's, crosses only across the t's, and a plain distinction between the u's and n's, as a compositor has no connecting sense of grammar to guide him in deciphering a name when it is obscurely written.

Secondly—when the capital letter I or J occurs in a name, (as Henry I. Jones,) make it with the pen to represent it in print, and then no mistake can occur; and where a list of names, or more than one, is written, a comma should be made after each—as Thomas Smith Walker Johnson might be made to signify one, two, or four names.

Writers for the press should understand that compositors, as a general thing, are paid by the piece for their work, and that, if their manuscript is badly written, it is a downright robbery of their labor, as they are compelled to waste hour upon hour to put it in an intelligible shape, which the author has hurriedly or carelessly neglected to do.—*Merchant's Magazine.*

**IN PRESS—MIDWIFERY AND THE DISEASES OF WOMEN.** By JOEL SEW, M.D. There are various topics connected with this subject not proper to be discussed at length in a public Journal. Hence the necessity of a volume for the special guidance of WOMEN in the matters indicated in the above title. Upon this work, and that of the "CHILDREN, THEIR MANAGEMENT AND DISEASES," (recently published,) the author has been engaged during several years past. The Work on MIDWIFERY (including free and explicit directions in regard to Puberty, Menstruation and its various disorders, Preg-

nancy and its management, Childbirth and the various diseases connected therewith, &c., &c., with numerous cases of cure), is one which we think is particularly needed at this stage of the Hydropathic Reform. It will be issued on the first of next June, in a 12 mo. volume of between four and five hundred pages, when a more elaborate description will be given of its contents.

**WANTED.**—We cannot do better, in this instance, than to publish the following letter, which explains itself, merely adding that the City of New Bedford alone contains over 16,000 inhabitants, while the surrounding towns are thickly populated with the very best class of New Englanders. Intelligence, morality, industry, wealth and prosperity, are their prevailing characteristics; and when Hydropathy shall be fairly established among them, health, happiness, and long life will follow. Here is the letter:

**WOODBRIDGE, near New Bedford, Mass.—MESSRS. FOWLERS AND WELLS:** Having been for seven or eight years a believer in the Water-Cure practice, and for several years a subscriber to the Water-Cure Journal, I am desirous that our City should be supplied with a good Hydropathic Physician. I doubt not but an active, well educated and intelligent man, or man and woman, would meet with success and do much good. There is quite a number of subscribers here already to the Water-Cure Journal, but not one tenth that might be obtained by a first rate agent who should thoroughly canvass the City and the adjoining country. In fact I think a number of agents in this (Bristol) and the adjoining county of Plymouth, would do well. Are there no lecturers? We never hear or see any this way. I have been striving (not entirely without success,) for many years to awaken the people this way to the importance of the Water-Cure as a remedial agent in disease, but my residence in the country, and the cares of business of other kinds, has rather circumscribed my efforts. The way however is open, and the field is already ripe for the harvest. But the Water-Cure Doctor—let him come, and if possible a well-educated and gentlemanly person. Should you know of any such, please request him to take the subject into consideration, and if any further information in the case be required, I will endeavor to afford it. With much respect, I am, gentlemen, yours &c.

DANIEL RICKETSON.

P. S. Even should there be no such one as I describe, an honest intelligent person who well understands the Water Cure would do well.

**THE STUDENT, A FAMILY MISCELLANY,** edited by N. A. CALKINS, is published monthly, containing 32 large octavo pages, illustrated with numerous engravings.

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reigns of government in the United States since its foundation. The great and leading characteristics of the Presidents are plainly pointed out—and those familiar with their peculiarities in the manner of executing the trusts committed to them, will readily perceive from a perusal of this work what organs were the most amply developed and most active. We would advise our readers to avail themselves of a copy the first opportunity. Its cost is trifling, but its contents are valuable.—*Fort Byron Gazette.*

It is beautifully printed, and is worth a Dollar to any man.—*North American Citizen.*

**OUR BOOKS IN BOSTON.**—New England patrons, who wish for our various publications, may always obtain them, in large or small quantities, at our Boston establishment, 142 Washington Street. Besides our own publications, we keep a supply of all works on Physiology, Phonography, Phrenology, and on the natural sciences generally, including all progressive and Reformatory works.

**PHRENOLOGICAL EXAMINATIONS** with charts, and written opinions of character, may also be obtained day and evening at our rooms in Boston, No. 142 Washington Street, near the old South Church.

**IT SAVED HER LIFE.**—Elizabeth C., when sending us a club of new subscribers from Champlain, N. Y., writes as follows:

Some of the people here seem inclined to swallow a little more poison, rather than deny themselves of some of the luxuries of life; and rith in anguish untold, under the penalty of a violated law; and prefer thus to suffer more than to obey the laws of life and health, and enjoy the choicest of earth's blessings, health. O health, what a treasure thou art! Suffice it to say, that I owe my life and my health, under God, to the blessings of the WATER-CURE; may its truths and its blessings be dispensed far and wide, until the whole world shall learn to "wash and be healed."

**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 JOSH SHAW, M. D., 12mo., 432 pages. Just published by FOWLER AND WELLS, 131 Nassau Street, New York, and 142 Washington Street, Boston. Price by mail, postage pre-paid, One Dollar and Twenty-five cents.

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**CITY SUBSCRIBERS, AND OTHERS,** who change their place of residence, will insure the prompt delivery of the Journal by notifying the publishers, stating where they may wish it sent, as well as where now received. COUNTRY subscribers may notify us through the P. M., who will frank all such letters of notification.

## Varieties.

### WORDS FOR THE THOUGHTFUL.

BY E. CORPSON.

[It is at least one of the "signs of the times," that so many of our most intelligent, respectable, truth, and health-loving WOMEN, have taken a bold stand in defence of that good word—the dress reform—in all parts of our own, and other civilized countries. This Journal shall remain true to those principles which have for their objects the preservation of health, and the prolongation of human life, no matter whether we receive the approbation or disapprobation of those whom we seek to benefit. For the discussion of this dress question, our pages are open to the WOMEN of all nations.—W. C. JOURNAL.]

Is not this a glorious land of ours, a boasted land of liberty? Yet, slavery in its most tyrannical form, holds thousands, nay millions of would be noble minds within its iron grasp, and they know it not, they believe it not, for the thralldom of fashion has thrown a spell around them. How many of our fellow mortals are sacrificed yearly, at the alluring shrine of fashion. Could we behold it, as the light of eternity will present it to our view, what a scene of suffering and anguish unutterable, would reveal itself for our consideration. Is it not astonishing, and even appalling, to see intelligent beings who have a mind capable of expanding and increasing in knowledge and usefulness, bowing and worshipping and sacrificing their all, even their noble mind, to the deluding and health-destroying shrine of fashion?

When, O when, will the sisters of our race all arise, and

take a noble stand against the usurpation of fashion that has bound them in fetters so long, and be independent, and noble, and be truly free? When shall the good and the virtuous be esteemed and admired for the plainness, consistency, and becoming neatness of their attire, more than for the costly and gaudy show with which they are decked; and the deformity of the human form, although perfect when it came from the hand of its Almighty Creator. Why should not every one enjoy the privilege of exercising liberty of choice, in regard to dress as in other matters, and attire themselves, more as comfort and convenience may dictate, than to yield their better judgment to the caprices of others. Are not the educated, and enlightened, and intelligent females of our country, capable of judgment, sufficiently to dress decently and becomingly, and with a proper regard to the laws of life and health, without being treated as outcasts in society? For one, I feel that I have been kept within the restraints of fashion long enough, and now the light and joy of long-sought health is dawning on my pathway, and when attired in a short loose dress and trowsers, I can range, free as the air we breathe, "o'er the mountain, the wood, and the plain, and gather from nature's own repository the invigorating influence requisite to adorn my cheek and brow with the dark, yet rosy hue of health; and rejoicing to see the day when the conservatism of fashion is yielding to freedom of thought and action. I have long thought and felt on this subject, but knew not where to commence; but now a wide and effectual door is opened, and may its progress be onward and upward till light, and knowledge, and liberty, shall be extended to all of our race.

Champlain, N. Y.

**DRESS.—TO READERS AND WRITERS.**—In giving place to the following communication on "The Bloomer Costume," we are not to be understood as a full convert to the new fashion—at all events, not to the height to which some propose to carry it. There are some reasons in favor of the change, and some females, deeming the reasons sufficient, are disposed to yield to the right, in spite of the mockery of the few. That these independent women may not be condemned by the captious, unheard, we give place to the following temperate and well-written exposure of the evils that have forced them to shake off the trammels of long skirts, premising that the text for the comment is—"What is a Bloomer? One who pants for notoriety"—a pun credited to our own columns. To this our correspondent replies as follows.—*Dollar Newspaper.*

What is a Bloomer? One who has resolved to wear a dress that is comfortable and convenient, regardless of the sneers of those who make it the business of their lives to imitate fashionable folly. One who does not seek flattery at the expense of health, life and comfort; who will not distort Nature's works by compressing the waist—thus destroying the respiratory and digestive organs—who discards long, heavy skirts as unhealthy and inconvenient. One whose time and money are more worthily devoted than in following all the silly fashions of the day; wearing rich, costly silks, orgassar-like dresses, to sweep the dust from the floors and pavement. One who has the moral courage to come out against all prevailing customs that are not in accordance with reason and good sense. One of those who, adopting the language of the poet,

"Dare to be  
In the right with two or three."

Bloomerism comes to us, not like other fashions, to pass away with the season. Its growth may, perhaps, be slow for a few years, but as sure as the law of progress in the human mind is not a visionary phantom, it must eventually succeed. It was not got up by mantua-makers and fashion-leaders, and it cannot be put down by them. It had its origin among people of good sense and sound judgment, whose object was not mere change for novelty's sake, and will not give it up because it is not immediately and universally adopted. No reform was ever made in a day; an important change like this must necessarily be the work of time; but its final triumph is certain. Custom, so far as history informs us, has always ruled the world. There are but few who have sufficient courage to resist its powerful mandates. No matter how important the reform, it must pass through the fiery ordeal—must undergo ridicule and contempt. This has been the case in every nation, and in every age; and in proportion to the ignorance of the people, especially has it been so among women. And why? Because their condition in society has been an inferior and servile one. We laugh at the absurd customs of other nations. We make Chinese foot-compression our standing butt of ridicule; yet we look with amazing self-complacency on that monstrous violation of the laws of life—the compression of the female chest. It is a sort of chronic suicide. It were better to destroy life at once, than to suffer that living death—a broken constitution, and entail it upon posterity.

If all the money expended for costly dresses, which have been spoiled, not by serviceable wear, but by unserviceable street-sweeping, had been applied to purposes of useful education, much ignorance might have been dispelled, and few would have had the hardihood to assail with impertinent ridicule a reform so desirable as the one in question. We fear no opposition from the educated and intelligent; for, although

they may not all approve, we feel confident that their opposition will be courteous.

I might walk the streets unmolested, with my waist laced to one half its natural dimensions, and my skirt sweeping the pavement at every step, and should I appear with a dress but four or five inches shorter than usual, the voice of insult and scorn would attend me, as though my dress were a badge of disgrace, or the State Prison uniform.

East Marlborough, Chester co., Pa.

[We should think, soft, silly simpletons, the cold, cross benedicts, and the would-be "nice and proper conservatives"—who go for keeping things as they "used to was," would soon tire of attempting to convince sensible and intelligent women of the impropriety of dressing just as they please.]

**OUR PROSPECTS.**—[To show our readers with what zeal friends and co-workers present the claims of Hydropathy in all parts of the country where it has been tried, we copy the following from Portsmouth, Ohio, as a sample:—

MESSERS. FOWLER AND WELLS:—Inclosed please find Twelve Dollars, for which you will please send the publications herein ordered. Our Postmaster, who is an out-and-out Hydropath, is getting up a club for the W. C. Journal, which I hope he will succeed in doing. Finding his success rather slow, I started an independent club myself; my time being wholly taken up as a clerk in a dry goods house, I had to rely upon our customers to form the club. If I had time to visit the workshops of our mechanics and others, I would not despair of increasing it to fifty. The blessed Water-Cure, as taught in your Journal, has brought back the bloom of health to the cheeks of a delicate wife, and has made our home happy by the addition of a healthy little prattler a year old, which has never yet taken a single dose of doctor's *dis* stuffs, and never will, so long as Hydropathy holds, as it now does, the first place in my affections, above all other modes of practice. On the next page you will find a list of the subscribers to your Journals. You will please commence with the January number, and send immediately, as several are impatient to receive the Journal.

L. F. T.

**A SORE TRIAL.**—Two years ago a Mr. Moody, of Monmouth, Ct., went to California, leaving his wife and child with her father. In his letters he repeatedly expressed a fervent wish that his young wife should join him in the golden land. As his circumstances became cheering and prosperous, the wish became more intense. Still no definite plan or arrangement was made. The wife, not able to brook further delay, determined at all hazards to realize his wishes and her own.

She started for the far-off home of her love. But by some wayward trick or fate, or the design of Providence to hallow by a great sacrifice her deeply swelling love, his health was meantime impaired, and about the same time she left Boston he left San Francisco, to seek in her love and care the sustenance, the happiness his weakened health required. He found, on arriving at New York, he had lost most of his hard earnings by the failure of the house in which he had made investments. This circumstance so prayed on his feeble heart that the shock given him by finding his home lonely, and her he loved gone on that hapless errand of love, broke his heart. In one week he was laid in Monmouth graveyard. Alas for her on her dark journey, doomed to end in such a blight! May angels minister to her bereaved heart and shattered spirits!

[Now, the above is exceedingly pathetic and sorrowful, yet how absurd to charge it to "cruel fate," or the design of "Providence." Was there ever a piece of more miserable management placed on record? The writer says, "no definite plan or arrangement was made," yet these persons acted more blindly than animals, who are governed by instinct alone. Why did they not first construct "a plan," and then act understandingly.

We have no patience with such heedlessness and improvidence. How true it is, that man gives himself the pain he feels.]

**WATER-CURE HENS.**—*Three Eggs a Day.*—On the authority of the *Greenfield Republic*, we state that a hen belonging to Dr. J. H. Hero, of the Water-Cure at Athol, Mass., laid within twenty-four hours, three good sized eggs. The hen was Coochin China. So much for the Water-Cure treatment.

Didn't the hen have any help, Mr. Republic.—*Exchange paper.*

[A pretty good joke, but we don't intend to let the "regulars" enjoy it alone; so here goes *three cheers* for the "WATER CURE HENS." "Cut-Cut-Cut-Cudokus." Beat it if you can. COCK-A-DOODLE-DOO.]

**HYMEN BROKE LOOSE!**—Two thousand five hundred and two marriage licences have been issued by the clerk of Hamilton county, Ohio, from the first of January 1851, an average of seven per day.—*Exchange paper.*

[No doubt of it. The fact is, there are a great many WATER-CURE JOURNALS taken in this same Hamilton county.]

## I LOVE TO BE A BLOOMER.

BY LORA.

I love to be a Bloomerite,  
For much I hate a waist that's tight,  
I think it no disgrace to me  
To wear a dress, from whalebones free.  
I hate to wear a trailing skirt,  
It wipes up so much mud and dirt:  
And loosely swings about my feet,  
And sweeps the side-walk and the street.  
Though some may laugh—and others sneer,  
When I in Bloomer dress appear,  
And others still, may chance to say,  
'Tis only done to make display;  
I will not mind their idle sneer,  
Their ridicule I do not fear,  
For I am happy—I am free—  
And what they say disturbs not me.  
The Miss whom wealth has freely blessed,  
May flirt, in Paris fashion dressed,  
Her satins through the street may trail,  
And carry on each hip—a bale  
Of cotton batting, if she please,  
And sacrifice both health and ease;  
And make her life a life of pain,  
The peris of fashion's throng to gain,—  
And she some brainless fop to please,  
Her waist in fashion's vice may squeeze;  
If she their approbation prize,  
Enough to make the sacrifice.  
But I'll not do it—no, not I,  
For health is prized by me too high  
To be thus idly thrown away.  
Least some, misjudging me, should say:  
I wear it but to make a show;  
For they the reason do not know  
Why I in Bloomer dress appear,  
And bear the frowns and scornful sneer,  
Of those who far too proud may be  
To deign to even speak to me;  
The reason is, I like it well,  
How well—my pen can never tell.

A REBUKE.—MARGARET FULLER was at a concert on one occasion, and with a party had gone early and got a good seat. A delicious symphony of Beethoven was commenced, when a young lady accompanied by two gentlemen, who sat immediately behind Miss Fuller's party, began whispering, and kept up an incessant buzzing, destroying every neighbor's enjoyment throughout the piece. After all was over, Margaret leaned across one seat, and catching the eye of this girl, who was pretty and well dressed, said, in her blandest, gentlest voice, "May I speak with you one moment?" "Certainly," said the young lady, with a flattered, pleased look, bending forward. "I only wish to say," said Margaret, "that I trust in the whole course of your life you will not suffer so great a degree of annoyance as you have inflicted on a large party of lovers of music this evening."

[Those who eat pea-nuts, take snuff and sneeze, or get up and go out in meeting-time, should read and remember the above rebuke.]

A FAMINE PREDICTED.—The Deseret News, a Mormon paper published in the Great Salt Lake city, Utah Territory, has the following on this point:—

"Suppose it were to commence next year; would the wheat you now have be worth any the less to you than it would be were it now bringing ten dollars per bushel? And what will you eat during the famine, if you do not lay up in store, in the days of plenty, as Joseph did in Egypt? And when will you ever have a better time to make a beginning to store your grain than the present?"

The same writer, when speaking of the climate and fertility of the soil, gives us this bit of interesting information:—

Wheat has been sown at all periods, in these valleys from September to June, and produces a good crop.

From these and other accounts, it would appear that the Mormons had really found the garden of Eden, the land of plenty, if not of peace.

GOOD ADVICE.—Dr. Bailey, of the "National Era," says to his correspondents: "When you write for the press, use black ink, clear, good paper, letters large and plain enough to be read like print, and, if you suspect defects in style, grammar, or punctuation, get a friend to correct, and do not call upon the editor to do it. He has no time, and it is not his business."

[Thank fortune, most of our correspondents are among the most intelligent who write for the press; and it is seldom that we are subjected to the disagreeable necessity of rejecting or returning unintelligible communications.]

STEAM BOATING ON THE LAKES.—As a token of respect to the enterprising CAPT. WARD, his employees recently presented him with a silver pitcher. In response, the Captain said:—

"But a few years ago, (1850,) we commenced running our first steamboat; since that time we have established six lines of steamers—have carried as many people as would fill a large State—have transported at least fifty millions of dollars' worth of property—have built and equipped in Michigan eleven steamers, and shall have fifteen in commission during the ensuing summer. Several of them the finest on the western waters.

"During the period in which we have owned steamers, we have never lost a boat or a single passenger, nor have we had a boiler or flue burst, or any other accident by which life or property has been seriously endangered."

The inscription on the pitcher is as follows:—  
"Presented to Capt. E. B. Ward, as a token of respect for the uniform courtesy he extends to those in his employ."

THE FORMATION OF MAN'S CHARACTER is most essentially determined by the external circumstances which are made to influence him before and from his birth; and now, through the guidance of the newly-acquired science of the effects of external circumstances upon man, these circumstances may easily be so ordered by society as to determine the formation of a highly superior character in all;—a character of general excellence in wisdom and goodness; but endlessly varied, individually, according to the diversities of innate physical and mental constitution.—Robert Owen's Journal.

[THE LAWS OF HEREDITARY DESCENT are beginning to be understood and applied throughout the civilized world, and we confidently look forward to the time when every parent shall act in accordance with these principles. To those who desire a complete elucidation of this whole subject, we refer to a work by O. S. Fowler, of New-York, entitled, "HEREDITARY DESCENT—its Laws and Facts, applied to Human Improvement. One vol. 12mo. pp. 283. Price 50 cents." A work of much research and of great practical utility.]

ANOTHER SWINDLE.—Such traps as the following, are set by city swindlers to catch young men from the country. These advertisers, manage to get an interview with the person, who soon becomes their victim. A deposit from \$25, \$50 to \$100, is usually required in advance. See how cunningly the following advertisement, from one of our city papers, is worded:

TEN DOLLARS A DAY.—Wanted, a dozen active young men, of good education and address, to canvass the country for one of the most popular publications of the day. To young men that can bring the most unexceptionable reference as to their CAPACITY and HONESTY, a highly remunerative per centage will be given; and none other need apply. Address, (postpaid,) Mr. —, Broadway Post Office, New-York.

Many honest young men are led into such traps, "taken in," and "done for," and the nameless swindler escapes with the deposits.

Let all young men from the country, when seeking employment in our cities, advise with acquaintances, before engaging in any new business, or depositing their money with strangers. It will also be well to look out for "pick-pockets," gamblers, drinking saloons, and California ticket pedlars.

BEATING DOWN.—"What's the price of this silk?" inquired a deaf old lady of a young shopman.

"Seven shillings," was the reply.

"Seventeen shillings," exclaimed she. "I'll give you thirteen."

"Seven shillings, ma'am, is the price of the silk," replied the honest shopman.

"Oh, seven shillings," rejoined the lady sharply; "I'll give you five."—The Papers.

[Mortifying it is, that the Christian people of our country should thus form a habit, the very nature of which tends to make rogues. Such practices are unknown among the Turks, and should be discountenanced every where. Let us reform this evil by having one price for our goods. Let the "asking" and "taking" price be the same.]

We commend the following terrible lines to some of our correspondents who have forgotten good manners, in writing upon their own business, and saddled us with a postage of five cents to save themselves three.—N. H. Oasis.

"The man that now-a-days will write  
And not prepay his letter,  
Is worse than the heathens are,  
What don't know any better;  
And if you take a fine-tooth comb,  
And rake down 'all creation,'  
You couldn't find a meaner man  
In this here mighty nation."

REQUISITE FOR A GOOD ACTION (in a legal sense). A lady asked her uncle, an old lawyer, what were the requisites for going to law? He answered—"I tell you, Maria; first, a good cause; second, a good purse; third, a good counsel; fourth, a good judge; fifth, a good jury; and sixth, a good luck."

Another says, "Law is like a sieve; you may see through it, but you must be considerably reduced before you can get through it."

WORDS, WORDS, WORDS.—We often reject communications because, instead of using as few words as possible, the writers use as many as they possibly can in dilating the subject matter.—Washington Telegraph.

[DITTO.—And besides, a deluge of words. We are often compelled to go into a *psychological*, or "*mesmeric state*," to find out the meaning of the writer, so completely is the subject submerged with words, words, words. We publish nothing of that sort in the WATER-CURE JOURNAL. "of course not."]

## To Correspondents.

LEAD PIPE IN CISTERNS.—Julia, Brooklyn. "I have a cistern with very clear and tasteless water, but there is nine feet 11-2 inch lead pipe in it, forming a part of the pump. I want to know whether this lead pipe, which is continually lying in the cistern, will spoil the water for drinking purposes?" It will. Lead pipe should only be used when there is a constantly running stream. The purer the water the more it acts on the lead, forming a poisonous salt of the metal.

VISITING DISTANT PATIENTS.—O. L. W., West Rupert, Vt. "Would any of your Water-Cure Physicians come from the city about 200 miles to see a patient in an extreme case, providing you could come by railroad?" Yes. The Hydro-pathic practitioners in this city are in the habit of visiting patients occasionally, one, two, or three hundred miles distant.

OBSTRUCTED MENSTRUATION.—O. L. W. Employ the hip-bath, abdominal bandage, a morning sponge-bath or dripping-sheet, and if the patient's condition is feverish or inflammatory, give the wet pack two or three times a week. Full particulars of the case of erysipelas treated with drugs will be acceptable.

WESTERN FEVER AND AGUE.—W. S. H. Marshall, N. Y. "I am intending to start, about the middle of April or first of May, on a prospecting tour through the Western States of Ohio, Indiana, Illinois, Wisconsin and Michigan. Will you inform me what course to follow as regards diet, and what preventives to use to escape from fever and ague, and other fevers peculiar to the western country?" Especially avoid these three things: stale salted meats, bad water, and superfine flour. A plain, coarse vegetable and fruit diet, and a daily towel bath, are all the preventives necessary. When pure, soft water is not to be had, eat more watery vegetables or juicy fruits. Fresh meat is not objectionable; nor is it indispensable. However hard it is to wean the ignorant mind and depraved taste from salted flesh, it is nevertheless true that hardly anything taken into the human stomach is so putrescent and disease-producing.

WEAK EYES OF SEVEN YEARS' STANDING.—S. C. Alfred. Many causes induce chronic weakness of vision. Prominent among them are, mercurial and antimonial medicines; too much salted and greasy food; habitually constipated bowels, &c. Use a daily towel and hip-bath; walking foot-baths occasionally; and let the diet be mostly dry and abstemious in quantity. Especially avoid drinking hard water.

CHRONIC RHEUMATISM WITH TORPID LIVER.—W. A. C. West, Martinsburgh. You relate all the particulars of your bathing part of the water-treatment, and say not a word about the diet! Perhaps the one thing needful is a more unconcentrated, opening diet. You say you have been in the habit of drugging a great deal in former years. Sometimes the liver is literally drugged to death; and a perfect restoration of its secretion impossible. You would probably do well to employ the pack occasionally in lieu of the douche.

SPIRAL DIBRASK.—O. S. Perkinsville. Send us a more particular account of your case, and then we can advise you; its origin, progress, symptoms, general health before and since, present management, &c. Also the amount of labor performed or exercise taken; the kind of diet employed, &c., &c.

**MISURINATION.**—C. K., Centerville. Symptoms like yours may be caused by calculi, in the form of either gravel or stone, inflammation or enlarged prostate. The presence of stone may be ascertained by sounding. Probably gravelly concretions exist conjointly with more or less enlargement. The treatment is, frequent tepid or cool hip-baths, the abdominal girdle constantly, and daily ablation in some way. In the case of enlarged prostate, the ascending douche is frequently the best process. More important, however, than all else, is the regimen. All the water drunk must be pure and soft; and all the food taken free of salts, vinegar, alkalies, and every foreign ingredient; even common salt furnishes material to add to the concretions, and ought to be avoided. The acid or alkaline nature of the urine is of no practical consequence.

**INJURY BY A FALL.**—G. H., Hartford, O. The head-ache should be counteracted by hip-baths, and careful attention to maintain a free action of the bowels. If there are decided symptoms of paralysis, the patient ought to be at an establishment for a few weeks at least.

**MUMPS, NEW-BORN INFANTS, &c.**—M. E. W., Oberlin, asks a series of questions requiring half a volume to answer. All the questions propounded are fully explained in the Hydro-pathic Encyclopedia, to which the writer is referred.

**DIFFICULTY OF SWALLOWING.**—J. C., Anderson's Mills. Perhaps your case is correctly named paralysis by your physicians. Wet bandages to the throat, the drop-bath, a moderate douche along the spine, with such other attention as the general health demands, constitute the appropriate hydro-pathic treatment.

**WEAK STOMACH.**—D. N. should give a more particular description. The case is probably prolapsus or other displacement; but we like to know certainly before prescribing. Send as full history of her ailments and symptoms as you please; also real name, for we like to know whether we are talking to actual or imaginary beings.

**UMBILICAL HERNIA.**—B. R., Edwardsville, Ill. The Encyclopedia to which you allude is now ready, and contains the information you desire in the case of your child.

**DISEASED KIDNEYS.**—C. C. B., Georgia. Your affection no doubt originates from an obstructed liver. Take a towel-wash every morning; a hip-bath at 70 deg. every evening; wear the wet girdle; and avoid hard water, salted meats, and greasy food.

**WEAKNESS IN THE BACK.**—S. M., New Garden, Ohio. Your case is probably muscular—a kind of rheumatism; not produced originally, but aggravated by your business—carriage-painting. Continue the wet bandage, morning bath and hip-bath. A few packs, with hot bottles to the feet to secure reaction, would do good; and a moderate douche to the spine would be advisable, if practicable.

**COUGH SUCCEEDING A FEVER.**—J. B., Pennville, O. Give the boy a wet rubbing-sheet every morning; a hip-bath in the afternoon at 70 deg.; apply the chest-wrapper, and feed him on plain vegetable food. As you are unacquainted with the processes of Water-Cure, you would do well to send for Shew's Manual, or the Encyclopedia.

**MUMPS.**—S. A. B., Danby, Vt. The proper treatment of this affection, which, as our correspondent intimates, seldom troubles folks much who live Hydropathically, is, the dripping sheet, or wet sheet pack, according to the general fever, and wet compresses to the swelling, so long as local pain and inflammation exist.

**ELIZA COOK'S JOURNAL.**—The republication was discontinued soon after its commencement.

**PHYSIOLOGICAL PROBLEM.**—F. P., Centerville. "It is believed, by physiologists, that the old and used-up particles of the human body are being cast off constantly, and their place re-supplied by new ones, and that, within the period of about seven years, the whole body is changed and entirely renewed. How, then, can man ever become old, or wear out? One reason among several is because his body *does* so change. A marble statue (except superficially where exposed to the weather) would not grow old or wear out, like an animal or vegetable whose particles are constantly changing. The principal reason, however, is to be found in the gradual con-

solidation of the structures consequent on the processes of waste and renewal. An important dietic lesson may be inferred from this explanation.

**INFLAMMATORY RHEUMATISM.**—J. A. C., Mansfield. The patient needs the packing-sheet daily, followed by the dripping-sheet or tepid half-bath; wet bandages to the swollen joints; and course farinaceous diet. You say she has employed many physicians and taken many drugs, under which she has continued to grow worse for five years. We should think the drugging experiment might be safely dispensed with in future.

**SPALDING'S IMPROVED GRAHAM FLOUR.**—B. C., Philadelphia. "Would not the article of flour from Spalding's Arcade Mills, mentioned in a late number of the Journal, be better for children than farina, sago, tapioca, or even the common Graham flour?" Most assuredly. Farina is too concentrated; tapioca and sago too starchy; and the common unbolted flour is not well ground. Spalding's article may be used for the principal or sole farinaceous part of children's food, in the form of mush, cake, or bread. It may now be had in this city at 17 South Street.

**PROLAPUS UTERI.**—C. A. S., New-Haven. "Can you give directions by letter for the Mechanical and Surgical treatment of Prolapsus or other displacements?" We cannot. Such cases require personal explanations, and special management adapted to each case.

## Book Notices.

**RURAL ARCHITECTURE:** A complete description of FARM HOUSES, COTTAGES, and OUT-BUILDINGS; with numerous appropriate illustrations. By LEWIS F. ALLEN. New York: C. M. SAXTON. Price \$1.25.

Such a volume as we like to see. It is a handsome 12mo., of nearly 400 pages, well printed and substantially bound. The author is a practical farmer; he has anticipated the wants of all farmers. Look upon the following list of subjects, which he has introduced, and sufficiently described, to enable every intelligent person to understand and practically apply them. Besides the principal objects named in the above title, these will attract attention, namely: designs for wood houses, wood shops, tool houses, carriage and wagon houses, apiary or bee houses, poultry houses, rabbitry, dove cot, piggery, barns and sheds for cattle; together with lawns, pleasure grounds and parks; the flower, fruit and vegetable gardens; also, useful and ornamental domestic animals, for the country resident, and so forth. Now, we ask, is not this a temptation? Who can withstand such a book? In glancing over its inviting pages, it fairly makes us yearn for "A LIFE IN THE COUNTRY," where may be realized all these things. We give it up; our mind wanders. We shall attempt no further description of this beautiful book. We are completely magnetized, and nothing short of a trip in the country will restore equilibrium to our restless brain.

**THE PHONOGRAPHIC TEACHER.** An inductive exposition of Phonography, intended to afford complete and thorough instruction to those who have not the assistance of an oral teacher. By E. WEBSTER. Price 40 cents. New York: FOWLER and WELLS, publishers.

Phonography has now become a fixed fact. It has found a niche from which it cannot be forced. Whatever may be its effect on the system of spelling in printed books—a point on which it might be inconvenient to dogmatize—as a method of short-hand writing, its claims are not to be set aside. A more philosophical, convenient and efficient process of stenography has not been invented. It is simple. A child learns it readily. Once retained, it is not easily forgotten. Its principles follow the order of nature, they have nothing arbitrary in their application, and hence are reduced to practice with great facility. For accuracy and despatch in business transactions, it takes the precedence of every system of writing. The lawyer, the clergyman, the editor, the author, gain from it facilities of composition, that may well be compared to the aid given to locomotion by the steam engine. The present manual is a seasonable publication. It is intended to aid the learner of phonography in the work of self-instruction. With the rules and examples which it presents, there is no need of an oral teacher. Everything is made

clear. A few days' study will make the pupil master of the principles of the science, and his facility in the art may be indefinitely increased by practice. Each rule is illustrated by an exercise in phonography, and a writing exercise in common type. The arrangement leads the pupil gradually forward, till he has traveled over the whole ground occupied by phonography, and at the close of the course he cannot fail to have become well grounded in the elements of the English language.—*New York Tribune.*

**LECTURES AND MISCELLANIES.** By HENRY JAMES. 1 vol. 12mo, 440 pages. New York: J. S. REDFIELD.

This volume deserves more than a passing notice. It is a work of profound thought, by a profound scholar. Such a work cannot fail to make a sensation in the world; yet its very profoundness will, for a time, prevent it from becoming popular, while many of its original views will at once enter into common life, and find a permanent abiding place with true and liberal-minded men.

The LECTURES comprise the following subjects:

DEMOCRACY AND ITS ISSUES; PROPERTY AS A SYMBOL; THE PRINCIPLE OF UNIVERSALITY IN ART; THE OLD AND NEW THEOLOGY, part I; THE OLD AND NEW THEOLOGY, part II; THE SCIENTIFIC ACCORD OF NATURE AND REVEALED RELIGION.

And the MISCELLANIES, the following:

THE LAWS OF CREATION; BERKELEY AND HIS CRITICS; GOD; MAN; RESPONSIBILITY; MORALITY; A VERY LONG LETTER; SPIRITUAL RAPPINGS; INTemperance; CHRISTIANITY.

The work is most beautifully printed, and is in all respects most creditable to both author and publisher.

**WALKS AND TALKS OF AN AMERICAN FARMER IN ENGLAND.** By F. L. OLMSTEAD. New York: George P. Putnam. 12mo. 234 pages, in paper.

Number three of Mr. Putnam's neat, cheap, and exceedingly interesting series of the "Semi-Monthly Library." The present volume gives a lively and entertaining narrative of the author's observations during a recent tour through the agricultural districts of England. Mr. Olmstead confesses that after mingling freely with all classes of the people of that country, he has learned to moderate the prejudice he once entertained against "the British."

He heard everywhere expressions of the kindest feeling by the English toward the Americans, excepting by the radicals, who could see no good in the United States while slavery exists in any portion of them.

The English system of agriculture is very fairly described in general terms, and it is intimated that if this volume is favorably received, the author may publish another with more ample details. Every farmer should read these volumes.

**THE AMERICAN ROSE CULTURIST:** Being a Practical Treatise on the Propagation, Cultivation and Management of THE ROSE. Illustrated with Engravings. New York. C. M. SAXTON, Agricultural Book Publisher. Price 25 cents.

What civilized woman, married or unmarried, can afford to be without Roses? Were we consulted as to the requisite qualities of a young woman to make a good wife, we should insist on the love of Flowers, as one of the necessary characteristics. Mankind have not yet fully appreciated the soothing, humanizing, refining, and beautifying influences of Floriculture. May this little "Rose Culturist" excite both men and women to plant flowers. Plant them in the garden, the door-yard, the church-yard, and the grave-yard, by the roadside—everywhere. No cultivated lady or gentleman will be without flowers. Then get the book, and learn how to take proper care of them.

**TALKS AND TRADITIONS OF HUNGARY.** By THERESA PULSZKY. With a spirited likeness of the author. One vol. 12mo., pp. 345. New York: J. S. REDFIELD. Price \$1.25.

One of the most agreeable volumes of the season. Madame Pulszky is a very remarkable woman. Endowed by nature with a superior mind, she has experienced more than most persons of either sex. With an intellect highly cultivated, she could not fail to produce a work of great interest, especially on the subject which she has chosen. The London Examiner has the following:

"This work claims more attention than is ordinarily given to books of its class. Such is the fluency and correctness—nay, even the nicety and felicity of style—with which Madame Pulszky writes the English language, that merely in this respect the tales here collected form a curious study. But they contain also highly suggestive illustrations of national literature and character."

**THE EXISTENCE OF A GOD, AND HUMAN IMMORTALITY PHILOSOPHICALLY CONSIDERED, AND THE TRUTH OF DIVINE REVELATION SUBSTANTIATED.** By JOHN BOVE DODS. One vol., 12mo., 216 pages. Price 75 cents. New York. Published for the Author, by FOWLETS AND WELLS.

At present we can only give a brief synopsis of the contents of this remarkable production, pronounced the most eloquent, philosophical, and interesting work ever given to the public by this distinguished author and speaker.

Precepts of the Master and his Companions; The Effect his Doctrine is destined to achieve; Christ's doctrine stands the test of his own golden axiom; the doctrine of Christ contrasted with heathen philosophy; his death compared with that of Socrates; a brief notice of a published correspondence between Miss Martineau and Mr. Atkinson, both of England; in its character Atheistic.

**TOBACCO; its History, Nature, and Effects on the Body and Mind.** By JOEL SHAW, M. D. FOWLETS AND WELLS, 131 Nassau street, New York, publishers.

Worthy of a serious perusal by friends and foes; the former to consider the advantages of relinquishing the use, the latter to confirm their principles of aversion. In this work the reader will find no offensive, irritating language, but an array of facts and arguments derived from experience and observation, including letters from clergymen and others, from a variety of sources, confirmatory of interesting details on this subject. Twenty-five cents cannot be considered an exorbitant price for more than one hundred pages of valuable information, which we are not aware can be so easily obtained from any other publication; and if the friendly advice of the author be followed, we are persuaded the mind, the body, and the pocket, will give a unanimous vote in favor of teetotalism.—*New York Christian Intelligencer.*

**SAXTON'S RURAL HAND BOOKS.**—Under this general title Mr. C. M. Saxton, of New York, has recently published, at 25 cents a copy, a series of useful and handy little volumes, entitled as follows:

**HORSES**—Their varieties, breeding, and management in health and disease. By H. D. Richardson. With Illustrations.

**DOMESTIC FOWL, and Ornamental Poultry**—Their natural history, origin, and treatment in health and disease. Illustrated. Same author.

**THE HOG, (Good for Lard Oil)**—His origin, varieties, and management, with a view to profit, and treatment under disease. Illustrated. Same author.

**THE HONEY-BEE**—With plain directions for obtaining a considerable annual income from this branch of rural economy; with diseases and the treatment. Illustrated. Same author.

**THE INTERNATIONAL MAGAZINE** "is no more." Its existence was terminated on the 1st of April, 1852. This we very much regret, as it was, undoubtedly, the leading literary serial in America; some of our best authors were employed to write for it, while the ever active editor selected, with supreme ability, the very quintessence of literature from all the European serials. Yet it did not "pay," and hence its discontinuance. But why did it not "pay?" We can see no other reason than this: it was neither REFORMATORY or PROGRESSIVE. It was the reverse. True, it kept our people informed in regard to the productions of distinguished authors and artists, but it had never a word of encouragement for any of the great reformatory movements of the age. If it ever mentioned them, the Dress Reform, for example, it was with a hatred betokening the worst possible phase of old Hunkerdom. Can this be the reason of its failure? Let us not be uncharitable with a helpless opponent, but encourage the editor and publishers to "try again," with a creed less contracted, and a public more generous. Subscribers who paid in advance are to be supplied with Harper's Magazine.

**THE WESTMINSTER QUARTERLY REVIEW.** American edition, Vol. xxxiv., No. 1, for January and April, 1852. Terms \$3 a year. LEONARD SCOTT & CO., N. Y., publishers.

The present number contains articles on *Representative Reform; Shell Fish, their ways and works; The Relation between Employers and Employed; Mary Stuart; The Latest Continental Theory of Legislation; Julia von Krudener, as Coquette and Mystic; The Ethics of Christendom; Political Questions and Parties in France; Contemporary Literature of England; Retrospective Survey*

*of American Literature; Contemporary Literature of America; Contemporary Literature of Germany; Contemporary Literature of France.*

We need not remind our readers that this great quarterly contains the mental emanations from some of the profoundest men of the age.

**THE USE OF SUNSHINE.** By S. M. 1 vol., 12mo., pp. 343. muslin. New York: D. APPLETON & CO.

A pleasing tale of Irish life, written in a happy and genial spirit, imparting the most hopeful and inspiring thoughts. The author has given it a religious cast, yet free from bigotry or sectarianism. It is a work which will delight the most cultivated taste, and make good people better. We hope some learned chemist will now give us the medicinal or physiological effects of Sunshine on the human body. That would be of great value.

**THE AMERICAN AGRICULTURAL PRESS.**—We take pleasure in presenting our readers with the following list, which we condense from the February No. of the Plow. This list may not include all of our agricultural serials. Should others present themselves, we shall record them. Besides these Journals, devoted almost exclusively to this great interest, hundreds of our best newspapers very wisely devote a portion of their space to agricultural matters. May the time come when every county shall sustain a well-conducted agricultural periodical.

**THE AMERICAN FARMER,** Baltimore, Md., originally established by the late John S. Skinner—now published by Samuel Sands. Monthly, \$1 a year.

**SOUTHERN PLANTER,** Richmond, Va. Frank G. Ruffin, editor. Monthly, \$1 a year.

**THE FARMER AND PLANTER,** Pendleton, S. C. Seaborn & Gilman. Monthly, \$1 a year.

**SOUTHERN CULTIVATOR,** Augusta, Ga. Monthly, \$1 a year. Redmond, editor; Jones, proprietor.

**THE SOIL OF THE SOUTH,** Columbus, Ga. Monthly, \$1 a year. Chambers & Peabody, editors. Win Chambers, publisher.

**THE VALLEY FARMER,** St. Louis, Mo. Monthly, \$1 a year. Abbott, editor; Woodward & Abbott, publishers.

**THE PRAIRIE FARMER,** Chicago, Ill. Monthly, \$1 a year. Wright & Havens, proprietors.

**THE MICHIGAN FARMER,** Detroit. Monthly, \$1 a year. W. Isham, editor and proprietor. Commences its tenth volume with the present year.

**THE WESTERN HORTICULTURAL REVIEW,** Cincinnati. Monthly, \$1 a year. Dr. John A. Warder, editor.

**THE OHIO CULTIVATOR,** Columbus, is published semi-monthly, at \$1 a year. Bateham and wife, editors.

**THE WISCONSIN AGRICULTURIST,** Columbus. Monthly, \$1 a year. Professor Mather, editor. Riley & Co, publishers.

**THE OHIO AGRICULTURIST,** Tiffin. Monthly, \$1 a year. Edited by Doctors Sprague and Emery.

**THE INDIANA FARMER,** Richmond, Ind. Semi-monthly, \$1 a year. Holloway & Dennis, editors.

**PENNSYLVANIA FARM JOURNAL,** Lancaster. Monthly, \$1 a year. Handeman, editor; Spangler, publisher.

**BOSTON CULTIVATOR** Weekly, \$2 a year. Jas. Pedder editor of the agricultural department. Brewer, editor, proprietor, and publisher.

**THE MASSACHUSETTS PLOUGHMAN.** Weekly, \$2 a year. Buckminster, editor.

**THE NEW ENGLAND FARMER.** Weekly, \$2—Monthly, \$1 a year. Brown, editor. Reynolds & Nourse, publishers.

**THE MAGAZINE OF HORTICULTURE,** by C. M. Hovey. Monthly, \$2 a year.

**THE JOURNAL OF AGRICULTURE.** Monthly, \$2 a year. King, Mapes, and Dodge, editors.

**THE MAINE FARMER,** Augusta. Weekly, \$1 75 a year. Doct. Holmes, editor; Eaton, publisher.

**THE ALBANY CULTIVATOR,** is published monthly, at \$1 a year, in Albany, N. Y., by Luther Tucker.

**THE HORTICULTURIST,** is published monthly, at \$3 a year at the same office, and edited by A. J. Downing.

**THE GENESSEE FARMER,** Rochester. Monthly, 50 cents a year. Edited by Dr. Lee, James Vick, Jr., and P. Barry.

**THE RURAL NEW YORKER,** Rochester. Weekly, \$2 a year. Moore, Bixby, Wetherell and White, editors.

**THE PLOUGH, THE LOOM, AND THE ANVIL,** published by Myron Finch. Monthly, at \$1. Edited by F. G. Skinner.

**THE FARMER AND MECHANIC,** Starr & Whitmore, editors. Parker, publisher. Weekly, \$2 a year.

**THE WORKING FARMER.** Monthly, \$1 a year. Professor Mapes, editor. Longett, publisher.

**THE AMERICAN AGRICULTURIST,** published monthly, at \$1 a year, for the last ten years, by C. M. Saxton, edited by A. B. and R. L. Allen, has closed its useful career, and in its place comes **THE FLOW,** of the same size, and only half the price. Solon Robinson, editor. C. M. Saxton, publisher.

**FIFTH ANNUAL REPORT** of the Board of Regents of the SMITHSONIAN INSTITUTION to the Senate and House of Representatives, showing the operations, expenditures, and condition of the institution during the year 1850. JOSEPH HENRY, Secretary.

Hon. WM. H. FWARD, of the U. S. Senate, will please accept our thanks for a copy of this document.

A large octavo, of 325 pages, the contents of which may be inferred from the above elaborate title.

We look upon this institution as second in importance to no other in the world. May it be rightly managed, that its advantages may be fully realized.

## 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, \$15. For half a column, \$10. For less than half a column, twenty-five cents a line.

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

**THE HYDROPATHIC ENCYCLOPEDIA,** an illustrated work, embracing a Complete System of Hydropathy and Hygiene. Outlines of Anatomy, illustrated; Physiology of the Human Body; Hygienic Agencies, and the Preservation of Health; Dietetics and Hydropathic Cookery; Theory and Practice of Water-Treatment; Special Pathology and Hydro-Therapeutics, including the Nature, Causes, Symptoms, and Treatment of all known Diseases; Application to Surgical Diseases; Application of Hydropathy to Midwifery and the Nursery; with a Glossary, Table of Contents, and Index. By R. T. TRALL, M. D. FOWLETS AND WELLS, Publishers.

Price for the complete Work, in two vols., substantially bound and lettered on the back in library style, \$2 50.

That our country friends may judge of its merits and practical utility, we herewith present a few brief

### NOTICES OF THE PRESS.

Every family, whether in favor of hydropathy or not, should have the information embodied in this work.—*Democratic Standard.*

A volume of great beauty, as well as an auxiliary of incalculable value in every household.—*Mont. Watchman.*

Certainly a more useful work has never been issued by these really useful publishers.—*Williamsburgh Daily Times.*

There is a strong vein of common sense running through the work, and its extensive circulation will be a public benefit.—*Old Colony Memorial.*

Every page is replete with practical and useful instruction.—*Boston Ledger.*

It is a work of medical ability, so popularized as to be comprehended and practiced by the people. It acquaints the reader with manifold things that pertain to life, health, and happiness.—*N. Y. Reformer.*

**THE HYDROPATHIC ENCYCLOPEDIA** will be exceedingly useful as a family guide and text-book, and is published at a very low price, considering its size, illustrations, and intrinsic value.—*N. Y. Farmer and Mechanic.*

The most valuable work of reference on the Water-Cure.—*Conneautville Courier.*

Hydropathic advocates will here find the proper information in the several departments of learning necessary, not only to a particular system, but to all systems.—*Courier.*

For those who desire to understand the hydropathic system in its particular operations, it will be invaluable.—*Concord Democrat.*

All who wish to learn the science of preserving health by the most simple means, should send for it at once.—*Eagle.*

Few works more indispensable to the human family have ever been issued from the American press.—*Journal.*

Full of scientific and useful information. It should be in the hands of every one, both in and out of the medical profession.—*Troy Times.*

Were its directions acted upon, we should not hear such frequent complaints of dyspepsia and weak nerves.—*The Metropolitan.*

Much useful information concerning the laws of life may be derived from this work for the people.—*Union Journal.*

Published at the office of the W. C. Journal, by FOWLETS AND WELLS, 131 Nassau street, New York

**SPECIFY.**—When ordering Journals, please specify WHICH is wanted, and be careful to give the POST-OFFICE, COUNTY, and STATE; also, the name of the writer.

**THE SCIENCE OF MAN APPLIED TO EPIDEMICS: THEIR CAUSES, CURE AND PREVENTION.** By LEWIS S. HUGHES. Price 50 cts. The above valuable Physiologic work is published and for sale by BETA MANSER, at No. 25 Cornhill; and by FOWLETS AND WELLS, No. 143 Washington street, Boston, and No. 131, Nassau street, New York. May, 1st.

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

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

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

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

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

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

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

Purchasers are requested to call, or any communication by mail will receive due attention, and full descriptions given as to size of Pumps, etc. G. B. FARNAM, 34 Cliff street, upstairs, formerly D. L. Farnam. Feb. 4t

**DR. S. B. SMITH'S TORPEDO ELECTRO-MAGNETIC MACHINES.**

These Machines differ from all other Electro-Magnetic Machines. The inventor has made an improvement by which the primary and secondary currents are united. The cures performed by this instrument now are, in some instances, almost incredible. For proof of this I refer to my new work lately issued from the press, under the title of "The Medical Application of Electro-Magnetism." Mail edition, 25 cents; postage 6 cents. The Torpedo Magnetic Machines are put up in neat rosewood cases of a very portable size. Price \$12. A discount made to Agents, Postmasters, Druggists, Storekeepers, and all who are willing to be instrumental in relieving the sick, are respectfully invited to act as agents. They can be sent by Express to any part of the Union. Remittances for a single machine may be sent by mail at my risk, if the Postmaster's receipt for the money be taken. When several are ordered, a draft or check of deposit should be sent. All letters to be post-paid. I would inform the public that my Operating Rooms are open daily for applying the Electro-Magnetic Machine to the sick. Those who prefer it can send the pay to either of the Express Offices in Wall-street, who will procure the Machine of me for them, and forward it on. Address SAMUEL B. SMITH, 257 Broadway, N. Y. Orders for these Machines received by FOWLER and WELLS, 131 Nassau street, N. Y. May, 1t

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

Look out for WORTHLESS COUNTERFEITS, as scores of unprincipled persons are grinding up stone, and various kinds of worthless stuff, and endeavoring to sell it as Fire-proof Paint. I have recently commenced three suits against parties infringing my rights, and am determined to prosecute every one I can detect. The genuine, either in dry powder or ground in oil, of different colors, can at all times be had at the General Depot, 64 Pearl street, New York, from the patentee, Wm. Blake. Mar. 1t

**WEBSTER'S DICTIONARY.**—Under the provision of the Massachusetts Legislature, placing a copy of an English Dictionary, at the expense of the State, in each District School of the Commonwealth, 3,935 of the Districts selected Webster's Unabridged Dictionary as their Standard work, and 105 only of another work—30 to 1. Webster's minor works are also used more extensively in schools than any other.

Between 7 and 8,000 of the Districts in the State of New York have also taken Webster's Unabridged Dictionary, under the provision of the last Legislature for that purpose. For sale at this office, price \$6. May, 1t

**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. Wallace, U. S. Marshal; W. Lenox, Mayor; Jo. Gates, of the "Intelligencer." R. W. Latham, Banker. Address T. C. C. CONWELL,

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, 6t

J. W. CLOWES, Surgeon Dentist, No. 7 Eighth Avenue, New-York. March, 1t

**THE PHONOGRAPHIC TEACHER.**—An inductive exposition of Phonography, intended to afford complete and thorough instruction to those who have not the assistance of an oral teacher; by E. Webster. Price 40 cents. FOWLER and WELLS, Publishers.

A beautiful printed volume, made eminently plain to all Phonographers. Teachers will find this work a superior textbook for their classes; its instruction in the art is complete, and its reading exercises are in Phonography. Agents, Teachers, and the Trade, supplied at 131 Nassau street, New York, and 142 Washington street, Boston.

**WOMAN AND HER NEEDS.** By MRS. E. OAKES SMITH, author of the "Sinless Child," "Lost Angel," etc., etc. One volume, 12mo.; price 25 cents. Published by FOWLER and WELLS, New York.

**SHADOW LAND, OR THE SEER.**—Same author and publishers. One vol., 12mo. Price 25 cents.

Works of exceeding interest; the former discusses most ably Woman in all the relations of life. The latter is devoted to PSYCHOLOGY, and other singular and interesting Phenomenon.

82 NASSAU STREET.—Boot Makers' Union Association.—Boots and Shoes at retail, for wholesale prices. Feb. 9t

## 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.

They have made arrangements to treat female patients, and others who desire it, at a beautiful country place, convenient of access to and from the city establishment. Having also enlarged their accommodations, they can treat those who are poor in purse, according to their means. Feb. 1t

**DR. SNEW'S Office and Residence** is at 98 Fourth Avenue, rear of Grace Church. Consultations personally or by letter, and General Practice attended to as heretofore. May, 1t

**DR. T. L. NICHOLS, and MRS. M. S. GOVE NICHOLS**, would respectfully announce that their Establishment, at Prospect Hill, Port Chester, one hour from New York, on the N. Y. & New Haven Railroad, is now open for patients. Access from N. Y. and East by all the accommodation and special trains six days a week, each way. They will be in New York every Wednesday, for consultation. Time and place will be found in the *Daily Tribune* and *Times*, or at this office.

Their Summer term for Physiological and General Education for young Ladies, will commence on the first Monday in June.

The Third term of the American Hydropathic Institute will commence on the first Monday of November. May, 1t

**WYOMING COTTAGE WATER-CURE.**—WYOMING COUNTY, N. Y.—This Institution now commences its second season. Its location is retired, three-fourths of a mile from, and overlooking the beautiful village and valley of Wyoming.

The surrounding country is noted for the beauty of its scenery, while its pure and bracing atmosphere is health-giving in all its influences. The building is new, the rooms are ample in size, some of them delightfully pleasant, looking out upon beautiful landscapes, all of them neatly furnished and perfectly ventilated. We have greatly enlarged and improved our Bathing arrangements, now comprising all the varieties of local and general baths. The grounds are tastefully laid out and the summer walks cool and inviting.

In a quiet grove, a few rods from the main building, stands our spacious Hall, 100 by 25 feet, affording the best facilities for promenading, and furnished with a great variety of apparatus for exercise and amusement.

This "Hall," with its fixtures and accommodations has been highly appreciated by all who have been guests at our Cure.

In our general arrangements, location, and facilities for a thorough course of Hydropathic treatment, we believe we offer inducements to those seeking health by our methods of cure, not inferior to those of the best Water-Cure Establishments. In connection with them we pledge to our patrons our best services, and the benefit of our experience in the management and medical care of Hydropathic Establishments for the last four years.

For the purposes of treatment each patient must furnish two linen sheets, one woolen sheet, two large comfortable, and six towels.

Our prices are five and a half, or six dollars per week. For single rooms or extra attendance, six dollars per week is charged, payable weekly.

Wyoming is situated twelve miles south of Leroy, sixteen miles west of Genesee, ten miles east of Attica, and six miles north of Warsaw—and patients coming by Railroad from Rochester or Buffalo, will stop at Batavia or Attica. A stage leaves Batavia every Tuesday and alternate mornings, and Attica every morning, bringing patients to the door of the Establishment. These stages run in connection with the morning express trains east and west. Stages leave Genesee and Warsaw for this place every morning. P. H. HAYES, E. C. WINCHESTER, Proprietors. Ap. 6t tf

**ORANGE MOUNTAIN WATER-CURE.**—This establishment is situated near the village of South Orange, Essex County, New Jersey, five miles from Newark, and fourteen miles from the city of New York, on the line of the Morris and Essex Railroad, by which passengers are landed at the Station House of the establishment, a few minutes' walk from the door. Having been greatly enlarged and much improved, it now affords facilities for the treatment of upwards of one hundred Cure-Guests.

All the requisites for such an establishment are here found, viz.: pure mountain spring water, beautiful and retired walks through the woods and upon the mountains for several miles in extent, and shielded from the winds in winter and the sun in summer; springs of soft water along the various paths, and picturesque scenery.

From many points in the walks where the prospect is not intercepted by woods, an extensive panoramic view is presented of the cities of New York, Brooklyn, and the towns adjoining; East and West Bloomfield, North and South Orange, Newark, Belleville, Elizabethtown, the waters of New York harbor, and Newark Bay, Staten Island, its villages, etc.

The establishment is admirably adapted for the Water-Cure practice in winter, (which for many diseases is the most favorable period of the year,) being sheltered on the East and Northwest by prominent mountains, fitted up in a very superior manner, and provided with abundant supplies of cold and hot water. Ladies need not leave their rooms for treatment, as private baths are attached to most of them.

Terms, \$5 and \$10 in winter, and \$10, \$11, and \$12, in summer, payable always weekly. Consultation fee, \$3. Persons occupying the whole of a double room, or requiring extra attendance, will be charged accordingly. Board of private servants, \$3 per week.

Patients must provide themselves with four course thick linen sheets, two thick blankets, two thick comforters, and six towels; or when unavoidable, the same may be hired of the Institution for \$1 per week.

Persons coming to the establishment from New York, leave the foot of Courtlandt street at 8½ and 11 o'clock A. M., and 4 and 6 o'clock P. M. The time occupied in reaching South Orange from New York, is about one hour. Visitors can come from and return to the city several times during the day.

Dr. JOSEPH A. WEDDER, late of Philadelphia, is the Physician of the Institution. He is a graduate of the Medical College of Preyburg, in Baden, Germany; he has visited the Grafenberg Institution, conducted by the celebrated Priessnitz; many of the water-cure establishments of Europe; and has had twelve years, experience in Hydropathy. Letters upon professional business should be addressed to Dr. Wedder; or all others to GEORGE H. MITCHELL, Superintendent, directed to South Orange, Essex County, N. J. May, 1t

**GLENN HAVEN FESTIVAL.—INVITATION.**—We cordially and earnestly invite all persons who have been inmates under treatment at Glenn Haven Water-Cure, with such members of their families as may desire to accompany them, to join in the celebration of our annual Festival on Wednesday, June 23d, and partake of a dinner to be given by us on that day. Our design is two-fold:—

We wish those who have been our guests should enjoy a Re-union. Those who, while here, from having a common object, came to have a common sympathy, can but be pleased to look into each other's faces a-new, and read fresh chapters in each other's life. And all will have opportunity to learn whether others' faith in the philosophy of Water-Cure has brightened or dimmed by the lapse of time.

Our other design is, if possible, to convince unbelieving people of the value of Hydropathy as a means for preserving health and curing disease. We shall therefore extend invitations by letters to persons of both sexes. We know that prejudice is strong; but Truth is mightier than prejudice. We know that it is not uncommon to believe that Hydropathic Physicians nearly starve their patients. We shall set our table with no article on that day which does not in its season find its way to the table of the Cure. Our friends shall see how our patients starve. We know that it is supposed that it is worth one's life to undergo the administration of the baths. We want those who think thus should be disabused. We know that many persons think Water Institutions are desolate, uncomfortably looking places, with nothing of the breath of Home about them. We hope to be able to give opportunity for thorough inspection of Glenn Haven on that day, and leave all to draw conclusions.

We shall spare no effort to make the occasion one that shall be wreathed with pleasant memories. For all who may come on the Albany and Buffalo Railroad from East or West—the Steamer Homer will be at the dock at Skaneateles, and at 10½ o'clock A. M., will leave for the Glen. The ride up the lake on a bright June day is worth a journey of five hundred miles. Will you permit us to impose one condition? That such of you as see this notice, and will, if possible, be present, send us a letter to that effect as early as the 25th of May, or the 1st of June outside, that we may know the probable number of our guests. That you will all come, and that your faith in NATURE and WATER as the great preservative and curative forces may be quickened, that the day may be bright, and all enjoy it, is our wish. Our P. Office address is Scott, Cortland County, N. Y. Respectfully,  
The PROPRIETORS.  
May, 2t

**ATHOL WATER-CURE.**—This Establishment has been liberally patronized during the past year, and is still in successful operation, under the charge of Dr. J. H. HENCO, who is striving to make his place what it should be for the treatment of every variety of Chronic Disease.

Athol abounds in pure soft Water, good air, and fine scenery, and is accessible by Railroad. Each patient requires two comfortable, two woolen blankets, three sheets, six crash towels, and old cloth for bandages. Terms, \$6 per week, unless extra room or attention is required. May, 4t

**CONCORD WATER-CURE ESTABLISHMENT, CONCORD, NEW-HAMPSHIRE**—This Institution, situated in the delightful village of Concord, N. H., has passed into the hands and under the Medical supervision of Dr. Wm. T. VAIL, of New York, who will spare no effort to render it an agreeable home to the invalid, and every way worthy of the liberal patronage it has heretofore received.

To those who would seek the recovery of their health by this simple, beautiful, and efficient method of cure, perhaps no location presents superior inducements to Concord. The unsurpassed purity of the water with which the establishment is supplied, the beauty of the town, the salubrity of the air, and the delightfulness of surrounding scenery, conspire to render it a desirable resort for the invalid, and contribute essentially to aid him in his recovery. Concord is accessible from almost every direction, being the converging point of several different Railroads. Persons from New York, can visit the place at a cost of \$5.

Terms, from \$6 to \$9 per week in summer; \$1 to \$6 in winter. A deduction from the above terms if two patients occupy the same room. Each patient is required to provide himself with two comfortable, two thick woolen blankets, one linen, and two coarse cotton sheets, towels, &c. May, 31.

**LENAAWEE COUNTY WATER-CURE, RAISIN, MICHIGAN**—This establishment was opened on Monday, March 15th, 1852. The Institution is justly celebrated for its beauty of location, purity of atmosphere, and its pureness and abundance of Soft Water, in which it cannot be surpassed; beautifully situated between Adrian and Tecumseh, a short distance from the Stage road. This Institution affords a rare chance for people in the Western country, who wish to avail themselves of the inestimable benefits of Hydropathic treatment. Those coming as patients are required to bring two linen sheets, one cotton do., two thick woolen blankets, three cotton comforters, six towels, and old linen for bandages.—Terms, including Board, Lodging, Lights, and Medical Treatment, from \$5 to \$8 per week, according to rooms, payable weekly. All letters post-paid, and addressed to Dr. JOHN B. GULLY, Raisin, Lenawee County, Michigan, will receive immediate attention. GEORGE W. CARPENTER, Proprietor; J. B. GULLY, Resident Physician.

Patients wishing advice for home treatment, by enclosing a fee of \$2, will receive by return of Post written or printed directions. May, 11.

**MR. PROSPECT WATER-CURE AND INSTITUTE, BINGHAMTON, N. Y.**—This Institution is located in a beautiful and romantic grove at the base of Mt. Prospect, and within the corporation of the Village. Possessed of a never-failing Spring of pure soft water, an atmosphere free from miasmatic influences, of carriage and foot-walks up the mountains, "free from the noise and turmoil of busy life," with excellent rowing and sailing privileges upon the pleasant waters of the Chenango, are a few of the presentation the "Cure" offers to the invalid.

The house is new, commodious, bathing apparatus ample and convenient, well ventilated, with 230 feet piazza.

The Medical department is under the entire charge of Dr. THAYER and Wife, who have had five years' experience in Hydropathic practice, and are favorably known as successful practitioners. Courses of lectures, with full plates and illustrations, will be given throughout the season to the Students and Patients upon Anatomy, Physiology, Hydropathy and Hygiene. Terms, from \$4 to \$6 per week, according to room and attention required, payable weekly. Patients will bring the usual fixtures. O. V. THAYER, M.D., Resident Physician. D. W. RANNEY and H. M. RANNEY, Proprietors. May, 11.

**GRANVILLE OHIO WATER-CURE**—Located at Granville, Licking County, Ohio, combines the advantages of other good establishments; a healthy location, an abundant supply of pure soft water, a Gymnasium, a Lady in charge of the female patients possessed of unusual accomplishments, tact, skill, and experience in the management of the sick, a Physician who has had an extensive experience of twenty-five years, &c., &c.

Females who have been confined to their beds, unable to walk or sit up from one to twenty years in consequence of nervous, spinal or uterine diseases, are particularly invited to correspond with, or visit us. Unrivalled success in the treatment of this class of diseases has given us confidence, and we say to all such, even if they have "suffered much of many Physicians," make one more trial.

Terms, from \$3 to \$12 per week. Patients furnish the packing materials, and towels. Address Mrs. C. ELLES, or W. W. BANCROFT, M.D. May, 11.

**EAST BROADWAY WATER-CURE ESTABLISHMENT**—Invalids desiring pleasant rooms in this Establishment, will find it to their advantage to make application at the Institution as early after the first of May as possible, or by letter, previous to May 1st, to the Proprietor, care of FOWLER and WELLS, New York. When convenient, patients are requested to furnish two linen sheets, two cotton do., two woolen blankets, and six towels, otherwise an additional expense will be incurred. Persons in any part of the country, by forwarding a fee of \$3, with a full and explicit statement of their case, from its commencement, will receive such directions as will enable them to apply the treatment successfully at home. An experienced and skillful lady is engaged to take charge of the female department.

City Practice personally attended to. The terms for board and full treatment will vary from \$5 to \$15 per week, payable weekly. Consultation fee, \$1. Dr. N. H. QUINBY, Proprietor and Physician, No. 187 East Broadway, New York. May, 11.

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

**ROCK SPRING WATER-CURE, BY CARY COX, M.D., Marietta, Georgia.**—The Water-Cure Establishment of Dr. C. Cox has been successful, not only in the number of patients, but in proving the efficiency of the mode of treatment adopted for the removal of disease. Dr. Cox is prepared to cite instances, in this place and elsewhere, of invalids of long standing who have, under his regimen, been restored to vigorous health. No place in the State offers greater advantages for such an establishment as that of Dr. Cox, or holds out stronger inducements to persons in bad health who wish to avail themselves of the peculiar mode of treatment used by Hydropathic Physicians. —*Marietta Advocate*. Letters of enquiry, post paid, will be promptly attended to. May, 21.

**SUGAR CREEK FALLS WATER-CURE**—This Institution is now ready to receive patients. It is beautifully and healthfully located on a commanding eminence 3-4 of a mile east of the Falls, on the road from Wheeling to Wooster, and from Massillon to Canal Dover and New Philadelphia, 12 miles south of Massillon, 8 miles west of Dover, 12 miles west of New Philadelphia, 7 miles from the Zoar community, accessible by Stages daily from all the above places. It is abundantly supplied with very soft pure spring water, conveyed to the Cure by stone pipe. Terms, from \$1 to \$3 per week, payable weekly in advance. Post-office address, Dr. H. FARMER, Deardorff's Mills, Tuscarawas County, Ohio, May 1st, 1852. May, 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. SMELLY, M.D., Proprietor. Feb. 5.

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

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

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

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

**THE ELMIRA WATER-CURE** will be open on the *First of June*, 1852. The entire management will be in the hands of Dr. S. O. GLEASON and Mrs. E. B. GLEASON, M.D. Mrs. G. will pay especial attention to the treatment of female diseases. Each patient (for packing purposes) is expected to furnish three comforters, one blanket, one linen sheet, and four bath towels.

Terms, *Third floor*, double rooms \$5, for each person per week. *Second floor* \$6 do. *First*, price according to the amount of room required. Address S. O. GLEASON, M.D., Elmira, N. Y. May, 11.

**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.

**WATER-CURE AT THE LEHIGH MOUNTAIN SPRINGS, NEAR Bethlehem, Pa.** The water is excellent, air pure, exercises on the mountain and rowing on the delightful river; also, a bowling-alley and gymnastic amusements—new bath arrangements, all assist to effect good cures. It may with truth be said, a more beautiful spot cannot be found. Dr. F. H. OFFELT. May, 21.

**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.

**WILLOW-GROVE WATER-CURE**—Now open under the direction of a very experienced Physician, a disciple of the celebrated Dr. RAUSSE. Address—HENRY F. MILES, M.D.; Resident Physician, Willow-Grove, Montgomery co., Pa., or, Philadelphia, 43 South 10th street. May, 11.

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

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

**DR. GEORGE HOYT, Hydropathist, Boston, No. 30 Winter street.** March, 10.

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

## Water-Cure Publications,

By FOWLER and WELLS, NEW YORK AND BOSTON.

**The Water-Cure Journal and Herald of Reform.** Devoted to Physiology, Hydropathy, and the Laws of Life. Ample illustrated with engravings; published monthly at one dollar a year, in advance.

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Either of the above-named works (except the *Water-Cure Library*) may be ordered and received by return of the FIRST MAIL at a trifling expense for postage, which must be prepaid. When possible, it will be better for Agents and others to have these Books sent by EXPRESS or as FREIGHT, when several copies or more are wanted. Please address, post-paid, FOWLER and WELLS, 131 Nassau street, New York.

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