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ILLUSTRATIONS OF PHYSIOLOGY, NO. V.

BY T. L. NICHOLS, M. D.

WHOEVER understands the blood knows every-thing; for to comprehend entirely the nature of this fluid, we must know how it is produced and what it produces. This comprehends the whole phenomena of life; and this includes all know-ledge. All other sciences are fragmentary—human physiology is integral and pivotal.

For to know what makes the blood we must know geology, mineralogy, chemistry, botany, and all natural history. And what the blood makes, includes our whole being, attributes, faculties, and destinies. The blood makes brain, as well as bone. It gives thought as well as muscular motion. Stop the blood, and thought gives place to insensibility. Hurry the current of the blood and passion mounts into the realms of rapture. Poison the blood and you may produce idiocy or insanity.

The blood is not the simple fluid that it seems. Even the coarse and mechanical anatomists have found that it is a living body, composed of various parts. They tell us of the serum and crassamen-tum—fibrine, albumen, and blood globules or disks; and some have noted vaguely an aura, or aro-mal principle. Hunter demonstrated that blood had vitality—its own proper life, instinctive motions, and power of sustaining temperature. Fresh blood will not freeze so easily as that which has been frozen. Blood varies in its power of clotting. When its life is destroyed at once, as by a stroke of lightning, it does not clot at all.

And in this vitality of the blood is found the great argument against bleeding, and the reason why hemorrhages are so exhausting. The com-mon herd of vulgar allopathic physicians, who go about the country with lancet and calomel, have not studied the first lines of a true physio-logy. They ignorantly suppose that when they take away a quart of blood, the dozen quarts or so left in the system, are of the same quality as that which they have taken. They have even a vague, absurd notion that they are taking away the bad blood, and that that which is left is of a better quality. The fact is that for every ounce taken the whole mass suffers in the power of its vitality. It is not so much a diminution of quan-

tity as an injury to the nervous power. You might as well—you might better scoop out a few ounces of the brain, with the idea that the rest would not suffer, than take away a few ounces of blood. Open a vein, and as the blood runs away, ounce by ounce, each ounce will be found to have a diminished vitality, and the system suffers, not by loss of a certain quantity of blood but by the diminished vigor of the entire mass.

Doubt not that this living body of the blood has its own spiritual part. Doubt not that each microscopic blood-disk may be a sentient being, having its generation, its career of life, and its period of death, more or less natural according to its healthy conditions.

And as this living blood rushes over the system, its rapidity measured by pendulum heart-throbs, how varied the work it everywhere performs! In the bones it deposits cartilage and phosphate of lime; in the brain, nervous matter; muscular mat-ter where it is wanted; and membranes, vessels, areolar tissue, fatty matter, all come from the blood. The eyes must be washed by tears, and the blood supplies the salt crystalline fluid. The food must be moistened with saliva, and the blood pours it out. Gastric juice is wanted to dissolve food in the stomach, and from the gorged vessels around that organ the blood supplies the needed solvent. A mild salivary fluid is wanted in the duodenum, and the blood gives it to the pancreas. Bile is wanted to assist in the process of chyfication, and the liver separates it from the blood of the vena porta. An ovum is needed for the repro-duction of this wonderful organism, and it is formed from the blood in the ovary. There is needed a fecundating fluid to impregnate the per-fected ovum, and the blood supplies even this, by means of a complicated apparatus of the most won-derful character. And here let me observe that no part of physiology is more interesting than that connected with sexual development and func-tion; but this, perhaps, is not the best place to treat of it. It is a work I shall do at no distant day, in a form and manner that I hope will prove acceptable.

This separation of such various matters from the blood, is by a process termed secretion, and by

A NEW VOLUME OF THIS JOURNAL will be com-menced with the next number, which will go to press immediately, and be issued early in June. NEW SUB-SCRIBERS will commence with that number, and con-tinue a year from July, 1852. Now is the time to make up, and send in clubs.

It will give us pleasure to supply present subscribers with missing numbers when possible. Those who re-subscribe will be sure to receive complete sets. A very large edition will be printed of the new volume, com-mencing with the JULY NUMBER.

THE WATER-CURE JOURNAL.—This beautiful, high-ly useful, and interesting periodical, contains a vast amount of reading matter concerning the promotion and preservation of health, which cannot fail of being useful and valuable to all classes of readers.—*Home-stead Journal.*

more or less complicated glandular apparatus. All these glands seem to have the same character. No anatomical dissection, no microscopic examination, no chemical analysis, can detect any difference, corresponding to difference of function. Everywhere there is a membranous surface, more or less expanded. Sometimes it is a simple, broad membrane, sometimes this membrane is hollowed into sacks or follicles, or lengthened into tubes, or branched like a tree. But whatever the form, the essential character remains. There is an expanded surface, with which the blood is brought in contact by minute capillaries.

Why it is that one of these surfaces should separate from the blood tears, another saliva, another milk, another gastric juice, and so on, depends upon the nervous power under which these secretions are made, or upon the varying constitution of the secreting cells. The former seems to me the primal cause, for their secretions vary by nervous impressions, as they could not if the process were as simply mechanical as some suppose.

But do all these secretions exist in the blood? The principles of which they are formed certainly do, but it may be doubted whether all the secretions do. The blood contains the proximate principles of milk, bile, urine, but we cannot suppose the blood to contain the ovum, or the spermatozoon. The more perfect secretions, as the secretions of use, are created by the nervous energy, from elements existing in the blood, and the complexity of the apparatus of these functions is in some proportion to their importance.

The flower of a plant, which we so much admire, is its sexual or reproductive apparatus. In man the most complicated and elaborate organ is that which secretes or creates the principle of life. It is composed of a vast collection of delicate, convoluted tubes, closely packed together in the manner indicated in Fig. 1, but in masses of which this cut only shows an open profile. Each of these convoluted tubes (4, 4,) is estimated to be seventeen feet long, and there are four hundred and fifty in each organ. The epididymus alone (7, 8, 9,) is twenty feet long. This is a wonderful instance of the expansion of surface gained by tubular convolutions; but how the end is effected through such means we have little conception.

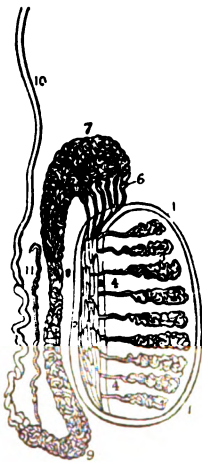


FIG. 1.

Fig. 2 gives us an example of a gland composed of an aggregation of minute follicles, which with their ducts resembles the leaves, twigs, and branches of a tree, or fruit upon its stems and stalks. The salivary and mammary glands are of this character.



FIG. 2.

The sudiferous, or sweat-making glands of the skin, are shown in Fig. 3, where a section of skin

is given, showing long spiral ducts passing through the skin. The lower ends of these ducts are convoluted into glands, upon which blood vessels anastomose. Of these there are said to be seven millions, which, allowing each tube to be a quarter of an inch in length, would give an entire



FIG. 3.

length of twenty-eight miles. The entire length of the tubes in the human body, would make a line around the earth, and the entire expansion of surfaces in a single human body is probably greater than the whole surface of the planet we inhabit. There are many reasons why

"The proper study of mankind is man."

The lachrymal gland is placed at the upper and outer corner of the eye, as shown in Fig. 4, from which the tears

flow through several ducts, in a continuous current, so as to wash the eyeball, at every closure of the lids, and keep it continually moist. The superfluous moisture is carried by a little duct into the nose. The power of the nervous system over glandular secretion is very noticeable in this. In sudden joy, or affliction, or deep emotion of many kinds, the eyes overflow with tears from the sudden increase of this secretion. Here is something more than mechanics and chemistry—something more than endosmosis and exosmosis.

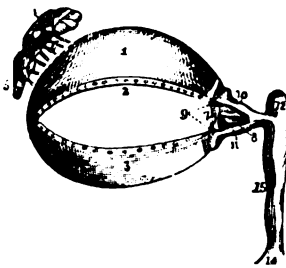


FIG. 4.

But the same fact is noticed in all the secretions. A man thinks of something good to eat, and his mouth waters, from the suddenly increased action of the salivary glands. The mother thinks of her babe, and her breasts fill with milk, which sometimes gushes out in streams. So under appropriate excitants, other secretions are alike rapid.

These and similar facts must never be lost sight of. Anatomy is too mechanical; chemistry is too material; all our philosophy needs a spiritual infusion to give it vitality. As I get interested in these sketches, I shall work them out with more care and thought, hoping to inspire in many readers a true love for the most fascinating, as well as the most wonderful of all sciences.

P. S. This article is written hastily in the turmoil of moving-time, before my library is unpacked, and without my having the power to get the engravings I should be glad to make use of. For these, I am indebted to Dr. Trall's Encyclopædia, which I here take occasion to say is now complete, and amply fulfils its promise. It is, beyond comparison, the most thorough work yet published on the Water-Cure, in its science, philosophy, practice, and adaptations. As such, I cordially recommend it to every student. It has been used from the first as a class book in the American Hydropathic Institute. In future numbers I shall use a greater profusion of pictorial illustrations; many of which have not before appeared in this country.

Prospect Hill Water Cure, }
Port Chester, N. Y., May 1. }

AN AUTOBIOGRAPHY.

CHAPTER X.

BILLY MCKEE AND THE "MAINE LAW."

Through how many villages in this broad and beautiful land has drunkenness marched like a destroying fiend, sending the youth and those in prime manhood to early, and dishonored graves! There is something in the death and burial of a drunkard more heart-sickening than there is in his daily bestiality. For one likes to associate *virtue* with the dead. One likes to think of the creeping myrtle with its blue blossoms on the grave's surface, as a symbol of the qualities of the dead when living. One loves to go to the spot where lie those who, whilst walking, talking, living, and laboring on Earth, were filled with all good aims and noble desires, with high aspirations after a better life, a sort of up-gathering of strength for ultimate freedom from all clogs; an entire enfranchisement of the spirit from corruptible influences.

One likes to think of the *past* life of the dead; for the past casts its glow on to the eternal, and shapes it into forms of beauty, that are consoling to the stricken. But who can do this in the case of the drunkard? Who is there that holds him in choice remembrance? Who goes to his grave where the weeping willow casts its deep shadow, and by the tombstone, which *perchance* is over the grave, calls from the depths of the soul for communion? The drunkard is forgotten when death takes him from sight; for no love can clothe his form with grace and tenderness, no effort of the imagination can hide his hideousness. For the living no mission toward the dead who lie buried in drunkards' graves is left, but that of pity and *tears*. Tears so bitter, so scalding as to scar the soul. Sorrow over the *noble* dead seems selfish. They go up higher. They pass to homes of greater love, beauty, and freedom than we earthlings have. They range over broader space, and their associations are less liable to be a mixture of the evil and the good. To die by the fiat of Nature, to vacate the body because by use it has come to be unfit for the soul's purposes, is to improve one's condition. He who lives obediently to all the demands of his Maker and his race, whose life finds its highest relish in doing what he is called to do, from love of the Right, he must find exquisite enjoyment in dying; and to weep and put on crape and wear sombre faces for the death of such, is to show that the feeble elements of one's nature are out of place, are usurping a post designed only for those that liken man to God. One might as well weep at sight of the melioration of one's earthly condition. Weep not for the dead who have lived truly, whose manly labor has left enduring remembrances behind them, whose open hand has dispensed blessings like a good Samaritan, to such pay

the tribute of joy and rejoicing when they go up into the delectable land, where

June's sweet roses blow,

and come forth in everlasting youth. Go to their resting places, not to sob and sigh and sadden your spirit, but to gather from the visit a high determination, like them to win for yourselves a departure from the old to the new life, that shall quicken the souls of all such as shall stand by your couch and bid you "good bye." If you weep, let tears fall for such as having opportunity to live like *men* have chosen to live like *beasts*; and whose degradation while living forces all who knew them, after death to forget them as quickly as possible.

My native village was in my youth a beautiful village, and is beautiful now. In my childhood it reminded me of Bethlehem, as that, from hearing scripture history, had fastened itself on my imagination; so green were its hill-sides, so quiet were its streets by night, though "bustlingly busy" by day, so tidy yet plain were its cottages, so bright was its sunshine. I often have sat on our doorstep, and wondered whilst the moon dropped her silvery light through the green foliage of the Lombardy poplars, upon my brow, how I should feel if the news should come to me that *Jesus* had been born in a stable in our village. It used to seem to me in my childish wonderings that were Christ to be born over again he would choose *our* village, it was such a pretty place to be born in. It was so quiet, and the hills were so pretty, and such nice places for the shepherds to watch their sheep could be found up back of the Episcopal Church, and the wise men could come into the village from the East without having to go "cross lots," and the sky was so blue and Heaven so high, from our village being surrounded by hills, that the angels could sing so that all could hear the anthem which Bethlehem heard on the night of his advent to earth. And I wondered if some one should come and tell my parents that *Jesus* was lying in *our* manger if they would go out and have his mother and him brought in, and give them a good bed, and my heart and head said there was *no doubt* of it. Reader would you like to know in my young innocence why I thus concluded so confidently? It was because I was daily witness to their kindness to the poor drunken Indians that thronged our streets; and I said if father and mother feed and lodge and make comfortable the Indians, they would not let *Jesus* lie in a manger with no body to tend him but his mother. Even then were my *instincts* true to a Divine religion.

Our village, notwithstanding its quiet and serene beauty, was *cursed*. For each church that sent its spire heaven-ward so that the cloud caps encircled it, we had two groggeries, one called an *INN*, and one called a *Grocery*. There were three churches to baptize the people with holy fire, that fire which burns up dross and leaves the gold of human nature purified and bright, six groggeries that sent forth liquid fire like that of the pit, to destroy every green and beautiful thing which man could gather about him for his comfort and improvement; and one engine house, where was kept an engine to *put out* earthly fire whenever it should take a notion to play its pranks about the cottages of the village. These were our public buildings. The churches were neat, the preachers orthodox, and powerful in demonstration of all doctrine. A large portion of the population was pious, and even the tavern-keepers devout; yet no path church-ward was so turnpiked, so terribly beaten down and packed to rocky hardness by human feet, as were the paths to our *INNS*. *Inns!* Yes, they were *Inns*; but what came out of them! *MEN!* no! *FIENDS*—men with their reason lost, with their instincts benumbed, so that they could not tell the time of the day by the town clock, nor walk the earth steadily. *There* gathered our citizens at elections, *there* went our young men and maidens to their dances, *there* sat our magistrates to administer justice, *there* stopped our strangers for

comfort and shelter. No one complained of their *entrance* way; through that, respectability, sobriety and piety *entered*; but they were oftentimes enchanted and bedeviled as wildly as was Rinaldo in Armida's bower. They commenced their visits to our *INNS*, men whose hands clasped the horns of God's altar. They ended those visits, men whose steps took hold on Hell. I could write "heart histories" that would make one's hair stand on end, of the brave who died like fools, and the beautiful who wilted like a smitten rose, of the honest laborer who was slain in a gutter, and the lawyer who was slain in his bed, of wives widowed and children fatherless. I could tell of pork barrels emptied of their contents by a drunken thief, who when sober was an honest man, of ham strung cows mutilated by drunken passion, though he who committed the crime was quiet and peaceable when sober.

Rum stereotypes its histories. Generations succeed each other without ridding themselves of the deep wrinkles which it furrows on the cheeks of society. No "Wandering Jew" ever scattered on his path as God's great avenger so many plagues on the wicked, as Rum scatters curses in the high-way of human life.

Billy McKee, whose name stands at the head of this article, was the type of a class of men, in this country, who need the prevention of the law. An honest man, he was the first who was married in our village after the organization of the town. He was united to Miss Jenny Mulholland in the year 1795, and the marriage took place at a barn-raising. Great was the joy on the occasion. Had any person gifted with second sight foretold that in 25 years Billy would have frozen to death in a gutter, and his wife died also a poor sot in her house, whilst poor Dan was so drunk that he could not weep—Dan their first born, their only son,—Billy and Jenny would have laughed at such a crazy statement. Yet so died both, and what is quite as significant, not less than six who were at that wedding and "RAISING," died out of their beds, and all drunkards; and the Pious one submitted to God's mysterious Providences, whilst the "STILLS" the Breweries, the *INNS*, the groggeries, and the *CHURCHES* were all kept at fever heat. For thirty years it has been a question in that village whether the prayers of the saints, or the ribald oaths of the drunken, reached the ear of God, in the one case to move his mercy, in the other to swell his wrath: whether the incense of its *Altars* should settle over it, like an overshadowing Divine Presence, or the fumes of its drunkeries gather about it, heralds of the Avenger.

I have said Billy McKee was the type of a class of men in this country who need the *prevention* of the law.

Let me explain what I mean, and so argue for a little this question of legal interference. Substantially, our government is a *democracy*. It emanates from and is amenable to the people. Its very existence concludes the question of Human Rights. Men have rights, else how could they form and keep in existence a *government*. The government has powers, but how could it have powers if the *people* have no rights. It may be taken for granted then, that men have rights; but summed up, what are they? In what consist they? Whither tend they? All to *self-government*. *Self-government* is the Divinely constituted government for *man*. Other government than this may be divine. To be so, however, it must contemplate its exercise not on *MAN*, but on a phase or form of being less than man. A child is not a man, hence restraint is applicable to a child; a crazy person is not a man, he may have the years of a man, the strength of a man, the size of a man, but he lacks the vital, the essential constituent of a man, self-possession, self-resource, self-control, the perception to discern his own rights from those of his neighbor, and the power calmly to contend for his own, and to avoid invasion of his neighbor's. *Self government* is not *his* government, but *social* government is—nobody denies this. We have our Orphan Asylums,

and our lunatic asylums, the one for children, the other for crazy people; and we make no distinction because of size, strength, or age. We go for landmarks that lie deeper than the surface. We sink down amongst the elements of the soul for evidences of *MANHOOD*; and if there, where lie responsibility and accountability, we find it not, the years of Methuselah or the size of Goliath will not justify us in leaving such person at large. To do so is to peril our neighbors' rights; for it is exactly logical to infer, that he who cannot govern himself cannot avoid abusing his fellows. Such persons need *law*, stringent law—statutes that hem them in, that with stern and earnest voice say, "You have an itching to destroy your neighbor. We are created to *prevent* it. Let alone your neighbor, and we leave you alone, touch him to hurt him and we touch you. Whilst you are strong to do evil, he is weak to resist it, and the object of the law is to keep you from crushing—him from being crushed. You may be knavish, he foolish. God imposes on the wise and well-balanced the obligation to keep knaves from fattening on the heart's blood of foolish persons." Now let us see how this general view applies to the subject of the sale of ardent spirits, and its prohibition by law.

It is readily admitted, that the tendencies of the social, are to the loss of personal identity, and so to despotism. All power tends to an expansion of its prescribed limits, and so to the creation of abuses. To day, the danger is more imminent from the *governmental* violation of rights, privileges, and liberties, than from personal violation of them: for this reason, that governments have less sense of responsibility than persons have. They have less of the fear of God before their eyes, less of regard for man. I blame nobody for watching the government of the Union, or of New York. They need watching. And they need watching as much for the cause that they fail in *their* duty to watch, as for anything. Nevertheless, whilst there is great danger that the Government will step out of its appropriate sphere and trench on individual liberty, nobody can blame it for being faithful to its design to *prevent* wrongs. I see no force in the commonly received idea, that the object of government is to *protect* rights. To me its mission is negative rather than positive. Open the door for the governmental protection of rights, and from a path-master to your President there is a reason for interference with individual pursuits. No man is free, and no business free. Officials are at every turn and corner as thick as frogs in Egypt. But with the right on its part simply to *prevent* wrong, the sphere of the government is specific. Its business is that of *restraint*. It restrains the strong from ill exercise of strength. It restrains the weak from injuring others by their weaknesses.

How stands the matter between the Rumseller and the Rum drinker? Is the relation one of which the government may justly take cognizance? Let us see. The inevitable effect of the introduction of alcoholic liquors into the human body, is to excite the nervous system; it does this because among other things it is indigestible. It cannot be assimilated, and passes as it is when taken into the circulation. It is alcohol when it enters the stomach, and not a whit less so when it enters the brain by means of the blood. In proportion to its quantity, it disturbs the economy and unfits the person who has taken it for his duties. He is lifted by it into a state where he is the victim of the grossest illusions, or he is sunk to a condition below the beast. I will not deny that men may drink it in a certain quantity and yet after a sort do their duties to acceptance with society; but I do deny that any man is as well able to take care of himself with it as without it, and therefore just to the degree that it disables him from taking care of himself, does it justify the government in taking care of him. But there is another effect of alcohol not less devilish than the one alluded to. It perpetuates itself. It creates a necessity for its continuance. He who drinks a little while in small quan-

tics, will find that he must increase both the quantity and frequency of the *drum*. In this respect it acts like all poison. The system accommodates itself to the poison, and leaves it insidiously to work its way to its own overthrow. The necessity for drinkers, after they have turned a certain period, continuing to drink, is as marked, physiologically, as the necessity for the Austrian horses to have their daily dusting of arsenic on their oats, to keep them in condition. Thus its use takes from the user his power of self-control, and puts the *burden* of his being cared for on the government. Were this effect only casual, accidental, happening at great intervals, and leaving great gaps between, it might puzzle the casuist to decide about the right of the government to say to the drinker, "thou shalt not drink." But its effect is sure. Fire does not more certainly consume wood. Carbonic acid gas is not more deadly to the lungs, iron will not more certainly sink in water, than alcohol will, as a drink, increase its own demand with the drinker, and end in unfitting him to take care of himself. If this is so, and who doubts it, then the government may prohibit its use, on the same ground that it may prohibit the erection of a pitch pine dwelling at 208 Broadway. When a government *knows* that a certain course produces certain results; if those results make it obligatory to interfere, it may interfere to prevent them. If alcoholic drinks *inevitably*, sooner or later, make those who drink, drunkards, and when made so government is bound to take care of them, to pay for their keeping, their clothing, their doctors' bills &c., it is bound to prevent its use as a drink. If charged in so doing with infringement of individual liberty, it might pertinently reply: "This person is ignorant that drinking alcohol moderately leads to drinking it immoderately, that its immoderate use leads to drunkenness, and compels the government to interfere; or he is so far the victim of appetite already, as for its gratification to put himself where at last self-respect and self-government will perish, and so force the government to take him in charge." Which ever may prompt his present course, the duty of the government is plain, to interfere and save him. If he is ignorant he is as a *child*, needing parental care. If he is knowing yet wilful, he is the victim of his passions, and the government must control him. A human being with his passions uppermost is not a *man*. For the time he is a *beast*. That which dignifies him with personality is extinct. He has lost his balance. Till he recovers his centre of gravity the government is obligated to see that he neither injures others nor himself. So much for the *right* of a man to make himself a *drunkard*. For a little let me consider the *rights* of the *Rum-seller*. There are two parties to a sale always, the *buyer* and seller. What it is wrong to buy, it is wrong to sell, what it is wrong to sell it is wrong to buy. Now, if no man has a right to make himself a drunkard, no man has a right to aid him to make himself one. If he has no right to put himself where temptation changes chances into certainty, where the probabilities are that he will become one, no man has a right to place the temptation where it will probably work his ruin. If he is bound to keep away from temptation, his neighbor is not at liberty to put the temptation in his way. If a man may not drink when offered, no man may offer the drink. If a man may not buy, no man may sell. If the government may interfere to keep men from becoming drunkards, government may interfere to keep men from *making* drunkards. If what I have said about drinking be true, it covers the whole ground. Yet there is one other view to which I will pay respects, and bring this article to a close. It is the view of *property* in *Rum*.

What is it that makes an article a matter of property? How shall we define property? Is it not that quality in the article which enables us to appropriate it? to work it up to human benefit? Is it not equally true that as the right of property centres in man, so also does the *value* of property centre in him? *His* needs

make its measure of value. What no man needs has no value. Now, alcohol has a value, for man needs it. It is useful; chemical, mechanical, artistic purposes need it. Men may buy and men may sell it for such uses. But what uses has it for man as a *drink*? None, all christendom and heathendom exclaim, but to *kill* him. As a drink it has no *value*, for it has no *use*. It has no *property* qualification. One might as well bring Plaster of Paris into market to *sell* for bread, as alcohol for drink. And objection might as soundly be made against the governmental interference in the one as in the other. Yet, when ten years ago the municipal authorities of London took up and punished a large number of the small bakers of that city, for making their bread of equal parts of flour and pulverized Derbyshire spar, thus starving and killing the poor, nobody in London set up a hue and cry, that the authorities had invaded the rights of the bread-sellers. Men undoubtedly have a right to make bread and sell it, but it must not be made of ground lime-stone. So men have a right to sell *drink*, but not alcohol as a drink; for it has no useful properties. A man would be thought infamous who, asked by a hungry fellow for *bread*, should give him a *stone*; but how much more infamous would not he be who should *sell* a poor starveling a stone and call it bread. This *selling* of alcohol is the climacteric of meanness. The seller holds out the idea that it is in its various preparations useful as a beverage, and that the buyer gets an equivalent for the money expended; whereas for the purpose for which it is sold and for which it is bought it has no value. The transaction is a swindle of the deepest hue. The whole transaction is of the Peter Funk school; and the government which does *not* interfere fails greatly in its duty. All over this land there are your Billy McKees who need the law to keep temptation out of sight lest they fall. They are honest, impulsive, generous creatures, whose passions are like tyrants, wielding fierce mastery. The animal in them is the strongest. Their sense of self-respect, their view of human nature, their conception of the ultimate good which is God, are all feeble, owing to the strength of their passions; such are not *men* in that sense of the word which contemplates man as fit for *self*-government. They need the social hand kindly yet firmly to grasp theirs, to hold them back, to shut up the gateways to death, and gradually to bring out of their superabundant impulse a calm and steady self-reliance which will be better to them than any authority, and keep them true to the high destiny intended for man. Such men ought to die in their beds instead of the corners of the streets and under the fences; and they will, as the *Rumseller* finds his alcoholic drinks losing their value, by means of a prohibitory statute forbidding its recognition as an article of property when sold as a beverage.

FACTS VS. SKEPTICISM.

BY MRS. E. A. WEBSTER.

GRATITUDE for the benefit derived from the little knowledge which I have obtained of the use of cold water in the cure and prevention of disease, impels me to send you a short history of my experience.

I also wish to array this evidence against the Skepticism frequently expressed, in reference to the beneficial effect of a Hydropathic course during Gestation and Parturition.

Those who entertain doubts on this subject, claim, that the cases given by you, are those of individuals of remarkable health and constitutions, and that it is not every female that can thus be benefited. Undoubtedly, it is not possible for every one to possess the same degree of health and vigor during these periods; but my own experience convinces me that the most delicate and even impaired constitutions may, by a faithful

adherence to the course prescribed by the Water-Cure Practice, pass this trying time with comparative ease, and perfect safety.

I inherited a feeble constitution, which was much impaired by hardships in early life: so that at the age of twenty-five, had but little health and strength remaining. However, I took no measures for their improvement for two years after this; then resorted to the use of Patent Medicines, which I tried for six months without effecting the desired object. At this time I came in possession of *Fowler's Physiology*, from which I obtained (as I firmly believe) correct views in reference to the restoration and preservation of health. I immediately commenced the application of cold water to the whole exterior surface, every morning, substituted Graham for fine-flour bread, laid aside all greasy meats, and what is generally understood by rich dishes, also spiced, and ate but little butter, (I never practiced drinking tea and coffee,) and at the expiration of a year found my health greatly improved.

In my twenty-eighth year, gestation commenced for the first time. This seemed to derange every organ of the system. Dyspepsia, with which I had been troubled, returned with renewed force; so that I was obliged to subsist chiefly on Graham bread, and that in small quantities but twice a day. This course, with the aid of cold water in the form of daily bathing, sitz-baths, wet bandage around the abdomen, and Clysters, enabled me to obtain a healthful condition of the system, so that after Parturition, (which was protracted and severe) no medicine was needed, consequently none taken; no pain experienced in any part of the system, and lacteal secretion; and instead of being attended with fever, pain in the head, and a multitude of unpleasant feelings, I was so perfectly devoid of anything of the kind, that I was not aware that it was taking place until there was a sufficient supply for my babe. The application of water in its various forms was continued after, as before confinement.

When my babe was a week old, I took a short ride, which I continued to do daily, increasing the distance each day, until I could ride several miles without fatigue. Great benefit was derived from riding. The day my child was four weeks old, I went a journey of twenty-five miles in an open carriage, carried my child, and received no injury. I have now a second child five months old; pursued the same course as with the first, and with even better success. I could eat a greater variety of food, and perform more labor during gestation. The period of parturition was much shortened.

It is the opinion of some most intimately acquainted with my condition, that I could not have survived the birth of children had I not pursued this course.

I might give an account of the great success which we have had in subduing fevers and other diseases in our family by the use of water; but as this article is already longer than was intended, I will desist.

RHEUMATIC FEVER.

BY J. A. SPEAR.

[The following communication from friend Spear, offers another illustration that the success of all methods of treating disease is very nearly proportioned to their approximation to the Hydropathic.]

A Botanic doctor, who has been very successful in curing those who were afflicted with rheumatic fever, and has often applied his remedy secretly in the night, that the Allopathists might not know how he did it, says, that "six or eight hours is generally a sufficient length of time to relieve the sufferer;" but he tells them he will cure them in twenty-four hours.

His method is to give the patient a tea-spoonful or more, of pulverized crawley, (a root, the effect of which is to relax the pores and congested capillaries,) and produce general perspiration. He also mixes a pound of

pulverized slippery-elm bark, in about five gallons of cold water, in a tub; then a sheet is dipped in that and slightly wrung, and spread upon the bed, and the patient is laid upon it and wrapped up. Soon the patient commences sweating; and as the sheet gets too warm, he dips the water out of the tub and pours it on to the swollen limbs and joints most freely, also on the head and whole system. This operation is continued till the patient is relieved. Then the patient is removed and made comfortable in a dry bed. Then, after resting a few hours, if the patient is not too weak, he can get up and dress as usual and walk about. He tells of repeated cases that he has cured in this way, after they had been given up as incurable by the Allopathists. When they have called upon him for the purpose of finding out how he managed, he has dealt out the powdered root in presence of the doctor, and handed it to the nurse, telling her at what hour to give it. Then, after the Allopathy doctor was gone, he would make the nurse and others agree to not tell how he managed with the elm-bark and water, and then commence the operation. By the time the Allopathist would get there the next day, he would have the patient relieved, and perhaps dressed and sitting up. Then, while the Allopathist would naturally inquire what he had given the patient, he would say nothing but that powder, and, perhaps, a little water to drink. He would blind the doctor, by not telling what the powder was.

Whether the crawley or elm-bark assisted in the cure, I leave others to judge; for myself, I have but little or no confidence in medicines; still the bark might assist in softening the skin, and the crawley in producing perspiration.

WINTER FEVER.

APOPLEXY, CONSTIPATION, A REPORT OF CASES.

BY DR. E. POTTER.

CASE 1st. A child of some eight months old, taken with what the Doctor (an Allopath) called Winter Fever, was regularly attended, and regularly dosed with drugs of various kinds for some four weeks, during which time the fever was broken; and with it the strength and constitution of the little fellow was well-nigh ruined. His cough still continued, his strength and flesh gradually declined, the child was restless, and slept but little, the surface of the skin was cold and clammy, and the dejections from the Alimentary Canal irregular and of a light frothy color. A continual dosing every two hours, (enough to prevent the child's recovering,) was the treatment. My treatment was a hand bath at about 80° Fahrenheit, three times per day, wet bandages covering the entire chest day and night, water injections to bowels three times per day, with water to drink and a cool atmosphere to breathe for three days; and then omitting a part of the treatment, in a few days the child became as well as ever. I may add, the child improved daily under this simple though effective treatment.

CASE 2d, was a gentleman of some sixty years of age, who had symptoms of apoplexy, constipation of the bowels, great tenderness of the bowels, so great that the weight of the bed-clothes were insupportable, great nervous irritation, pain and dizziness of the head, and cold feet; in a word, he was diseased from the crown of the head to the sole of the foot. The treatment was very simple indeed. I think there is more danger of doing too much than too little. He took daily, for three days, sponge or towel bath at 75°, constantly wore the wet bandage, took injections of tepid water to regulate the alvine evacuations, and plain diet, and simple cracked wheat, brown bread, potatoes and fruit. And now, five days since the commencing of treatment, he goes about town, reads the news of the day, which he was unable to do before. He is clear of all pain, and feels as well as could be expected for a gentleman of his age.

Now, in view of these facts, (and this is only a drop

to the Atlantic Ocean,) what is the use of taking any of the drugs, (or, if the term medicine will suit you any better), we will use that phrase of the apothecary shop. Why ransack the entire universe for remedies (i.e. hindrances,) why send our ships to foreign climes in search of something to compel man to obey the laws of physiology, which is all that can be done? It is a departure from these laws that causes disease; and if a man gets sick, why not punish him in some other way; don't take all your revenge on the stomach.—[Peru, Ill.

PHYSIOLOGY—SCHOOL TEACHERS.—NO. I.

BY LETSON, THE BACKWOODS TEACHER.

A NUMBER of the teachers in Stark County, Ohio, have come to the laudable conclusion to make a united and more vigorous effort to overthrow the drear, dark, gloomy empire of ignorance in this region, and to crush to fragments, and crumble into dust all the various obstacles that do oppose, or may stand as a barrier to the full and free dissemination of scientific truth, connected with the higher and nobler development of our spiritual natures.

Having taken the above position, we consider that one of the first and most necessary steps to be taken is to RENOVATE THE PROFESSION, and to awaken in the minds of its members a sense of the position they occupy in the world and in society; also, to show them that from the very essence of the work in which they are engaged, they are called upon to take their stand, firmly and positively, on the side of *Progress and Reform*. And in order that they may be capable of so doing, and of successfully combating with error, ignorance, and hydra-headed superstition, it is absolutely necessary that they spare no time, no labor, no opportunity, no available means, to amply qualify themselves to discharge their high and holy trust. As the formers of the youthful mind, as the preparers of the future sovereigns of our land, as the trustees or guardians of society's noblest treasure—the youth of our country, as the Master-builders who are to lay the foundations of the future characters, nay, even of the very destinies of those youth,—they are called upon by all that is sacred and holy, by all that we hold dear in our republican institutions, to qualify themselves for their high station; and to become thoroughly baptized into the spirit of their calling. This is a glorious and exhaustless theme, but I must not dwell upon it, lest I weary you.

The subject which it devolves on me to present, is the importance of teachers preparing themselves the better to meet the claims which society holds upon them, by becoming acquainted with the *Doctrine of Life*, commonly termed Physiology. As no person is either qualified to enjoy life, or to become a useful member of society, without health, and as no person can enjoy health without understanding the laws which govern our physical natures, it becomes necessary that every person should become familiar with those laws; nor only so, but he should put his knowledge of them into practical operation. Our own happiness and the duties we owe society, as social members of it, demand this at our hands. It is not necessary that I here attempt to point out the evils and sufferings entailed upon the present generation, by the neglect produced by the ignorance of our forefathers in this particular. Nor that I portray the many premature deaths, and the vast amount of physical suffering and consequent mental deficiency, that thousands and thousands of the parents of this generation will ignorantly entail upon their innocent offspring. God pity them!

With these facts staring us in the face, and daily forcing themselves on our notice, are we not, as teachers and as those who are to stand at the helm of reform, most solemnly called upon to become familiar with the laws of health, with the whole structure of our physical frame, and its beautiful and complicated machinery, that we may be fully prepared to impart the requisite

instruction to the incipient members of society, and the prospective fathers and mothers, that may be committed, in all their youthful innocence and trustfulness, to our care, and the formation of whose minds and habits it devolves on us, to a great extent, to produce? Most undoubtedly, we are. And yet, it grieves me to have to say that near four-fifths of those in this region, who have taken upon them to discharge the duties of this most responsible profession, either do not know anything about Physiology, or do not make any practical application of what knowledge they may have been compelled to obtain, either by precept or example. And what is the result?

These facts I have gleaned in various ways, but more particularly by attending Teacher's Meetings and Institutes. As none but the more intelligent class of teachers attend those Institutes, if we find them lacking in this knowledge, what must we conclude in regard to the other portion! By observing closely the habits and actions, as well as expressions, of those convened at such places, I could form a very fair estimate of their knowledge and character.

I ascertained their acquaintance with physiology and its necessary accompaniment, Hygiene, by noting their using tobacco, drinking coffee and tea, and, in several instances, drinking ardent spirits; and I also found that their morals corresponded with their knowledge.

But one of the most conclusive proofs to my mind, that there was a lack of proper information on this subject among teachers, was the promptness with which every effort to show the impropriety and deleterious consequences of using that most poisonous and most injurious of all obnoxious things, tobacco, was put down by the teachers present,—in some instances, amounting to hundreds! In fact, those conducting the institute, not only using it, but advocating its use! And those teachers the most intelligent ones too!

I do not wish to find fault with teachers for continuing this and other pernicious habits, so much as I wish to point out and hold up to view the great necessity for reformation; and to show to parents the danger of employing such men to educate their children. No parent who knows anything about the laws of health, and the force of example, will be willing to trust the health and future happiness of his child, to any man who daily and hourly violates those laws in the very presence of that child.—[New Baltimore, Ohio.

BELIEF IN WATER-CURE.

BY J. C. JACKSON, M.D.

If the readers of the Water-Cure Journal will take Richardson's Dictionary and look at the words *believe*, and *belief*, they will find them originally to have had a very beautiful and expressive signification. I will not at length transcribe what the distinguished Lexicographer says, but simply give an instance or two. He quotes Robert of Gloucester, in two or three examples, who uses the word *believe*, as by-leave, which means to *live by*. In Pier's Ploughman, the phrase "to bring forth your bileve," means "to bring forth that *by* which you may *live*." Richardson goes on then to say "To believe then is—to live by or according to, to abide by; to guide, conduct, regulate, govern or direct the *life by*, take, accept, assume or adopt as a *rule of life*, &c." To me, this is a fine rendering of the word. To believe Christ, is to live by Christ, that is, to shape, regulate, and conform one's life by that of Christ. To believe the Water-Cure System, one shapes, regulates, and conducts his life by that system. How much deeper this meaning plants faith in the human heart, than the meaning which simply signifies an intellectual assent. Such *believers* in the Water-Cure, as are *livers by* the Water-Cure, are the men and women which the enterprise needs. To them must be committed in a good degree for safe keeping, the "Ark of our Covenant." In their lives and conversation more

than in any theories they cherish, does the moral force necessary to produce the conversion of their neighbors, reside. For no human power over the human soul ever equals that which proceeds from a *holy* life. And Holiness is conformity of conduct to principles which are *DIVINE*. As one of the fraternity, I receive great pleasure in the increased evidence which each issue of the Water-Cure Journal furnishes of *broad-er, better ground* taken by the "brotherhood." I am pleased at the *radical* tone assumed by the correspondents of the Journal. It is kind but decided. It is better than it was a year since. Within that time, thousands have found firm footing who were then afloat. They have learned a good deal within a twelve month. They know whereof they believe, or in the old meaning of the word, they know what it is they *live by*. If one consolation comes home to my dear noble wife and myself in our weary house, cheering, and up-holding us, making our hearts strong and our hands steady, it is, that within the year, nearly 300 individuals have come directly within our influence for months unbroken, to learn of us the way of *temporal* salvation. And so to learn as to *live by* what they learned. This gives better food for reflection than the complacency which one feels from the exercise of great *skill*. True, it is gratifying to take a man or woman who has gone from Doctor to Doctor without benefit, but not without injury—like a handkerchief without an owner in a school of girls—and by the application of Hydropathy, cure such persons. But after all, in and of itself, the feeling is of the lower order, and to give it sublimity, so as when it swells the heart one has the consciousness that he has allied himself to God, there must be added to the fact that your patient is *cured*, the conviction that he will *stay* cured. To cure him is one thing, to convert him is quite another. A *cured believer*, by-liver, one may well rejoice over. If, then, my heart and my wife's heart may rejoice in the *good* which, on a limited scale, it has been permitted us to do, how greatly increased must that joy be at the remembrance of the good achieved by others. The men and women are scattered all over the country, who, by the skill of Water-Cure Physicians, and by Home treatment, under the advice and writings of Water-Cure contributors, have been redeemed and born anew. Yes, *created* anew! The language is not a whit too strong. They were bed-ridden many of them, more were crippled, still more unable to do labor, and still more unfitted for life's great battle. Some were hysterical, some hypochondriacal, some dyspeptic and cross, and some despondent and inert. To most, life was a *burden*, a load to be taken up unwillingly each morning and easily and readily bartered away for a long sleep in the grave, could they and death have negotiated. The sun-rising to them had no pleasure; the cloudy day was a curse. They hated food, because they could not eat to the full, and disliked abstinence, because they were forced to adopt it. They loathed the sight of a doctor, and uttered tremendous philippics against the nostrum-makers. *Nour*, no meadow-lark of a May morning is merrier than they. May they never forget what Hydropathy has done for them. But this is not all. The ranks of the *SAVED* have not only swollen by the efforts of Water-Cure workers, the past year, but the ranks of the *WORKERS* have increased during that time. Institutions have sprung up like springs of the Desert. Many of them already are well patronized and doing good. Within that time, Doctor Trall has prepared his Encyclopedia, a work very able and very simple—a proof of its adaptability to the general reader. Doctor Shew has given us his work on Diseases of Children, and, by general consent, has won additional laurels. Doctor Kittredge, aside from his articles in the Journals, has probably delivered more public lectures than any Hydropathic Practitioner; and many other noble co-workers, with whose efforts in detail I am not familiar, have done good and gallant duty for the good cause.

Doctor and Mrs. Nichols have performed great tasks, and are now in the way of accomplishing incalculable good. They need have no fear, and can well afford to bide their time.

"For the soul of the Past has come,
To its ancient home,
In the hearts of men,
To resume its reign again."

Their graduates will do them quite a great honor, and the cause as good service, as the graduates of our Orthodox Colleges. They must succeed or fail by their *skill* and their enthusiasm. The latter aids the skillful physician vastly. It steadies his hand, and braces up his judgment. It clothes him with confidence and makes him discriminative. It does not and cannot belong to the Allopathic school. The philosophy of the Regulars has failed them too often, to give calomel and jalap to a patient or to have him take it *enthusiastically*. But I doubt whether a case is on record where a patient has died under the care of a Water-Cure Doctor, who carried with him a conviction amounting to enthusiasm, that he should cure him. Let no young practitioner in Water fear his enthusiasm. The common notion that it unhinges one's self-possession is erroneous. It has the other effect exactly. By it, men are sustained to do great deeds, to become Pioneers in labor for the up-heaving of great abuses, such as in their new homes will fall to the lot of our new co-workers. If they will be close observers, careful experimenters, and be willing to earn a reputation before they claim it; if they will eschew all compromises, and make no alliance with Drugs, I will stake my reputation on their success. They cannot fail. In time they will be heard and honored. To all the contributors for the Journal let me express my obligations as one of its readers for the instruction they have given me. The points in which I have found myself differing from them, have made their articles of additional interest to me. The freedom of opinion therein exhibited, is of great value. Let us have through it, from those who speak, free utterance. God hides, now-a-days, sometimes, as in days of old, wisdom from the PRUDENT and reveals it to babes. Truth takes root where soil is most congenial; and as far as my judgment may be allowed of value, I declare that in no magazine or news paper in this land with which I am acquainted, can be found as much and as varied talent and information, as is to be found in the Water-Cure Journal. One may test it by comparison.

To the Publishers, all I can or need to say, is, God bless them! "May their shadows never be less!" Nobly have they redeemed their promises; and in the past which they have filled so well, have we, their readers, securities for the FUTURE. And now for the next volume.—[*Glen Haven Water-Cure*, 1852.

INFANCY.

THE ANXIETIES INCIDENT TO THIS STATE.

BY REBECCA ROXANA.

"Ere yet her child hath drawn its earliest breath,
A mother's love begins—it grows till death;
Lives before life, with death not dies, but seems
The very substance of immortal dreams."

Without question a vast amount of the suspense and solicitude felt, regarding the bearing and rearing of children, arises from a want of conformity to Nature's requisitions previous to, and at the time of accouchment.

A large number of those who are mothers at the present day, have violated more or less the laws of their constitution from their infancy, and thus furnish in their mode of living the main apology for anxious fears and solicitude in the events which are to test their efficiency in giving birth to, and rearing up around them an healthy progeny. Conformity to Nature's laws, in

maturing the physical character of mothers, and in their organic bearing, would diminish the fears and anxieties now so often incident to the period of infancy and childhood.

The relation which a healthy, well developed organization sustains to the bearing of healthy, robust, and active children, is not appreciated as it should be. If the grain which is sown is weak, wasted, and damaged, the plants which spring from it will be liable to feebleness and speedy decay. The same law which governs in the vegetable kingdom, governs in the animal. Hence, arises the dependence of children upon their parents, not only for an existence, but for an existence perfect in its organization, complete in all its parts, and sound throughout its entire constitution.

This lies at the foundation of all thorough physical and mental development, and forms an indispensable requisite to the formation of correct physical habits, and the proper development of the physical powers. This foundation deeply laid in the obedience of parents to the organical laws, would furnish a broad base on which might be reared a tower of mental might and intellectual strength of superlative worth.

Were the first organic law recognized and strictly adhered to, the cloud which so often gathers over the enfeebled, dependent state of infancy, filled with portentous fears and reasonable anxieties, would be dispelled. There would be no other expectation than that both mother and child would do well.

The conditions which Nature demands having been complied with, she, ever true to her trust, would invariably fulfill her part, and the bright sunshine of hope removing all suspense, would make the anticipated event, one of pleasure, and happily interesting to all.

Miserable beings, the very rudiments of whose existence are tainted with disease, are often brought into the world; and ignorant parents are filled with anxiety and sorrow, as the consequences of the violation of this law.

Without any clear conception of the dependence of posterity upon their progenitors for a sound constitution, the feeble in health, burdened with disease, often enter the matrimonial state, and without any compunctions of conscience regarding their agency in the organization which they transmit to their offspring, "multiply and replenish the earth" with a puny, sickly and short-lived race.

Thousands, for their conformity to fashion and foolish custom, in ministering to their physical wants, have forfeited all right and title to health, and carry about with them an ill-shaped, distorted, diseased "earthly house of a tabernacle" that has neither strength or beauty in limb or body, though originally designed to combine them both.

The monsters of the deep are drawn largely upon by the mothers and daughters of our day, irrespective of age or circumstances, for stays and supports which shall supersede the necessity for the development of muscular energy, and vigorous activity of the vital organs.

The original purpose for which the bone, muscle, and nerve of the body were given, has long since been forgotten and shamefully neglected.

Every ocean must be traversed, every clime explored, and the mightiest monsters thereof captured, in order to furnish material by which the native beauty and graceful development of every limb and feature of the feminine form may be destroyed, the vital functions all deranged, and the entire constitution diseased and ruined.

Thousands wear the death-working compressing machine, under comparatively loose dresses, completely deceiving the mere beholder as to the extent of the compression, which usually covers the upper two-thirds of the trunk of the body; well fortified before and behind with bone, and sometimes steel, supplied with sufficiently strong cord, into which the body may be compressed into almost any conceivable shape or di-

mensions. The consequences inevitably are, the lower ribs are compressed, the stomach crowded from its organical position, a morbid state of the liver is induced, the action of the diaphragm destroyed, the lower part of the lungs lie dormant, engorged with blood from ten to fifteen hours every day; the blood, from want of contact with the oxygen of the air, is not properly decarbonized; the fluids are vitiated, and the entire abdominal contents are pressed from their legitimate sphere of action and repose; while fortunes are made by Abdominal Supporter Manufacturers, in supplying machinery for undoing what mothers and daughters have been laboring their life-time effectually to accomplish, and what fathers and husbands have as blindly sanctioned.

To facilitate and make efficient this disease-promoter and death-worker, skirts of several pounds weight are hung upon the hips and gathered at the small part of the back, so as to be at least, each, two inches thick, and often stuffed with raw cotton and quilted; and bundled on in such quantities as to keep the parts hot and perspiring, and every function of the skin debilitated and diseased.

The compressing-machine, combined with the long, bony-waisted dress and the loaded skirts, constitute an infernal trinity, one in office, if not in essence, and most assuredly accomplish their work in crowding from its approximate sphere the entire abdominal apparatus, and furnish the foundation for those fears so often indulged in child-birth, not only for the welfare of the puny, sickly, and dwarf-like infant, but for the safety of the fashion-conforming mother. We wonder not at the solicitude so often felt, but that the constitution so long endures, and nature bears up under such palpable violation of her laws.

One evil of great magnitude arising from this state of things, is the perfect horror and dread which is imbibed and fostered by the ignorant and uninformed, who see before them, in the married life, the trying ordeal, and are led to infer there is no alleviation or mitigation of the woes now so peculiar to child-bearing. Could they once discover the connection which their manner of life in relation to physical and organical development, has to a speedy and safe delivery in child-birth, they would change their course, observe Nature's laws, and thus banish all cause for anxiety as to the result.

Mothers are too often sinfully silent before their daughters on this point; too often willingly ignorant regarding the relation of which we are speaking.

Thousands induced to enter the connubial state from motives aside from genuine regard for its grand object, instead of looking for the consummation of its legitimate end, are anxiously hoping that it may be deferred for quite a number of years, if not altogether frustrated.

Many, void of all holy principle, are led to destroy their offspring while in the embryon state; and many more seek the same object, but fail, and pass for respectable women; yea, many of them for Christian women, among those who can only form an opinion from an external sanctity of high pretensions. There is a day hastening on which shall unmask their hypocrisy, and make them known as now they are known only to themselves and a just God. Who shall deliver any man from horrors worse than delirium tremens, when made conscious that his earthly destiny stands identified with that of such a monster of crime. No man ought to be bound by any civil obligation to cherish and support in the bosom of his domestic circle a woman as his wife, who will recklessly bid defiance to the Laws of God and man, by seeking and dosing with nostrums and poisons, that she may murder his offspring and do violence to her own constitution. Botany Bay would be a more suitable place, a more congenial clime, than the atmosphere of the civilized family fireside for such an one.

No man should confide his earthly interest for a mo-

ment in the hands of such a monster; and the law should absolve all previous claims which might exist for protection and support from so unfortunate a husband.

Such are induced to assume the responsibilities of the marriage covenant without ever dreaming of its obligations; without ever caring a fig about the design of Him who founded the institution in equity and love, and made it the source of the purest joys which earth affords. "Who is the Almighty" that they should ask what he meant in establishing the domestic compact?

There was something novel, a mysterious chasm about the idea of being married, and they have ventured the risk. If they can be flirted about upon the ever-shifting sands of fashionable society; visit the watering places; attend every concert; go on every excursion; be flush with money; this will constitute their maximum of conjugal bliss. To make home happy, is a mere trifle, a secondary thing. To act in reference to posterity, now in the womb, in the future; to care especially for them when home, is not their province. A bright and happy group of smiling juvenile faces would be a sort of Pandemonium to them, and the Heaven of the home circle would be turned into a Hell.

Such enter not upon the matrimonial state to "minister to," but "to be ministered to," not as an "help-mate" in the great purposes of life, but as an help-eat, devouring and exhausting all the resources from which spring the only pure streams of substantial domestic joy.

The remedy for these evils lies in the prevalence of correct views respecting the obligations involved in the assumption of the responsibilities of the married life among parents. This would result in leading them to recognize the relation existing, which binds them to give their children a knowledge of Physiology, and the laws of hereditary transmission of constitutional characteristics, which would furnish the mightiest promotive of domestic harmony and peace where nought but confusion reigns.

NERVOUS DISEASES.

BY S. O. GLEASON, M.D.

There are two forms of disease to which the nervous system is subject. One is called *structural*—as where the substance of the nerves, the spinal cord for example, becomes changed in its texture, altered in its elementary principles, softened; in short, it is decaying, dying; becoming unable to perform its accustomed functions.

This form of disease is not as common, by any means, as the other form yet to be described. Yet it is well for us to be on our guard against any serious malady that may seize upon us and make life but a mere burden, destroying all our usefulness and happiness in this life, besides making us a burden of no small magnitude to our friends.

The approach of this disease is insidious—making its way by stealth, like a serpent among the cane-brake—giving notice of its approach only by an uncertain train of symptoms. Patients often find themselves utterly incurable, long before they suspected the nature of the malady that was daily gaining ground upon them.

We may mention among the symptoms of this severe disease, numbness of one finger or toe, one hand or foot, one leg or arm, or any other part of the body. Such parts lose their accustomed feeling, their acute sensibility, and take on a morbid, indescribable sensation, at times most ugly and disagreeable in its character. Paralysis may be the ultimate result, or extreme emaciation of a limb may follow. Every part of the nervous substance is subject to such changes as have been described. The substance of the brain may become involved, and mental imbecility follow as the result.

Two cases of this character have presented them-

selves to me for treatment, since I have been engaged in Hydropathic practice. But, so far as I know, they are hopeless; nothing can be done to reorganize the nervous substance, to give it its proper elements in due proportions. It thus becomes a matter of no small moment to inquire into, and ascertain some of the causes which induce so serious results.

Permit me to speak on this point entirely from personal observation of the few cases that I have chanced to see. This one feature has presented itself, viz.: excessive bodily and mental labor combined, while the system has been tasked to the utmost of its capacity by stimulating food and drinks, in order to keep the machinery in motion as many of every twenty-four hours as possible.

One other phase has presented itself not unworthy of notice; that is, the great aim of the lives of these men has been to secure wealth, to hoard up for its own sake. Acquisitiveness has been cultivated at the expense of other parts of the brain and nervous system; stimulus that properly belonged to other parts has been diverted to one channel; other parts have become poverty stricken and died from inanition—from sheer want of natural food. It cannot but be an unhealthy process to unduly task any part of the brain, leaving the other portions in a torpid, inactive, unused state. The same may be said of any part of the system, as no muscle can be brought into activity, no organ execute any labor, without the aid of nervous stimuli.

Drug treatment uses up the nervous energy very rapidly; lowers the vital powers; exhausts all the stock of health and strength that the system might have on hand, *too soon*. The digestive and assimilative process cannot keep pace with the rapid waste caused by drug irritation. Hence, patients who may be bordering upon this form of nerve disease, should especially beware of imposing such terrible tasks upon their frames as the drug treatment most imperatively demands. They are certain to come, from such treatment, ten-fold worse than when they commenced. There can be no mistake in this matter—the philosophy is plain to any common-sense observer; besides the practice has demonstrated it in hundreds of unfortunate cases. Many are now mere idiots, who might, had it not been for drugs, have been good, useful, and happy for years to come. A war of extermination upon medicine is a more glorious enterprise than any crusade of earlier times. If anything is to be done for cases verging upon this form of disease, it is to be accomplished by a radical change of habits. The accustomed train of thought must be directed into another channel, while the mental and physical labor must be less, the diet must be less stimulating, still nutritious in quality. Sleep, the "great restorer," must be taken in large quantities, and the doses frequently repeated. No one thing contributes so much as sleep to the restoration of the nervous system. It can hardly be too much indulged in such cases as I have described.—[*Almira Water-Cure*.

CASES OF EVERY DAY OCCURRENCE.

BY E. A. KITTREDGE, M.D.

Miss R—, aged nine, of a slender constitution and scrofulous withal, subject to violent bilious attacks, was seized, on Friday, with vomiting. The parents who were strictly and intelligently Hydropathic, used all the simple means they could think of, but still the child grew no better, or at least the relief obtained was not permanent. On Sunday, P.M., I was called and found the child vomiting dark coffee-grounds looking matter, and looking very much exhausted and pale, pulse about one hundred and fifty, but feeble, very: upon inquiring, I found that the child had been eating nothing but simple cracked wheat; but that previously and afterwards it had been most violently exercising, skipping the rope, &c., with a young friend and playmate

from whom she had long been absent. This led me to believe that the wheat was the cause of all the trouble.

I had been in the house but a few minutes, when she began to be convulsed. I ordered her immediately into a hot half-pack, prepared by wringing out a woolen blanket in water as hot as it could be borne, covered with dry ones, which afforded instant relief to spasms, and stopped the vomiting entirely. In course of an hour or two, convulsions came on again very severely, and again they put her in the hot-pack, and with like success. The packs were followed with wash-downs of water at 65°, and afterwards with copious injections; and in the course of the evening they succeeded, after repeated injections, &c., in bringing away the bigger portion of the cracked wheat eaten on Friday, almost entirely undigested; a few simple wash-downs and bandages completed the cure. Tuesday she was able to sit up a good part of the day; and in a day or two more was as well as usual.

REMARKS.—The points in this case are these: friends must not think they have done everything and give up, because wet sheets and cold applications have given only temporary relief. The fact is, every patient is different from every other patient, even when afflicted with the same disease; and each stage of the same complaint often requires a very different treatment from the preceding one.

In this case, there was great exhaustion, and the reactive powers were inadequate to the task of warming up a whole sheet full of cold water; and though I say it, it requires an experienced hand to know just what to do as in a case of so delicate a being; a little injudicious management would, perhaps, produce fatal consequences. I say it is in these kinds of cases that not only much study, but long familiarity with the different phases of diseased action is absolutely necessary. How is it, says the reader, "that cracked wheat, so simple in itself, could do so much mischief." Why is it that a clock won't keep good time when hung up "any how?" Simply because it requires something beside wheels, wires, and pendulums to make a clock tell the hour truthfully: it is necessary that certain conditions should be complied with—such as perpendicularity, &c. So is it with digestion. The laws of digestion, though not made in the State-house, are laws nevertheless, and ought, once in a while at least, to be obeyed. One of these laws—and the one most often repudiated in Yankee land—is that mastication shall precede the swallowing of food. A great many people swallow it first and chew it afterwards; at any rate, they don't chew it before. Another law is that the stomach shall have a due supply of nervous force, without which it cannot readily digest anything. People, in general, seem to have no idea of this necessity; at least it would seem so from the helter skelter manner in which they live, eating as though they were on a wager, and that too, when tired almost to death often, if not bodily, mentally, which is as bad.

This child had played so violently, that her bodily organization—never even decently strong—had become almost exhausted of its nervous force or tone. Consequently, the half-masticated food was as bad as so much gravel almost.

Nothing can be more simple or suitable for food than good cracked wheat, always provided it is properly cooked and eaten; but the system must always be in proper conditions, as I have said before, or else it would be productive of evil rather than good; and parents have a great deal to answer for, inasmuch as they, as a general thing, pay but little or no attention to the way, the how, or the when their children eat, provided they don't eat the shovel and tongs, or drink father's wine, &c.

To day, I have been called to prescribe for a child who had the misfortune to have a grandma! not but what the venerable woman was good as anybody, but she didn't know a thing about Physiology, and was feeding the poor little sickly thing on custards, till he

had got absolutely disgusted with them! Now let any one who can remember as long back as when they were nine years old, think how many and often the poor sufferer in this case must have had to swallow a cup of custard to get him so as to refuse them entirely.

The child complained of nothing particularly in the day time; but every night, about half past nine, he would have a "bad spell," groaning and starting, looking wild, &c., &c., for some minutes, when on giving him some warm drinks, the wind would come up and he would feel better.

Now, I hesitate not to say, that child, though physically very weak and slender, might enjoy entire freedom from these "spells" if he would live as he ought to.

My advice was simply to regulate his diet, giving him nothing in the shape of pies, pastry or rich food of any kind, to eat his meals at regular hours, and to bathe all over every morning in slightly tepid water, to wear a bandage wet in cold water nightly, with a sitz-bath once a day for the present, and to be sure and keep him out of school, carry him to ride often, and never let him play long or violently. The poor old grandmam thought I was a fool, especially when I told her his chief disease was excess of grandmam.

When will the world learn that an ounce of prevention is worth a cart-load of cure? Not only is prevention better than cure, but it is infinitely easier.

Folks unfortunately practice precaution, &c., after the powers of constitution are crippled, when it is all in vain oftentimes.

A RENOVATED MAN.

A CONFESSION.

PERMIT me as a subscriber of your invaluable Journal, to raise my voice in behalf of the Water-Cure. Some four years ago my health became very delicate, in consequence of living a very sedentary life, (being confined for the last eight years to my desk.) I took the dyspepsia, and commenced the use of drugs. My liver became disordered, and in the meantime I applied to some of the most eminent physicians of New Orleans, (being at that time a resident of that city,) but could get no relief for my afflictions; my health continued to give way until the fall of 1849, when I took the yellow fever, and had a very severe time before I was able to get about; just so soon as I was able to be about I took the French measles, and was confined some seventeen or eighteen days; after that time my health improved a little, (in the mean time I was compelled to give up a very lucrative situation, and leave New Orleans,) or "pig" out, if you will permit me to use the expression of my doctor. My health continued to be very poor until the 15th of January, 1851, when I had, in some four or five weeks, four different attacks of hemorrhoids from the lungs; after these attacks I took a very bad cough; my strength, what little I had left, gave way, and I was apparently a hopeless "consumptive." I continued to take my then dose of "drugs" three to four times a day, but all to no purpose, and, in fact, I became to be a living drug shop, for, I certainly think, within five years I took enough "drugs and stuff" to supply a very respectable shop, and must confess that I had so habituated myself to taking three doses a day, that I had come to the conclusion that it was a matter of impossibility to live without the use of medicines. "So much for the advice of doctors." My health, from the time I had those hemorrhoids, until the 1st of last May, continued to decline. About the 1st of May I was induced by a friend, of this place, to leave off drugs and try cold water. After some persuasion I determined to commence the treatment at home, and commenced by taking a sponge bath in the morning, sitz bath at 10 o'clock, and wearing the wet jacket and foot-bath at night, and living on as little animal food as possible; you would have been surprised at the change I felt in

one week's time after I commenced the treatment; my symptoms of hemorrhoid terminations to my head, my regular attacks of coughing after retiring at night, all left me in ten days from the time I commenced the treatment. I continued the treatment until the 1st of last July, when I was induced, by the advice of my friends, to make a visit to Brattleboro', Vt. I arrived there on the 17th of the same month, and commenced the treatment at once. After staying some six weeks, and gaining some twenty-five pounds in weight, which is quite an increase in weight, "as I am naturally a small man," I left the cure in better health than I had been for years. I returned home, and took up the treatment, and have followed it through this winter, (which has been very severe for this climate.) Since my return home, I have not lost one hour from my business, and much more than that, I have not taken a single dose of medicine since I commenced the treatment; all I require is plenty of cold water, good wholesome diet and exercise.

On my return home, I found my son in very bad health, having taken the summer complaint in consequence of his teething; the doctors were called in, and commenced by giving him calomel, the little fellow continued to grow worse, and on my return I found the little fellow so very low I hardly knew him. I immediately gave up the use of "drugs," and commenced the cold-water treatment, he commenced to improve immediately, his appetite returned to him, and now I have the pleasure of saying he is as hearty a boy as our city has. So much, gentlemen, for "Cold-Water." I do believe, if I had not have commenced the cold-water treatment, that ere this I should have been numbered with the dead. I am induced, from these motives, to make this statement to you. My case is known to a great many friends and acquaintances, and some that have been afflicted as I have been, and hope that this statement of my case, and relief, may be instrumental in pointing out the only means by which they may be relieved of their afflictions. Hoping, gentlemen, that your valuable Journal may find a subscriber in every family. I am, very respectfully, your friend and subscriber, DAVID T. MELTON.—[Wetumpka, Ala.]

A CALL FROM THE WEST.

BY A PIONEER.

[It gives us pleasure to lay before our Eastern friends (with the western fever) an extract from a letter, describing the condition, wants, and advantages, of a "home in the west." Aside from its Hydropathic aspect, the letter will be found interesting.]

For years I have been disgusted with poisonous emetics, cathartics, lancets, and blisters. A few years since, I had a severe attack of lung fever; after the raising of blood thirty or forty times in a day for several days, I sent for a physician. The array of drugs and prescriptions presented were perfectly disgusting; I refused to take them; I called for water, and drank nearly a pint of ice-water to begin with. Finding no injurious, but rather beneficial results, I made the water-pail my physician, and found it the cheapest and most agreeable doctor I ever employed. I thought at the time cold wet cloths would be beneficial, but the family and friends thought I should take cold, and they were abandoned. Nothing would give me more pleasure than the introduction of a Hydropathic physician into our beautiful and rapidly-growing village, or vicinity. I am convinced that one of the right stamp would be patronized above all others, in a very short time. My reasons for believing this, are—first, the people are generally possessed of common sense; like the pioneers of every new settlement, they are not afraid to think, nor to speak what they think; secondly, they are (or many of them) convinced that drugging is not what it is "cracked up to be." Then the enormous charges! A gentleman told me a few days since, that he called on

the physician to visit his family, nine miles out, and his bill was \$14, and would have been \$20, had not the woman done part of his work before he arrived; but this is all the doctor we have in the county, which numbers 2,000 people, and I think a q—k at that. A person coming to this place could take the cars at New York city for Galena, where he would find steamers leaving almost every day for this and other places of note around us. From Galena you ascend the Mississippi, passing through Lake Pippin until you come to the mouth of Lake St. Croix; running up this Lake eighteen miles brings you to our village, situated on the east shore of said Lake; the opposite is Minnesota, a half mile distant. On the east of the village you are met by bluffs, one of which is 100 feet high; passing through ravines, or colles of easy ascent, of half or three-quarters of a mile, you come to the fertile prairie which puts on its green attire about the middle of May, and is soon decorated with an almost infinite variety of flowers, which succeed each other until the frosts of fall (which commence about the 1st of October) bid them retire. We are eighteen miles east of St. Paul, twenty from Fort Snelling and St. Anthony's Falls; six miles from Stillwater, which is situated at the head of Lake St. Croix and mouth of the St. Croix river, thirty miles from St. Croix Falls; this village takes its name from a river whose mouth is half a mile above it. I claim a piece of land two and a half miles east of the village, through which this large and beautiful stream runs; also a pool, three rods in circumference, without an outlet visible, containing fish; one rod below this is a clear, cold spring of soft water, forming a trout brook, and after running twenty rods empties into the river; also another, running through my woodland, forty rods, formed from pure springs, and emptying into the river. No one need ask for purer water to drink than this river affords the year round, except at the breaking up of winter, or in the time of flood. This is a romantic place, on the river bottoms is fine smooth prairie; going back from the river fifty rods is a rise of about five feet, here is another smooth plain, from this we ascend seven feet and find another plain; then comes the ravines and the mounds, varying from fifty to one hundred feet. I would gladly give all the land necessary for the erection of buildings on this land, and also for gardens, and they might take their choice of springs. All kinds of grain grow to perfection here, also roots of all description. In a work, whatever crop can be raised in the State of New York can be grown here. Our climate is delightful; we have no rain from the middle of November to the middle of March. I have seen fifty-seven winters, but the last was the most pleasant I ever saw. We have had a few days of pretty cold weather, yet not so cold as I have felt in Massachusetts and Rhode Island, or Ohio. Our fruit here consists of plums, blueberries, grapes, blackberries, raspberries, and strawberries, the latter in great abundance. Fevers are of rare occurrence here, but dysentery prevailed last summer to quite an extent, and in many instances it proved fatal. I had an attack but soon subdued it by wearing a wet cloth around my bowels. I advised the people to let their sick friends have cold water to drink, and also to give injections of it; but I was not a doctor, therefore my advice was of little worth.

Permit me to add: If any one should think of coming to this place, who wants information, he may fill a sheet with questions, and I will answer them to the best of my ability. Respectfully, CALEB GREENE.

Willow River, St. Croix County, Wisconsin.

• VAPOR BATHS APPLIED TO CATTLE.—A letter from Vienna states that for the last two years, an epidemic disease has decimated the horned cattle, but that a Dr. Godlewski, a native of Gallacia, had recently claimed two premiums of 75,000f. each, offered by the Austrian and Russian governments, he having discovered an invaluable remedy in the application of vapor baths.

WATER-CURE IN CANADA.

BY JAMES BRENT.

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

MR. EDITOR:—Having for some time past contemplated drawing the attention of the public of Quebec, through the medium of your invaluable and widely-circulated journal, to the very important science of Hydropathy, or the "Water-Cure"—yet wishing that some one more skilled in the Art, would, ere this, have rendered any communication from me unnecessary,—I fear a further delay on my part would affix to me the offence quoted above. Perhaps, at the outset, it behooves me to state, that personally or relatively, I have not the least interest to serve by this communication, save and except that which naturally arises from being subjected in common with others to sickness and disease, and may possibly need some day to call in the help of some one who can so serve me; for I sincerely hope that the attention of some professional gentleman may be so directed to the wants of Quebec in this respect, as to induce him to come here and help us; for I am happy to state that many M. Ds. have left the ranks of Allopathy, and are now proving to the world that Hydropathy, or the "Water-Cure," is not only the best, but the only system founded in nature and adapted to the wants of men.

Without further delay, I shall now lay before you a few cases which occurred in Quebec, where the power and efficacy of the "Water-Cure," even in my unpractised hands, has been shown. The first, in order of time, is my own child, who was attacked last winter with the measles, in such a violent manner, as in a few hours to quite prostrate him; his throat was so sore as not to be able to swallow, accompanied by a high fever, very restless, and labored breathing. Being at the time only six months old, I feared he was too young to expect a favorable termination even under water treatment, but believing that physic would have been worse than useless to him, I felt it my duty to try and save his life, even at the risk of my own, had I failed, (for possibly some would have said that I killed him; however, he was "packed in a wet sheet" for about an hour, during which time he slept sweetly and sound; I then unpacked him, gave him a douche bath at about 65° Fr., dried and put him to bed, when he again fell asleep for about 1 1/2 hours, the eruption appearing beautifully out all over his body when unpacked and after the douche. The same treatment I renewed about four times; which was, when the fever began to return. I think that in about two weeks or ten days he was quite well.

The next case which I shall mention, is that of a daughter of Mr. H. Benjamin, merchant, Fabrique-st., who was attacked by measles and scarlet fever, and in such a dangerous state that the medical gentlemen attending her gave the parents no hope of a favorable termination, which was on the third day of the attack; indeed, they acknowledged that she was as ill then, as her sister was (who died of the same disease about a month before) on the eighth day of her attack. When I was requested by Mrs. Benjamin to see the child, I must say she was in a very hopeless state, and I gave my opinion that the only chance for her was the water-cure, and that she had better consider the matter, and let me know immediately, as delay is dangerous. After a family consultation—with the medical attendants present—it was decided that the trial should be made; accordingly the child was put through the treatment, the doctors being present, who acknowledged most candidly that even during the first operation a manifest improvement was evident. To be brief, the disease gave way, the patient was soon convalescent, and I am happy to say is still enjoying very good health. Now, I think it must be admitted, that if such a case as this resulted so favorably, it must be manifest that an earlier application of the water-cure would most certainly have a tendency to avert a considerable

amount of suffering and danger; indeed, it was fully proved in the same family, in the case of another daughter, several years older, who likewise caught the disease about the same time, who in the commencement of the attack was subjected to the same treatment and carried through the whole stage of it with comparatively little inconvenience.

Now, Mr. Editor, I hope that this communication will induce many of our fellow citizens to study and thoroughly examine the merits of simple pure water, and urge them to hasten on the time when we shall be able to enjoy in all our houses a bountiful supply of good wholesome water.

A CASE OF CONVULSIONS.

FROM THE BOSTON PATHFINDER.

We have often taken occasion to express in strong terms our belief in the remedial virtues of Water—indeed we might as well confess to having cherished a faith in the "Gospel of Water," bordering well nigh on enthusiasm. But with most people, and very properly, one fact is worth a dozen opinions; and we therefore feel impelled to lay before our readers a simple statement of a recent case in which its virtues were pretty decidedly tested. As this is but one of the number of equally convincing instances occurring in the writer's family, we will leave the reader to judge whether we have not some reason for a moderate amount of enthusiasm in the matter.

A child of ours, a robust little boy, of a highly nervous organization, and about two years of age, was recently attacked by a sudden illness, which in a few hours resulted in that terror of parents, convulsions. The spasms were severe, and recurred at intervals during seventeen hours, being for the latter part of the time almost incessant. He was treated *solely with water*, at temperatures varying according to the indications. As the symptoms were supposed to result from a severe contusion on the head received by a fall two or three days previously, the treatment was at first conducted on this presumption; but as the desired result was not produced, it was at length ascertained that the main difficulty was intestinal. A vigorous application of the treatment was then made to the proper parts, when the spasmodic symptoms almost immediately ceased; and returning consciousness blessed the anxious watchers with a ray of hope. A speedy recovery was the result, in which the superiority of this system of treatment was quite as apparent as in the conquest of the disease. The vitality of the system not having been prostrated by the "heroic remedies" or powerful poisons which are usually administered in such cases, the little fellow very rapidly "picked up" all he had lost, and by the fifth or sixth day was as hearty, playful and rosy-cheeked as ever. "Ah," said the physician, (who was formerly an Allopath,) "had I treated him sixteen years ago he would not have been about in that way now!"

THE WATER-CURE AT HOME.

A few thousand new cases every year like the following, are enough to make the Doctors' squirm, and cry "quack" "quack" "quack." Poor fellows, their occupation's gone, and the "people," yes the "ungrateful people," have, by reading the Water-Cure Journal, reduced the expense of doctering, several hundred thousand dollars per annum. But the worst is not yet. We have dedicated our lives, and the Water-Cure Journal, to break up the whole business of physicing, bleeding, and drugging folks to death, and we shall thus destroy the trade. It can be done, and by the help of those who have felt the evil of the old practice, it shall be done. Wherever this Journal

circulates, the wages of Allopathic doctors will be reduced, and money saved by the Water-Cure readers. A subscriber, J. G., writing from Laport County, Ohio, says,—

It is now going on three years since I subscribed for the Journal, and before I became a subscriber, my doctor's bill was annually from \$25 to \$50, and since I have taken the Journal, it has been dwindling down to just no bill at all. One year ago last August, was the last call I have made on a doctor, until last week when my wife was confined, and being six miles from any doctor, I did not dare to risk myself at such new business, but have no doubt I should have done just as well as the M. D. My wife took the Journal for her guide during pregnancy, and got well prepared for the event. She gave birth to a fine healthy child, weighing 9 lbs., and herself 90 lbs., at a 1-4 after 6 A. M., and dressed her child the evening following, and from that time on has taken care of her babe. She rode out a mile with me the third day, to the great wonderment of the natives. She is now, the sixth day, as well as she has formerly been, twenty days after confinement. I do not allow one of my family to take medicine of any description, under any circumstances. My wife took two sitz baths each day, and one sponge bath, and wet bandage all the time, and she is now well, and "all about the house." Yours truly, J. G.

WATER-CURE IN IOWA.—A PHYSICIAN WANTED.—[When sending a list of twenty-six subscribers from Iowa City, Mr. G. A., a merchant, gives us the following interesting statement.]

I have intended for some time to write and give some account of the progress of the Water-Cure in this part of the country, as I believe I am the oldest practitioner in the West, and before you published any works on the subject. After being a few years in this country suffering from sickness, and when sick drugged to death, I became so disgusted with the drugging that I determined to give it up and die a natural death. I happened to see a letter from Graefenberg, giving a short account of the treatment, and commenced to experiment on myself, (being very sick at the time,) and then upon my children. The result created astonishment, prejudice, and aroused opposition among the faculty. I was often called out to see the sick, and when there was no hope of the patient by other means, I got a chance to try, and partially prevailed. The Water-Cure became by degrees more popular, and my practice increased, and during the last six years I have had more patients than any of the "Doctors." I practice, however, as a gratuity, although many have been so generous as to offer to pay me well; but my object has been to try and get the public to adopt what I believe to be the only true method of cure. I have experienced great difficulty in procuring water-cure books, and have desired that you would select some bookseller in the West as an agent. As the prejudice has now left the Water-Cure, and has turned against the Drug practice, I wish that you could advise some good Water-Cure doctor to come out to this State. I believe a good one could do well, as I believe the majority of the people would support one. I am engaged in mercantile business, and have little time to spare; but notwithstanding that, I consider it my duty to do what I can to promote the cause of humanity.

WATER-CURE TRIUMPHANT! HURRAH FOR "NATURE'S OWN BEVERAGE!"—There is a man in this county, (Morgan,) who is a respectable farmer and whose word can be relied on, whom *we all know*, has been married 13 or 14 years, and until within a year, his wife had never been so fortunate as to become a mother.

In conversation with him a few days since, he informed me that he attributed his recent "good luck" to his wife's making a free use of water, and of physi-

cal exercise in the open air. About two years since she commenced bathing regularly every morning, and took plenty of exercise in the open air; her general health began to improve, and in due season she rejoiced in being the mother of a fine child.

If the above is worth placing on file, you are welcome to it. I am, very truly yours, J. C. S.
W. C. Connelssville, Ohio.

[We are happy to inform our friend J. C. S. that this is not the first "case of the kind" which has transpired under our glorious Hydropathic principles. Yet this is a good case, and may well encourage others, who have been equally unfortunate. One thing is certain, namely, such Remedies as we prescribe cost nothing, nor can they do harm, even should they sometimes fail to produce the desired result.]

WATER-CURE FOR HORSES.

BY D. T.

Nearly three years ago, when the writer was traveling through the State of Ohio, where the mud was very deep, his mare became badly afflicted with the scratches. Three of her legs became well under the ordinary treatment, but the fourth resisted all such means of cure. Having by that time obtained some knowledge of the powers of water in the cure of different complaints to which the human species are liable, it occurred to him that it might have similar power in curing the ailments of the dumb beast. He thought that the experiment would certainly be attended with no danger; and he accordingly, after washing the diseased leg clean, encased it in a considerable quantity of old cloths. After sewing them pretty tightly, as far as the disease extended, he wet them thoroughly with cold water, and turned the mare into a pasture-field. The wetting of the cloths was repeated several times a day, for three days, when, on examination, it was found that the disease was effectually removed.

Last January his horse severely sprained his fore pastern, by running his fore foot into a hole, concealed by snow, at the side of a log, and jumping over the log. The horse became so lame that he was unable to proceed on his journey. He was treated exactly as the mare had been, and with a similar result—in three or four days the lameness was entirely removed.

It is obvious, however, that it is difficult to apply water to the healing of the diseases of horses, except those which are seated in the feet or legs; but to cuts, bruises, or sprains in those parts, to the scratches, hoof-binding, ring-bone, splint and spavin, it is easily applied. The writer does not profess, however, to have witnessed any cases treated by water, except the two above related; but he thinks that the other diseases mentioned should be fairly submitted to the water-cure processes before any others are resorted to. A little ingenuity might apply these processes also to the throat-distemper, and to the sweeny. Should the water-cure succeed in such cases, the discovery would prove worth hundreds of dollars to many who keep that noble animal, the horse; and principles of humanity, as well as prudence, demand the employment of the water-cure in such cases, in preference to all other modes of treatment. Not only are the modes usually recommended in books on Farriery, and usually practiced, unsuccessful, but they inflict much suffering on the animals subjected to them. Not only does a righteous man regard the life of his beast, but he regards its sufferings, and cannot voluntarily inflict them unnecessarily. Perhaps some of your numerous correspondents can state cases in which they have known water to have been successfully applied to the diseases of horses, or other irrational animals; if so, the communication to you for publication might be of great interest to many of the readers of the Water-Cure Journal.

BATHING BY AFFUSION.

BY D. T.

The following simple method of general bathing is practicable at all seasons of the year, by most persons. Let a person take a large shallow wash-tub, and place it on the kitchen hearth, or beside a stove, so that there will be little danger of chilliness during the process of bathing; and let him have convenient to reach a bucketfull of water, a tin cup, or other small vessel, to dip the water, a fleshbrush, or coarse cloth, so as to be able to reach between the shoulders, and two coarse towels. Then standing, or partially sitting in the tub, let him pour three or four tinfuls of water on his head, and, dropping the tin, let him rub his head with his hands, as fast as possible. Should he then elevate his countenance, and pour a tin on his face and in his eyes, partially opened, he will benefit his visual organs. He may then, in the same way, employ the balance on his shoulders and breast; employ the fleshbrush or coarse cloth to his person as expeditiously as possible. Then employ one towel to dry the water, and the other to rub the skin, and thus assist in establishing reaction. Then dress quickly, and go to some brisk exercise, if the person is able to do this, and if it is at such a time of day that this is proper; if not, let the person go quickly into a warm bed. The temperature of the water should be adapted to the power of resistance to cold, which the person possesses; but usage does much in this. It is always safe to begin with water slightly warmed, then gradually employ it cooler, as it is found on trial that the system can bear it without any considerable chilliness. Cold water should not be used when the body is much fatigued or exhausted; but with this precaution, if the body is warm, even to sweating, so much the better. On getting out of bed in the morning is probably the best time in the twenty-four hours of the day for bathing.

TESTIMONY OF AN ALLOPATHIC PHYSICIAN.

[After reading the following, water-cure folks will be strengthened in the faith that of all the pathies, Hydropathy is best. Read what a "regularly" educated, and formerly a "regular" practitioner writes. It is but truth, however strange it may appear.]

With Hydropathy I have been longer and more intimately acquainted, being bred an Allopathic physician in one of the New England States, and having, for a long number of years, practised medicine under a diploma of the medical society in Connecticut and New York. The profession was valuable to me chiefly as a mean of mental improvement, and support for my family. I read all the theories of medicine that came within my reach; but none of them, as a whole, gave me satisfaction. My acquaintance with the practice of physicians of reputation is considerable; and from their practice, as well as my own, and the best practical books and medical journals, I venture the assertion, that the practice of medicine is altogether empirical. Not that the profession of medicine does not rightfully boast of many men of science, anatomists, physiologists, chemists, &c.; but I assert it as a fact, that no year has passed by for the last half century, but some new or cast-off medicine or composition has been introduced into practice. And how is it introduced, but by experiment? And, alas! how often do we hear expressions of deep regret and disappointment fall from the lips of some of our best physicians through failure and want of confidence in medicine! All medicines are poisons, or all poisons are medicines. What is a poison but an indigestible substance that cannot be assimilated or appropriated to any of the purposes of the animal system, but is abhorrent to natural instinct, and must be cast out, or makes a lodgement in some part or organ of the system, where it remains as a predisposing cause of future disease, or perhaps death? The medical profession is the

sanctum to which alcohol, tobacco, coffee, tea, and the other physical enemies of human vitality have fled. Shall we admit a truce, or storm the castle? Let us meet them with our healthful appliances, though they lay hold of the horns of the altar. As one, I have counted the cost, and paid the price. Every kind of poison, as medicine, or article of diet, has been removed from the use of my family as rapidly as possible, for the last six years, and, so far as we have any influence in the neighborhood, it is extending around us. I could send you in scores of cases, where not only in the little domestic ailments, and in battling consumptive and chronic complaints; but in curing formidable diseases, as croup, fever, &c., *water-cure*, fully and perseveringly applied, has admirably succeeded. But I forbear. Brethren of the Water-Cure, GO AHEAD, do your DUTY to the PUBLIC and posterity. Nature will be ever true to herself. In her vocabulary there is no such word as "fail."

J. S.

SYNCOPE—FAINTING.

BY JOEL SHEW, M. D.

FAINTING may be caused by a great variety of causes—such as severe shock, mechanical injuries, wounds, loss of blood, poisons—of the mineral or vegetable kind—strong mental emotions, and the like. When unaccompanied with structural disease of the heart or large blood-vessels, it may be said to occur under the following forms or varieties:—

1. From inanition, produced by prolonged fasting, excessive fatigue, or from a sudden discharge of any large quantity of fluid, whether natural or morbid, from the body, and which is accompanied with a sense of extreme weakness.

2. From acute pain, caused by wounds or other injuries, whether external or otherwise; from worms, flatulency, or hysteria; from powerful medicines, poisons, etc.

3. From some sudden or overwhelming passion or mental emotion.

4. From a sudden retrocession, of scarlatina, small-pox, measles, gout or other disease.

In fainting, occurring from the loss of blood, we have a beautiful operation of nature—one which strikingly exemplifies the goodness of Deity in framing our mortal bodies with capabilities of preservation, and which are here most visibly set forth. A man receives a wound in the artery of the thigh, called the femoral artery, we will suppose; the blood is pouring forth at a rate which, if continued, would very soon destroy life. But directly he faints; the heart ceases to beat, or nearly so; respiration becomes suspended, and the blood ceases to flow. This allows a clot to form at the bleeding orifice, for running blood cannot coagulate. Gradually, again, the heart begins to beat, and the blood to circulate, although for a long time with less force than before. In this way, then, by the coagulation or clotting of the blood at the bleeding orifice, life is often, though not always, saved. Nature may not always be competent to the task, but she always does her best in her efforts to save life, by arresting the heart's action and the circulation of the blood.

TREATMENT.—Some patients after fainting revive almost immediately, and apparently without experiencing any harm whatever. Others, again, recover very slowly, so that it may be hours, days, weeks, or months, before the full strength returns. Much, of course, will depend upon the nature of the case. In the treatment we must do all in our power to remove the cause of the difficulty. If it arise from a poison, we must endeavor to remove it from the system, and to counteract its effects. If a flow of blood be the cause, that must be attended to in the proper way.

In general, people are much more afraid of syncope than there is any occasion for. Soon as a fit comes on

they set about dosing the patient with camphor and a hundred other things more or less injurious, according to their strength, whereas in nine cases out of ten, they should only place the patient in a comfortable posture—the recumbent being generally considered on the whole the best, sprinkle a little cold water in the face, give a little to drink, and wait patiently for nature to take care of herself.

If fainting arise from the too tight adjustment of corset strings, &c., as it has in days of old been known to do, the natural remedy suggests itself. So, too, if confined air, as in a large assembly, be the occasion, it is plain enough what ought to be done; and I may here remark, that it would be well for people to be more cautious than they are wont, in regard to going into large assemblies, where the air is often necessarily impure, and wholly unfit for the purposes of respiration. It must, I think, be a performance of more than ordinary merit—whether scientific, amusing or religious—that will at all compensate one for the physical injury he receives in attending a great public gathering in the places ordinarily used for such purposes. A better state of things, however, begins to appear; people are beginning to learn that there is a difference between good and bad air, although we do not see it with our eyes.

AMERICAN AND ENGLISH HABITS.—I often hear very unflattering (and doubtless in part true) comparisons instituted between the healths of the English and Americans. Is there any natural reason why our people should not be among the very healthiest? I have thought that perhaps our very changeable, extreme climate might operate against us.

In view of Western circumstances and necessities, the rush of new-comers—our peculiar fevers—rich soils, poor, hard-water,—prevailing *porkivorousness* &c., &c., would not an article or series of articles in the Journal on the best means of acclimation and preserving health be exceedingly valuable?

Bathing or washing is certainly like food a powerful stimulant, but unlike food not essential to health and long life, as has been proved in innumerable instances. Should it not therefore in a state of health be abstained from, or at least but moderately used; in other words is not *daily* bathing unnecessary for well people as drawing too largely upon Nature's reserved forces, to say nothing of the time &c., required? Were it not better to reserve it as a curative? I suppose water like other remedial agents can be almost wholly robbed of its efficacy by a too common use.

The W. C. J. I most profoundly esteem and admire—but think its most popular legitimate field, its chief forte, lies in *prevention*—"an ounce of prevention is worth a pound of cure." Therein is your sure platform, your steadfast, unmovable foundation. In your advocacy of *prevention* lies the broad gulf that separates between your Journal and all the other Medical Journals I have seen. To be sure there is in cleansing the Augean stable of humanity a Herculean labor, preparatory to a generation who shall have sound bodies to start upon. Now, as of old, Water is doubtless the best cleansing agent—whether the *only* one needed, may as yet reasonably in my humble opinion be questioned. "Cui bono?" Truth only can make us free—and Truth as I have learned it is broad, comprehensive, liberal, not narrow, exclusive, bigoted, sectarian, bitter, boastful. Facts are facts, and as a Friend once remarked, "an Allopathic fact goes just as far with me as a Hydropathic fact." Heaven guide you and all into all truth. F. K. P.

[The positions of F. K. P., are in the main substantially correct; in fact just what this Journal is continually teaching. Daily bathing is not a natural necessity; but it is a necessity resulting from the artificial, enervating, and erroneous habits of society. All the doctrines we teach are specially aimed at the

"prevention" of disease. The cause of Americans being less healthy than Englishmen, is found not in our worse climate, but in their better habits in early life. English children are developed on plain food, with plenty of exercise in the open air; American children are rendered peevish and puny by cakes, candies, nick-nacks, and in-door confinement.

WATER.—A POEM.

BY MRS. FIDELIA W. GILLETT.

Ho! ye poor, feeble suffering ones—
Racked with the thousand ills
Of coughs, dyspepsia, burning brains,
Fevvers or ague-chills;
There is a medicine for you
Pon'd from our Maker's hand,
And flowing free as his great love,
All o'er the pleasant land.

It sparkles in the broad, blue seas,
And in the singing streams;
And where the spray of woodland founts
Upon the moss-bed gleams,
It nestles in the lily's cup,
Conceal'd from human view;
And as it nure'd that little flower,
So will it strengthen you.

Go search the green and pleasant vales,
Roam o'er the grass-grown hills;
Go bathe within the woodland fount
And in the singing rills.
Go forth, ye pale-brow'd, care-worn ones,
Weary of woe and pain,
Until upon your wasted cheeks
The red rose blooms again.

Cottage-Home, Mich., 1852.

TOBACCO.

This essay, friend Journal, I place in thy charge,
Hold it up to the people, the nation at large;
Wilt thou print it, or burn it? do both if you please,
Suit thyself, and thou'lt suit thy sworn friend, J. A. PRATT.

POEM.

Bow to the tyrant whose banner is waving,
Low in the dust let each craven dance fall;
Grasp well the chain which, forsooth, is enslaving
The loafers profane, loafers pious and all.

Tobacco! lean bastard!! no demon will own thee,
And yet hypo-Christians "snuff dust" at thy nod;
They chew, smoke and snuff; hence they truly enthroned thee,
Oh, say not "These pseudo-saints make thee their God."

Tobacco! thou impudent coxcomb! we've seen thee
Assume the oigar; and, to stretch thyself higher,
Pale, meddling loafer! yes, often we've seen thee
At one end a fool, at the other—a fire!

And when the brain reels, and fine sense has departed,
Thou scourge of the pit! both in spew and in puff,
To render the Genius of Health broken-hearted,
Spit out as a quid, thou'rt restored as a snuff!

O slave to this tyrant! the chain that has bound thee,
Careless it, may grasp it, lest thou shouldst be free;
Ashamed of thy flith, let the swine all around thee
Abandon the ditch—a fit sanctum for thee.

Then bow to the tyrant whose banner is waving,
Full low in the dust let each craven dance fall;
Ay! grasp well the chain which, forsooth, is enslaving
The loafers profane, loafers pious and all.
West Leyden, 1852.

SALT.—A medical writer in England is endeavoring to prove that salt was the "forbidden fruit," and that if it was no longer used by the human race, "their beauty, bodily perfection and power of mind," would exceed any era before known in the world.

METHODIST MINISTERS SHORT LIVED.—We were greatly astonished on reading the following from a late number of the Methodist Quarterly Review.

In the Methodist Episcopal Church north, there are five hundred and eleven superannuated and supernumerary preachers, nearly one-eighth of its whole ministry; that nearly half of all the Methodist preachers whose deaths have been recorded, fell *before they were thirty years of age*; and that of six hundred and seventy-two whose time was spent in itinerant work, it has been ascertained, about two-thirds died after twelve years itinerant service.

[Surely there is something *wrong* here. What is the *cause* of this early decrepitude and death? In no other similar occupation within our knowledge can such a record be found. We repeat the question, **What is the cause?** It cannot be pretended that the ALMIGHTY requires any such sacrifice of human life as this for *any* purpose. But let us get at the *cause*.

A "REGULAR" IN THE SHEETS.—[To drink behind the door was, in former times, considered disgraceful, and so our friend E. F. C., writing from Orangeville, Ohio, seems quite indignant that a man "who knows the right, should still the wrong pursue." But why look for consistency in a doctor, who depends upon the sale of drugs for his "bread and butter." Is it not his *interest* to increase his "practice?" Then why should he apply the Water-Cure to his patients? But here are the facts.]

Whilst writing, I wish to tell you that this vicinity was fearfully scourged last fall with the dysentery (but worse with the doctors), and in nine cases out of ten, those who "sent for the doctor" died! Poor sufferers. Families swept off, except, perhaps, one or two! But there were a few, here and there, who had got a knowledge of the "Water-Cure," and applied it, *refusing all medicine*; and all who took this course got well in one or two weeks.

And further: A physician of good repute took sick (his was a fever), and, after drugging himself a few days till he began to fear there was some danger in his case, sent for a neighbor who was known to be familiar with the hydropathic treatment, to come and put him through a course; he did so, and cured the doctor. Do you ask did the doctor "shut up shop after that, as an honest man should?" No; he got astride the drugs as before; but when "bored" with the treatment of his own case, would say he "was in favor of cold water when it would do, but his was a peculiar case." Now, if these **FACTS** are worth a place in the Water-Cure Journal, you are at liberty to put them there. Respectfully yours, E. F. C.

THE ELMIRA WATER-CURE, will be opened early in June, by our friends and contributors—Dr. and Mrs. Gleason. We are informed that it is beautifully situated, with all the necessary surroundings to make it, in all respects, a desirable HOME for those wishing Hydropathic Treatment.

AS IT SHOULD BE.—The proprietors of Mount Prospect Water-Cure are now giving practical instruction to pupils and patients, upon Physiology, Anatomy, and Hydropathy. Thus besides receiving treatment, the patients may, at the same time, if not too feeble, go through a course of study, and qualify themselves to practice at home and abroad. This is as it should be. Convert every establishment into an HYDROPATHIC SCHOOL, let every Physician become a Teacher, and let the patients become pupils, and we may in a few years, supply the immense and increasing demand, for WATER-CURE PRACTITIONERS.

THE FASHION.—While thousands fall by clashing swords, ten thousands fall by corset boards. Yet giddy females—thoughtless train!—for sake of fashion, yield to pain.—**TIGHT BOOTS.**

O. H. W. has sent us upwards of eighty subscribers from Quincy, Illinois, and thinks he shall increase the list, to ONE HUNDRED.

The Water-Cure Journal, AND HERALD OF REFORMS.

PROSPECTUS OF VOL. XIV.,

Commencing on the 1st of July, 1852.

THE WATER-CURE JOURNAL is published monthly, illustrated with engravings, exhibiting the Structure, Anatomy and Physiology of the Human Body, with familiar instructions to learners. It is emphatically a JOURNAL OF HEALTH, adapted to all classes, and is designed to be a complete Family Guide in all cases, and in all diseases.

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

THE PHILOSOPHY OF HEALTH will be fully discussed, including Food, Drinks, Clothing, Air, and Exercise, showing their effects on both Body and Mind.

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

TO THOSE IN HEALTH.—Without health, even life is not desirable, unless a remedy can be found. To preserve health, no other mode of living can compare with this system. In fact, were its rules observed and carried out, many of our ills would be forever banished, and succeeding generations grow up in all the vigor of true manhood. It will be a part of our duty to teach the world how to preserve health, as well as to cure disease.

TO INVALIDS.—No matter of what disease, the principles of Hydropathy may safely be applied, and, in nine cases out of ten, great benefit may be derived therefrom.

TO WOMEN AND MOTHERS.—It is universally conceded by all intelligent practitioners, as well by the Old School as the New, that the Water-Cure is not equalled by any other mode of treatment in those peculiar complaints common only to women. The Journal will contain such advice and instruction as may be considered most important, in all these critical yet unavoidable cases.

REFORMS in all our modes of life will be pointed out, and made so plain that "he who runs may read." We believe fully that man may prolong his life much beyond the number of years usually attained. We propose to show how.

TO PRACTITIONERS.—This Journal will represent the entire Hydropathic profession. Reports of important cases, and all other matters pertaining to health, will be laid before our readers.

TO THE PUBLIC.—We have obtained the co-operation of the leading Hydropathic writers, in order to present the whole combined talent of the entire profession; and have secured the services of nearly all the medical reformers in the land.

THE WATER-CURE JOURNAL will be published on the first of each month, devoted to the principles of Life, Health and Happiness, on the following extremely low

TERMS, IN ADVANCE:

Single copy, one year, \$1 00 | Ten copies, one year, \$7 00
Five copies, one year, 4 00 | Twenty copies, one yr. 10 00

Please address all letters, POST PAID, to

FOWLERS AND WELLS,
Clinton Hall, 131 Nassau-st., New York.

The New Volume commences in July, 1852.

"THE WATER-CURE JOURNAL" is bold, earnest, and enthusiastic—written with the zeal and energy that nothing but sincere conviction can inspire. In its whole tone and spirit it presents a noble contrast to the vagueness, indecision, and technical prattle of many professed scientific journals. The facts which it brings forward in overwhelming abundance are sufficient to startle the Old Medical Profession out of the deepest slumber.—*New York Tribune.*

THE RIGHT SPIRIT.—F. K. P., when sending a list of new subscribers from Delevan, Wisconsin, holds the following language. These, I ought to have sent you last season—in fact I have felt guilty in regard to this neglect on my part, every No. I have rec'd.—for I cannot express to you my esteem for the Journal. Had I only some spare copies to take with me when traveling, I think I might obtain many subscribers for you.

If you think worth while, you may send me any reasonable No., and I will pay postage cheerfully, and try to make good use of them in a Missionary way.

[Of course we send the extra numbers, and hope it may prove to be good seed, sown on good ground. May such Missionaries as F. K. P. be multiplied.]

A VENERABLE COUPLE.—Master John William Neale, aged fifteen years, and Miss Sally Ann Blockwell, aged thirteen, got married at Brooklyn, Ky., on the 10th ult.—*The papers.*

[To perish early, like fruit picked when green. They will wilt—never ripen. Parents or guardians who permit such things, are either ignorant or indifferent towards their children. In either case a great physiological law has been violated, and an unpardonable sin committed. The penalty will just as surely follow as darkness follows daylight.]

THE WATER-CURE JOURNAL—A monthly of great interest and utility. We do not know how many copies of this work are taken in the city, but we believe if more were taken, there would be more rosy cheeks and sparkling eyes, and less sallow countenances, pain and misery. We make no hesitation in saying it is one of the most valuable publications in the country.—[*New Orleans Daily Times.*]

[Our circulation is gradually increasing in the "Crescent City," and we take this occasion to recommend the erection of a first-class Water-Cure in New Orleans—it would at once be liberally patronized.]

THE FORESTVILLE WATER-CURE.—This new establishment is pleasantly situated near the termination of the New York and Erie Rail Road, in Chautauque County, N. Y., the only one, we believe, West or South of Buffalo, in the State. Drs. CHARLES PARKER, and AMOS R. AVERY are the proprietors and managers. It will be seen in their advertisement, that Dr. Parker, once a patient, became convinced by actual experience of the superiority of the Hydropathic system, and hence its adoption for the treatment of others. We wish the Forestville Establishment, Great Success.

THE MILFORD WATER-CURE.—It gives us pleasure to record the opening of a new W. C. Establishment by Dr. E. A. CONE, in Milford, Oakland Co., Mich. This is the pioneer establishment of Oakland County, of which Pontiac is the Capital. We shall expect to hear a favorable account from this laudable enterprise.

THE JULY NUMBER OF THE WATER-CURE JOURNAL will be sent to those whose subscriptions expired with the June Number. But as our terms are payable in ADVANCE, we shall send no more, until directed to do so by those who may wish to renew their subscriptions.

New-York, June, 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.

Our numerous contributors will not be impatient nor consider their articles declined, should they not appear in our first issue after their receipt. We have a number of valuable communications which will not spoil by keeping.

CONDENSES.—The publishers would respectfully suggest that it would be quite as well, for all concerned, if Advertisers would announce their establishments in THE BRIEFEST POSSIBLE MANNER. A few lines, when properly worded, telegraph-like, giving location and routes by which they may be reached, will usually be sufficient after the first elaborate description. Our space is quite too valuable to be occupied with advertisements of unnecessary length. Brief announcements will be found quite as profitable to all concerned.

The editor of the Indiana State Journal, writing from Indianapolis says, "Here is the best place in the West for a Water-cure establishment, can't you send some person to put one up! [LAUGHES]. We will TRY, sir, but guess you must "wait a little longer."

We believe there are several thousand inhabitants in Indianapolis.—J. D. DEFRANCO, Editor State Journal, will give particular information on the subject to those who may desire it.

EXTRA NUMBERS OF THE JOURNAL for specimens will cheerfully be furnished (of such as we have to spare) with which to obtain new subscribers. The reading of a single number will usually be sufficient to incline every intelligent MAN or WOMAN to subscribe, especially if they would economize in either life, health, or money.

We will furnish journals, our friends will furnish subscribers, and if our opinions and principles take root, the world will be the better.

OUR CIRCULAR PROSPECTUS.—To facilitate the recording of names, we send a circular prospectus, which our friends and co-workers will hand around among their neighbors, in order to make up clubs of new and old subscribers.

These semi-annual periods, when new volumes commence, afford an excellent opportunity for the friends of this great HEALTH REFORM, to present these money-saving, and life-preserving principles, to those who are yet unacquainted with their advantages.

FOWLERS AND WELLS,

No. 131 Nassau street, New York.

MATTERS FOR JUNE.

BY R. T. TRALL, M.D.

ADULTERATED FOODS.—Few persons are aware, and many do not seem to care, to what an extent fraudulent adulterations are practised in the matter of food and drink. If the thing eaten or drank is agreeable to the taste, and served up according to the fashion, the dealer and consumer are generally satisfied with each other. There is no branch of commerce in which counterfeiting and cheating are carried on so extensively as in relation to articles taken into the human stomach, in the shape of aliments, beverages and medicines. No person who is unacquainted with the test-qualities of pure and healthful articles, and who purchases second-hand, can have any assurance that he is not swallowing slow but fatal poisons with every meal. Whether adulterations are practised to a greater or less extent in New York than in London, we do not know; but all who carefully peruse the following extract will be convinced that the whole subject of "what to eat, drink, and avoid," is worthy of a thorough investigation.

"The Analytical Sanitary Commission of London has been in existence, we believe, since the beginning of 1851; during which time it has prosecuted its labors with the most untiring zeal and unflinching courage, and with results sufficiently astounding. They are still proceeding with their labors, the results of which are published in the London *Lancet*. The object of this Commission is to make actual and careful analysis of samples of the various solids and fluids consumed in that metropolis, in the way of foods and drinks, and to record the results of their examinations.

Thus far these examinations have embraced the following articles of every-day consumption: Sugar, tea, coffee, chicory, cocoa, chocolate, mustard, pepper, bread, flour, arrowroot, farinaceous foods, oatmeal, isinglass, water, milk, vinegar, pickles of all descriptions, cinnamon, and spices.

The results of these inquiries have exposed deep and wide-spread systems of adulterations, commencing often with the manufacturer, and terminating only

with the retail dealer. It has shown that in purchasing any article of food or drink in that metropolis, the rule is that one obtains an adulterated article—the genuine commodity being the exception.

The articles used for these adulterations are always of an inferior quality, generally worthless—frequently positively injurious—and not uncommonly even poisonous.

Thus it must be a pleasant reflection to our readers (for we presume there is no reason to suppose that many, at least, of the articles mentioned above which are used by us are not as much adulterated as the like articles used in England), it must be pleasant, we say, to think that when we sip our tea of an evening, it is more than likely we are drinking a decoction in which sulphate of iron, logwood, blacklead, talc, China clay, soapstone, indigo, turmeric, Prussian blue, mineral green, verdigris, arsenite of copper, chromate of lead, and many other delectable substances, form no inconsiderable ingredients. It is edifying to think, that we cannot take a spoonful of sugar, drink a cup of coffee or chocolate, season our edibles with a little mustard, pepper or vinegar, take a mouthful of bread, eat a bit of pickle, or enjoy our pastry, but that the chances are we are swallowing some vile poison.

Yet such actual experiment has demonstrated to be the case. All the substances enumerated above, and many others, were found in the various samples of tea examined by the Commission, in no inconsiderable quantities.

All the samples examined were purchased from dealers, and were, therefore, in the exact condition in which they reached the consumer. These examinations are made with the aid of the microscope, and are followed by the publication to the world of the names of all the parties of whom purchases have been made.

MORE DEATHS FROM CHLOROFORM.—Within a few days, no less than four deaths from this anæsthetic agent have been recorded in the newspapers and medical journals. In all of these cases the patients were in apparently fine health, and inhaled the chloroform for the purpose of having some slight surgical operation performed without pain. Added to the above list of casualties, is one in Williamsburgh, wherein a father nearly killed, and probably quite ruined his own child by holding chloroform to its nose as a quietener, whenever it was noisy or uneasy. These circumstances suggest the propriety—while the question is being debated in Congress whether Dr. Jackson, or Dr. Morton, or the legal representatives of Dr. Wells, or all together, shall have an appropriation of \$100,000 for its discovery—of placing some legal restrictions upon the employment of this article. Some physicians resort to it on every occasion of the extraction of a tooth; and others insist on administering it to every mother in child-birth. It is positively certain that death will now and then occur instantaneously as the result of such practice; and who, knowing the danger, would hazard their lives in this way? Sulphuric ether is far less injurious, and never endangers life; and besides, it will produce the desired insensibility in nearly, if not quite every case. Why then should it not be substituted?

By the way, we notice, as part and parcel of a discussion that "came off" at a meeting of the Philadelphia Medical Society, recently, the following "striking" views presented by Dr. Darrach:

"This blessing (chloroform), removes the sting of disease, operations, and the cursed pain of child-birth. Man's punishment is to obtain his food by the sweat of his brow—hard labor! and woman's to have pains in child-birth. But the law is satisfied; and now, since man is blessed, through Christianity, with labor-saving machinery, that he may no longer toil, woman in child-birth must not judicially and cruelly be denied chloroform, her pain-saving boon in labor."

Those who can admire either the philosophy or theology of such sentiments, must see through eye-glasses very different from ours. The law is satisfied, and yet the Law-maker, in the exercise of a most wanton act of judicial cruelty, continues the penalty! And the doctors—benevolent souls—must come in with their blessed chloroform, to defend women from her Creator!!

BAYARD TAYLOR ON VEGETARIANISM.—It rarely happens that a traveler who travels to write a book, and writes a book to suit the market, es-

pecially if he is himself fond of the flesh-pots; and more especially if he indulges freely in the ruby wine; and most especially if he is in the habit of meditating on grave philosophical subjects, under the inspiration of tobacco-smoke, lets an opportunity slip for knocking teetotalism, vegetarianism, and similar isms, on the head; and wherever he goes, or wheresoever he stays, he is always morally certain to find ample data to serve his purpose. Thus the traveler above announced, now traveling in Egypt, writes:

"The scenery of the Nile, southward from Shendy, is again changed. The tropical rains, which fell occasionally at Abou-Hammed, and scantily at Berber, are here periodical, and there is no longer the same striking contrast between desert and garden land. The plains extending inward from the river, are covered with a growth of bushes and coarse grass, which also appears in patches on the sides of the mountains. The inhabitants cultivate but a narrow strip of beans and dourra along the river, but own immense flocks of sheep and goats, which afford their principal sustenance. I noticed a new kind of grain called *dookhs*, of which they plant a larger quantity than of dourra. It is a graminaceous plant, somewhat resembling "timothy grass," but with a larger head and heavier seeds. They make from it a coarse, black bread, which they say is more nutritious than wheat. Mutton, however, is the Ethiopian's greatest delicacy. Notwithstanding this is one of the warmest climates in the world, the people eat meat whenever they can get it, and greatly prefer it to vegetable food. The sailors and camel-drivers, whose principal food is dourra, are, notwithstanding a certain quality of endurance, as weak as children, when compared with an able-bodied European; and they universally attribute this weakness to their diet. This is a fact for lank Sylvester Graham to explain. My experience coincides with that of the Ethiopians, and I ascribe no small share of my personal health and strength, which the violent alternations of heat and cold during the journey have not shaken in the least, to the fact of my having fared sumptuously every day. If I had adopted a diet of rice and water, or bran and turnips, I should not be here to give this testimony."

It is not very remarkable that our traveler, who goes abundantly supplied with selected provisions, obsequious attendants, and all the appliances of self-preservation, who lounges in airy cabins when the weather is cool, and reposes on the nicely carpeted green grass when the temperature and the breeze renders that locality delightful to the senses, as well as conducive to health, and who, moreover, is well-educated and intelligent in many of the laws of physiology and rules hygiene, should enjoy better health than the ignorant laborers, serfs or slaves of a semi-barbarous people, even though these get but little to eat, save dourra, and, perchance, not half enough of that. We have no right to expect a candid, much less an intelligent opinion on this question, which requires for its proper solution an accurate knowledge and careful consideration of all the voluntary habits and social circumstances of the people adjudged, from any one who sets out with the proposition that *coffee, wine, and cigars* are among the necessities of life; and who, in almost every communication, puts his love of "sherbet," and his enjoyment of "chibouks" prominently forward. The great truths of a purer life never were and never will be seen through the stimulus and smoke of such "sumptuous fare" as flesh, liquor and tobacco.

Of course we do not deny the facts stated by Mr. Taylor. But we contend, and verily believe, they are susceptible of a very different explanation. Yet we are pained at the uncandid and heartless manner in which the writer treats the subject; in common, indeed, with nearly all the advocates of his side of the controversy. A sling at "lank Sylvester Graham," a witticism on "bran and turnips"—did he forget the stereotyped argument of saw dust pudding?—and the subject is finally disposed of. Man is omnivorous and Ethiopians like mutton!

ALLOPATHIC PROGRESS.—We like to keep our readers posted up on all the medical improvements of the day, whether they originate in the school we so zealously advocate, or in that we so faithfully oppose. People ought to be intelligent enough to be able to

give a reason why they do this or refuse to do that. They ought to know the why and wherefore that induces them to select a hydropathic remedy, or to reject an allopathic one. In furtherance of this end we copy the following announcement from the New York Medical Gazette of a recent date :

"The urate of ammonia is said, by Professor Horder, to be a valuable agent for external application in many painful inflammatory affections; and he recommends a trial of it in pleurisy and peritonitis. He employs Guano for the purpose, made into a hot poultice, clay, and covered with oil silk or India rubber cloth. Its use was suggested by witnessing the effects of human urine thus applied, in a case of virulent inflammation of the knee joint."

Now all the above remedies are merely animal excrements! It may do for those whose faith in drugs is strong and abiding in proportion as those drugs are rank and poisonous, to seek remedies for diseases in the decaying and putrefying matters of the excretions—feces, bile, sweat and urine—but our faith in healing the sick, lies in the direction of getting rid of impurities.

A THEORY OF POPULATION.—Under this heading the Westminster Review, for April, has an able and philosophical article on the puzzling problem of the final condition of the inhabitants of this earth in relation to the means of subsistence. Rejecting at once the absurdities of Malthus and Doubleday, the author proceeds to trace the law of reproduction from the lowest form of animal organization to the highest development of the human being. He shows that, as the scale of animal creation ascends, the organization becomes more complex and the powers of self-preservation proportionably increased, while the faculty of reproduction is correspondingly diminished. This law is evidenced by the comparative size of the brain and nervous system in relation to the rest of the body. Thus the average ratio of the brain to the body is, in fishes, 1 to 5,668; in reptiles, 1 to 1,321; in birds, 1 to 212; and in mammals, 1 to 186. The ability to maintain individual life is, throughout the entire animal kingdom, exactly in the inverse ratio to the faculty of multiplying it. The mean capacities of the crania in the leading races are given at, in the Australian, 75 cubic inches; in the African, 82; in the Malayan, 86; and in the Englishman, 96.

"That an enlargement of the nervous centres is going on in mankind," says the author, "is an ascertained fact." And this enlargement, it is argued, will continue until the ability of individual preservation balances the present excess of fertility; after which the births and deaths of the world will balance each other. At that time, too, the earth will have become vastly more fertile under an improved system of agriculture, and the evils of a crowded population will be no more known. The human race, though perhaps somewhat diminished in osseous and muscular bulk, in mere animal strength will be vastly more developed in those departments of the brain and body pertaining to the intellectual and moral nature.

There is much food for reflection for those who desire to be represented in the future generations of the earth, in the following observations, with which the article concludes :

The effect of pressure of population, in increasing the ability to maintain life, and decreasing the ability to multiply, is not a uniform effect, but an average one. In this case, as in many others, Nature secures each step in advance by a succession of trials, which are perpetually repeated, and cannot fail to be repeated, until success is achieved. All mankind in turn subject themselves more or less to the discipline described; they either may or may not advance under it; but, in the nature of things, only those who do advance under it eventually survive. For, necessarily, families and races whom this increasing difficulty of getting a living which excess of fertility entails, does not stimulate to improvements in production—that is, to greater mental activity—are on the high road to extinction; and must ultimately be supplanted by those whom the pressure does so stimulate. This truth we

have recently seen exemplified in Ireland. And here, indeed, without further illustration, it will be seen that premature death, under all its forms, and from all its causes, cannot fail to work in the same direction. For as those prematurely carried off must, in the average of cases, be those in whom the power of self-preservation is the least, it unavoidably follows, that those left behind to continue the race are those in whom the power of self-preservation is the greatest—are the select of their generation. So that, whether the dangers to existence be of the kind produced by excess of fertility, or of any other kind, it is clear, that by the ceaseless exercise of the faculties needed to contend with them, and by the death of all men who fail to contend with them successfully, there is ensured a constant progress towards a higher degree of skill, intelligence, and self-regulation—a better co-ordination of actions—a more complete life.

§ 16. There now remains but to inquire towards what limit this progress tends. Evidently, so long as the fertility of the race is more than sufficient to balance the diminution by deaths, population must continue to increase; so long as population continues to increase, there must be pressure on the means of subsistence; and so long as there is pressure on the means of subsistence, further mental development must go on, and further diminution of fertility must result. Hence, the change can never cease until the rate of multiplication is just equal to the rate of mortality; that is, can never cease until, on the average, each pair brings to maturity but two children. Probably this involves that each pair will rarely produce more than two offspring; seeing that with the greatly increased ability to preserve life which the hygienic presupposes, the amount of infant and juvenile mortality must become very small. Be this as it may, however, it is manifest that, in the end, pressure of population and its accompanying evils, will entirely disappear; and will leave a state of things which will require from each individual no more than a normal and pleasurable activity. That this last inference is a legitimate corollary will become obvious on a little consideration. For, a cessation in the decrease of fertility implies a cessation in the development of the nervous system; and this implies that the nervous system has become fully equal to all that is demanded of it—has not to do more than is natural to it. But that exercise of faculties which does not exceed what is natural, constitutes gratification. Consequently, in the end, the attainment of subsistence will require just that kind and that amount of action needful to perfect health and happiness.

Thus do we see how simple are the means by which the greatest and most complex results are worked out. From the point of view now reached, it becomes plain that the necessary antagonism of individuation and reproduction not only fulfils with precision the *a priori* law of maintenance of race, from the monad up to man, but ensures the final attainment of the highest form of this maintenance—a form in which the amount of life shall be the greatest possible, and the births and deaths the fewest possible. In the nature of things the antagonism could not fail to work out the results we see it working out. The gradual diminution and ultimate disappearance of the original excess of fertility could take place only through the process of civilization; and, at the same time, the excess of fertility has itself rendered the process of civilization inevitable. From the beginning, pressure of population has been the proximate cause of progress. It produced the original diffusion of the race. It compelled men to abandon predatory habits and take to agriculture. It led to the clearing of the earth's surface. It forced men into the social state; made social organization inevitable; and has developed the social sentiments. It has stimulated to progressive improvements in production, and to increased skill and intelligence. It is daily pressing us into closer contact and more mutually-dependent relationships. And after having caused, as it ultimately must, the due peopling of the globe, and the bringing of all its habitable parts into the highest state of culture—after having brought all processes for the satisfaction of human wants to the greatest perfection—after having, at the same time, developed the intellect into complete competency for its work, and the feelings into complete fitness for social life—after having done all this, we see that the pressure of population, as it gradually finishes its work, must gradually bring itself to an end.

Miscellany.

MORE PHYSIC THROWN TO THE DOGS.—Dr. Millar, of Sunderland, Mass., writing under date of April 7, 1852, informs us that from reading the Water-Cure Journal and the Hydropathic Encyclopedia, he has be-

come an exclusive Hydropath, and has resolved, totally and for ever, to abandon the administration of drug-poisons. He says, "I have practiced allopathy for thirty years, up to the first of August last, since which time I have treated diseases wholly on the water-cure plan. Judging from my experience thus far, I shall never again have need of poisonous drugs to cure disease; but shall depend wholly on pure water. In every case thus far it has more than fulfilled my expectations. In my own person I have eradicated rheumatism and scurf. I am fully satisfied that all and more can be accomplished in healing the sick with pure water, than with the whole pharmacopœia."

COMING BACK.—Just what we expected. OUR PROSPECTUSES are coming back to us from the four quarters of "every country." We are glad of it. Especially when they are well filled with good names and — we don't like to say that word, for it looks a little *lucrish*, but were that not absolutely indispensable, to carry on the "printing business," we would have nothing to do with this "*root of all evil*." We don't love it, yet find it a less disagreeable medicine to take in *allopathic*, than in *Homeopathic* doses. But we are more glad to look upon the familiar names which those returned messengers of hope contain. It is like the meeting of congenial friends, whose acquaintance we are always glad to make, and to renew. With them, come cordial greetings. Thanks for good received—and that is strengthening beyond our power of language to describe. Yes, send them back, and in return, the JOURNAL shall bring to you glad tidings, with "HEALTH" upon its wings. It shall be a harbinger of hope to the desponding, and a Herald of LIFE to the dying youth. Then let its truth-revealing pages have the benefit of your co-operation, a good word, an earnest impress, and a zeal imparted with such earnestness that it shall carry conviction to every mind, a way which water-cured folks only know well how to use. Who can withstand the innumerable facts which every practical Hydropath can bring to bear in support of his opinions? Then, too, behind this formidable array of facts, he has a more profound PHILOSOPHY to back him, than can elsewhere be found in the Healing art.

Besides other arguments which cannot be refuted, based on the immutable laws of God, he has a PERSONAL EXPERIENCE, which all the theories invented by man cannot overthrow. Fortified with such an amount of light and truth, every man and woman may go forth in the world and become true disciples; if not actually "*healing the sick*," of putting them in a way to avoid disease, doctors and druggists,—to live in harmony with the laws of MATTER and of MIND. Then "send them back," laden with the names of Reformers and Reformed. This is a way in which ALL, lettered and unlettered, may do good, and help our glorious cause, which brings to the homes of "The People," LIFE, HEALTH and HAPPINESS.

GOSSIP FROM BOSTON.

BY NOGGS.

TURNPIKE TO HEALTH.—In the beginning "man was created upright!" Anybody wouldn't think so to look at him now! And God made certain ways wherein he should walk, the end of which should be health, happiness, heaven. How long he walked in these old-fashioned ways we know not—ever since we can remember any how, he has been trying "short cuts," &c.; some say Adam himself made the first turnpike, about the time the apple-woman tempted him! The "old road" to health, it is said, was a very respectable old road, and that the pleasure of traveling therein was very great; tradition even goes so far as to say it is decidedly the best road after all, all things considered; but there's nothing like our ways, these old-fashioned folks would always have us believe; anyhow, people now-a-days don't think much

of these old "straight and narrow" ways; they say it is all nonsense to suppose that a man in these days of railroads and steamboats is going to "happy land," via the "old road," when there are so many new ones—turnpikes too! The road that Adam traveled before that apple speculation, they say aint a circumstance to the McAdam roads we have now-a-days! and that it don't take half so long to get there as it used to, and such "fun all the way!" Steam and nothing short, now-a-days: especially when in pursuit of "pleasure."

Now and then we find one who happened to get acquainted with the old natural way of doing up these things, but he's sure to turn out an exceedingly queer personage, a very plough jogger, who maintains the even tenor of his way, without variation or shadow of turning, year in and year out, but what does he know of life? Ten to one if he knows mock from real turtle soup, hock from Madeira, or Champagne from Newark; aye, he doesn't even know by experience what it is to live in the atmosphere of the gods, into which a magnum of old Madeira or a bottle or two of "Schneider" will convey a man—in a word, he never drinks! How can such a man be said to live! Not only does this strange, old-fashioned fellow abstain from liquor, but from tobacco as well! Talk to him about the elysium produced by the inhalation of the fragrant odors of the "glorious weed," and he as likely as not, will cry out "pooh, pooh," it's all smoke! As for the pleasure of eating, why, in all human probability, he never tasted of a venison pastry served by a French cook, and does not know a sardine ("little fishes biled in ile,") from a smelt; and oh, mirabile dictu! he never eats a mouthful more than his stingy old appetite craves! Now, how in the name of all that is eatable and excitable, can he possibly know anything about living? Let such jog on their devious way, "We," say the masses, "will travel no such road. No, no," say they, "we are posted up, we know there is many a turnpike to health and happiness which cut off lots and lots, and the rapidity with which we can travel over them is truly delightful."

"But," says Mrs. Prudence, "turnpikes are very suggestive of tolls! Have you no tolls on the road you travel?"

"Tolls! What do you mean by tolls? We never stop for tolls, but keep right on?"

"Aye," says Mrs. P., "but methinks you complain often of a bad sense of fullness, and great uneasiness, after eating your highly-seasoned food in large quantities."

"Oh yes, true, but that's nothing; a glass or two of brandy carries that all off."

"But the headaches."

"Oh, they don't amount to much, a few 'cock-tails' set them all right."

"But those terrible bilious spells you have every now and then, horrid colics, &c., what are they?"

"Oh, why everybody is sick as often as every now and then, and I am bilious, Dr. Calomel says, and must expect such things. I have only to take a blue pill every night and morning to prevent them."

"Yes, but are not these tolls?"

"Why, they cost something of course in the run of a year."

"Aye, that they do, especially when you reckon in the loss of time occasioned by their use, a mercurial fever now and then &c.; but the tolls I have reference to are the demands made on the soul and body rather than the purse! We are almost indignant at the toll-house keeper who stops us on the highway and demands our four pence. While we cheerfully submit to the exactions of the doctor, whose bill, maybe, is fifty dollars a year on an average, and what is stranger still, waste in one night's debauch, or one month's foolish living, a whole year's vitality! I know it has been told you of olden time that you might sin with impunity—if

you would only take certain drugs; 'only go over my turnpike,' says Drs. Antimony, Lobelia, and others, and there is no danger you will soon be there; 'it's the road through by daylight,' &c., aye, long before daylight sometimes! You have 'no appetite!' Well, sir, what then?"

"Why, I suppose I ought to take the hint, and wait patiently in proper conditions till I get one."

"Pooh, pooh," says Dr. Gentian, "that's real old fashioned. You're like a cow or any other four-footed thing, they always wait, but man, the noblest work of God—he wait, absurd! No, no, don't be an old maid, but take the compound bitter turnpike, and 'go it while you're young,' and the first thing you'll know, you're there right into the middle of a tip top appetite and no mistake!"

"But if nature wanted food and could digest it, why didn't she ask for it!"

"Nature? O, ah, I remember—a poor, superannuated, old fool, nobody thinks of consulting her taste now-a-days; she's behind the age, decidedly; her ways are exceedingly vulgar, by-ways, in fact, where nobody travels, at least none of the 'upper,'—now and then a poor ascetic, water-smitten man or woman may perchance be found treading her tedious paths; but all those who are posted up and have the means, take some of the many turnpikes."

"But the tolls?"

"Tolls! what care such for tolls!"

"I know it, but somehow or other I can't divest myself of the idea that nature's way must be the way after all, if it is old fashioned. Why not rich folks go in it if it is the right road, and make that the fashionable road?"

"What! not use our beautiful turnpikes got up at such an expense! no brandy, no bitters, no blue pill, no opium, no coffee, no tobacco! monstrous, why the man is mad. Why, I should as soon think of going to New York in a hand cart, as to think of getting to the port of health and happiness through those old moss-grown paths of nature's. Only think of the fatigue of traveling those horrid lanes, self-denial and obedience! ugh, don't mention it!"

"But perhaps, Doctor, if you were better acquainted with those unfrequented paths, you would like them more; you would, perchance, find that though lonesome at first, and not so gay, yet nevertheless they were 'paths of pleasantness and peace.' Those who have traveled both say, that all things considered, it is infinitely best to go the old road. They say the sparkle of the sunlight upon the placid waters of *Lake Hygiene*—only found on this route—far surpasses that of the sparkling champagne! and that the beautiful echoes of 'well done,' (never heard on any turnpike) which are heard all along this beautiful way, are immeasurably beyond all the sounds ever produced by revelry or the syren lute of vitiated pleasure."

"Oh nonsense," says Dr. Stimulant, "who's going to travel that straight and narrow road, all alone almost, just because it's cool and shady, has pleasant echoes, &c., when there are such splendid turnpikes, wide enough for all, and on which everybody that is anybody are traveling?"

"Aye, there it is again! go this way, not because it's the right way, but because it is wide and smooth and everybody's on it! Well, so it must be then, I suppose. Now as ever, 'straight and narrow is the road that leadeth unto life and few there be that find it, while broad is the road that leadeth to destruction, and many there be who travel therein.'"

THE FESTIVAL.—Our readers in Western New York will remember the Glen Haven Festival, which is announced to take place on Wednesday the 23d of June.* We repeat the suggestion. It would be well for the proprietors of all W. C. Establishments to in-

* A report of which we hope to receive for an early number of the Journal.

vite their patients and guests to a pleasant Annual Festival.

THE WATER-CURE IN VIRGINIA.—[It is truly encouraging to notice the rapid strides which our cause is making in the "Old Dominion." The Journal is now finding its way into all parts of that State, and so far as we have heard, its mission has been attended with great success. As an indication of the prevailing feeling throughout Virginia, we quote from a letter recently received from Wheeling.]

Enclosed you will find ten dollars, with twenty names for the *Water-Cure Journal* for 1852, commencing with the January number.

Since July last I have been reading this valuable *Journal*, and have come to the conclusion that *Hydro-pathy* or *Water-Cure* is THE system, and I intend to use my influence in circulating the *Journal*. One thing is certain, it will do no harm. My own copy is going round amongst my neighbors, and is now pretty well used up. Can you send me say five or six numbers for circulation? I am going to try and get fifty subscribers this year, and you may expect to hear from me before July, as my year's subscription ends then.

I wish to prepare the way for a good *Water-Cure Physician* in our city, or grave-digging will become a "flourishing business" with us, for we have an overstock of drug *M.D.'s*. Very truly yours, A. S. G.

* Of course we will. We always print a few extra copies of the *Journal* to be used as specimens, with which to obtain new subscribers. To those in want we say, "ask and ye shall receive."

OUR PROGRESS, NOW AND THEN.—[When sending for a package of ALMANACS, our friend and co-worker L. B. V., writing from Bowling Green, Ohio, draws the following interesting contrast.]

I have now ten Subscribers pledged for the *Journal*, where two years ago I could obtain only two. I have a part of the money yet to collect, which I intend to send with the names, so as to commence with the *July* No. Our County is new and sparsely settled; but the principles of *Hydro-pathy* are progressing. Seven years ago I was the only person in this vicinity who would venture to try the "wet sheet pack." Now, scores are trying it, and other forms of *Water* treatment, and many of our physicians are feeling their way into the practice. May God speed the good work. Yours truly, L. B. V.

SICK OF IT.—Notwithstanding the liberal salary of TWO THOUSAND AND FIVE HUNDRED DOLLARS A YEAR, an Allopathic doctor in New England wishes to "sell out." We clip the following advertisement from the *Boston Medical and Surgical Journal*, and give it an insertion without charge.

A PHYSICIAN, enjoying a practice of \$2,500 per annum, in a commercial, increasing, and cash-paying community, will dispose of his practice, without the encumbrance of real estate. Inquire at this office.

[Now it is evident that this doctor has either got rich in this "cash-paying community," or is "sick of his trade," for he would hardly let go the snug sum of \$2,500 a year, which, in the short period of twenty years practice, would amount to FIFTY THOUSAND DOLLARS!!! The doctor may have become convinced of "the errors of his ways," and conscientiously wish to discontinue phisioing, blistering, and bleeding this "cash-paying" community, and return to the cultivation of his "real estate," as it will be seen he does not wish to "encumber" his successor with this "real estate" when he sells his "practice." Can it be possible that this doctor intends to turn *Hydro-path*. Does he foresee the inevitable effect of the *Water-Cure Journal* on his "cash-paying community?" But this is enough to let this "cash-paying community" see where their money goes to. They must judge whether or not they receive an equivalent in the shape of pills, plasters, and pure genuine Cod Liver *Whale Oil*. If they are satisfied, why, then, let them continue to feed themselves away to hungry blood-suckers. But we had rather save both, OUR MONEY and OUR HEALTH. We

believe in *economy, utility*, and some other equally strange and wonderful things.]

It's NOTHING NEW.—Most Old-School Doctors stoutly affirm, that the WATER-CURE is nothing new, and that it is as old as the healing art. Therefore they would have it inferred that modern Hydropathists deserve no credit, for all this "thunder" belongs to them. Now we don't care a "wooden-one-pence" about the exclusive *honor* of the thing, if the Old-School Doctors would only put the knowledge they claim to possess into immediate and general practice. But while they set up claims, owl-like, of superior wisdom, and yet never practice what they preach, we sorter-kinder-reckon, how as that a pin will be stuck into this self-puffed up notion before we get through.

We extract a few paragraphs from a letter just received from Alabama.

GENTLEMEN.—I am much pleased with the Water-Cure Journal. *I am an Allopathic Physician, but had never seen any work on Hydropathy, until I got your Journal.* I was not satisfied with the practice of the Allopathic School, and concluded to try the Water-Cure.

The writer then says, "I am almost afraid to mention the water-cure in some places, for they (the Doctors) will cry out Humbug,—but they prescribe, and the people take cart loads of calomel, and other poisonous drugs, yet say they are afraid of water!! I will do all I can for this Reform."

[Here is a regularly educated Allopathic Doctor, who thus candidly, and honestly confesses, that the Water-Cure Journal was the first work he ever saw on Hydropathy.

How absurd for those "Old Fogies" to pretend to know all about this *new* system of medical practice, while at the same time, and almost with the same breath, they cry out Humbug, Quackery, etc.

Let us in this connection quote a little Sacred History, it may illustrate our subject.

One Demetrius, a silversmith, employed many workmen in making images of Diana, who was worshipped as the Goddess that presided over sickness and the compounding of drugs. Demetrius and his workmen became very wealthy from their occupation, and they all loved it, because of the great gain it brought them. At length there came among them those who exposed their craftiness before the people. Then Demetrius and his workmen assembled, and after declaring among themselves that their occupation was in danger of coming into contempt, they all began to cry "Great is Diana of the Ephesians," the Goddess of our occupation. In this manner they hoped to blind the eyes of the people and preserve their calling from a fall.

Thus the great secret of all this opposition arises, simply from this fact, *They deal in the articles of Drugs, Pills, Plasters, Blood-Suckers, Body-Braces* and other such remedies (?) in which they have money invested, the sale of which would (and will) be destroyed by the water-cure.

To this a few exceptions may be made. Some Doctors still in practice, are too old to see or appreciate the advantages of Hydropathy over other systems, while another class are too young, not having yet got their "eyes open," and of course, are entirely ignorant of the water-cure.

These two classes are excusable. It is understood, the world over, that an old dog cannot learn new tricks, and who would attempt to teach a kitten to catch mice until after they were "nine days old?" But enough of this, to establish the unequivocal claims of the "Hunkers" to the oft repeated assertion, that it's "all a humbug." And besides that, It's NOTHING NEW, for we have practiced it all our lives.

THE GOOD WORK GOES ON.—At the conclusion of a course of Lectures to Ladies, on Practical Water Treatment, delivered in Trenton, New Jersey, by Dr. Bourne, the following unseolicited testimonial of approval was unanimously tendered him.

Resolved, That we hereby tender our unfeigned thanks and warmest gratitude to Dr. Bourne, for the instruction imparted in his valuable course of Lectures to the Ladies of Trenton; and inasmuch as he has treated the various topics presented in a forcible, chaste, and dignified manner, he merits our approbation and esteem, and we cordially recommend others to give him a hearing.

After which it was resolved to establish a "Society of Friends of Water-Cure," for the purpose of founding a Library of Water-Cure, Educational and Physiological Works—Social Reunions—Mutual Advice, and Comparison of Experience in treatment.

Dr. Bourne was also obliged to yield to the desire for a repetition of his course of Lectures.—Water-Cure, therefore, has become a fixture in the Capital of our Sister State, and we trust its friends will not fail to radiate from their central point the lights and truths which it inculcates.

COOLING OFF A DOCTOR.—A correspondent, who is traveling in Iowa, relates the following among various interesting "pencilings by the way:" Called at the office of Dr. Ossifus while he was absent. I asked his wife to sign for the Water-Cure Journal. "No," said she, "that's Graham system. I don't believe anything in it. I've heard of Grahamites that died."

I dare not mention hydropathy to Dr. Ossifus; he is so scientific: ridiculing every reform that had not its origin where he got his diploma.

A few months ago while giving his daughter-in-law some instructions about managing children, I had occasion to remark in the old man's presence, that cold water would cure the greatest fits of anger, even on men. The old Dr., who prided himself much on his ill temper, remarked that it might do in some cases, "but," said he, "it would never cool off Old Vermont." A few evenings after this conversation, Dr. Ossifus came home with his lower organs fired up with the spirit that acts so contrary to the spirit of Elijah. He soon succeeded in getting up a fight with his own son who lived in the house with him. Ossifus Junr., and Ossifus senr. At it they went—round the house, breaking the furniture that came in their way, as well as upsetting the bureau and stove. Such "noise and confusion!" The jingling of ironware; the smashing of dishes; the shrieks and screams of women and children; and the stamping of feet like so many horses; all mingling together were sounds really frightening. It soon brought the neighbors to the spot: but before they arrived the daughter-in-law had thought of my previous advice, and accordingly, while each had a thumb in the other's eye, a bucket of cold water was applied. Not another blow was struck, all was calm, Old Vermont was cooled off, and the "father was reconciled to the son."

The fact being established that cold water will cool off the angry, political editors might profit by its application; seeing that our great quadrennial contest is about to begin with unusual earnest.

"The Water-Cure Journal for April is a treasury of good things. The women of the country owe Dr. Trall a complete set of new surgical instruments for his gallant defence of their right to be, and to employ physicians of their own sex against the remonstrating M.D.'s; and if laughing can effect it, they will all grow fat and rosy over his anatomical exploits in that direction. No wonder the subscriptions to the Journal are competing with the steam-power speed of the iron horse."—*Windham County Democrat.*

[Thus writes Mrs. NICHOLS, the talented co-editor of that liberal and always agreeable paper from which we quote. We think with her, that Dr. Trall is essentially entitled to the "new instruments," but, thank fortune, he is already supplied with everything necessary in that line. How would it do for the women to present the doctor with a superbly bound copy of the NEW ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA? PUBLISHERS.]

MONEY SAVED.—A correspondent writes:—"I have taken your Journal going on three years, and it has saved me a great deal of money, for, for the last two years and a half preceding the time I first subscribed for your Journal I paid our physician ninety-seven dollars; since that time we have been our own physician, with the exception of four calls from a doctor. One of these cases was accouchment, the other three was in a very severe case of bilious intermittent fever and flux—the first was an allopath, the other was hydropath.

"If I was capable of writing for the public eye, I would send you an account of our own cases, with the treatment and the result, but your Journal is better filled as it is."

MORE TESTIMONY.—[Everybody believes in facts, while but few care for mere theories, and we always take pleasure in recording well-authenticated and uncontrovertible facts. Here are a couple.]

Having been afflicted for some years with a chronic disease which I had inherited, and which threatened to deprive me of the use of my limbs, I was prevailed upon by a few friends to try the water treatment, which, by the blessing of God, has made me very comfortable, and able to attend to my business.

Near the close of November last my son was violently seized with inflammatory rheumatism, a disease with which he had been afflicted at four different periods before, and which at this time was rendered particularly alarming, from the fact that the character of the attending fever was very decidedly typhoid. On former occasions he had been treated by allopathic physicians, but as his constitution had been much injured by the combined operation of the disease and the poisons which had been used to cure it, it was now decided, in family council, to try the virtues of hydropathy. Accordingly Dr. J. H. Stedman, of Ashland, was immediately called, who, in face of a strong current of opposition on the part of neighbors and friends, deliberately and boldly prescribed for, and treated his afflicted patient, and that with the most complete success, so that now the sufferer rejoices in health, the family are happy in his society, and the community are astonished at the effects of cold water. Truly yours, JEWETT, GREENE CO., N. Y. OLIVER COE.

WATER-CURE IN NEW YORK.—Dr. & Mrs. Nichols, in removing their Hydropathic and Educational Establishment to the beautiful and salubrious heights of Prospect Hill, where their prospects are alike brilliant and extensive, have not been unmindful of the wants of our city. They have taken an office at No. 45 White street, a few doors west of Broadway, a place almost equally accessible from all parts of the city, where one or both of them will be in attendance every Wednesday, from 2 to 5 o'clock P. M., for consultations. They will also meet patients at their city office on other days, by previous appointment.

They have also arranged with Dr. Wm. F. Reh, late of Paterson, N. J., a graduate of the American Hydropathic Institute, and a zealous and competent Water-Cure Physician, to occupy this office in their absence, and attend to City practice. Through Dr. Reh's exertions, a large club of subscribers to the Water-Cure Journal was obtained in Paterson, and we shall expect a rapid increase in this city from the same cause. Let them come on—the more the merrier for us and them—for everybody but the doctors and druggists.

THE EAST HAMPTON WATER-CURE.—This new establishment has been recently opened by Dr. E. SNELL, formerly of Springfield. With pleasant surroundings—good water—and proper management, it will become popular, and aid in restoring to health those who may have occasion to avail themselves of Hydropathic appliances.

Business Notices.

A NEW INDUCEMENT.—For the encouragement of our voluntary agents and co-workers, we are happy to present the following extraordinary inducements for the continuance of their generous services, in promoting the good cause to which this Journal, and our lives, are devoted.

Besides the happy consciousness of aiding in relieving distress, and in prolonging the lives of his fellow men, the co-worker will receive a pecuniary equivalent for his services.

For \$10.00 we will send twenty copies of the WATER-CURE JOURNAL one year, and present, as a PREMIUM, any books which we publish—to the amount of one dollar—deliverable at the office of publication.

For \$20.00, we will send forty copies of the Journal, and the worth of \$2.00 in books, and fifty Water-Cure Almanacs for 1852, or, for 1853.

For \$30.00, we will send sixty copies of the Journal, and the worth of \$3.00 in books, and one hundred copies of the Almanacs which (at retail prices, including the books), amount to nine dollars and twenty-five cents.

For \$40.00, eighty copies of the Journal, the worth of \$4.00 in books, and two hundred copies of the Almanac.

For \$50.00, one hundred Journals, the worth of \$5.00 in books, and five hundred Almanacs. This premium amounts to \$36.25.

For \$75.00, one hundred and fifty Journals, the worth of \$8.00 in books, and one thousand Almanacs (amounting to \$70.50).

For \$100.00, two hundred copies of the Journal one year, the worth of \$12.00 in books, one thousand and five hundred copies of the Almanacs for 1852 or 1853.

At retail prices (and they are richly worth it), fifteen hundred Almanacs amount to \$93.75
Premium-Books to the amount of 12.00

Making, in Premiums alone \$105.75
Besides two hundred copies of the Journal which, at regular single rates, amount to \$200.00
Add the above premium 105.75

Making, in all, the handsome sum of \$305.75

Thus—for one hundred dollars—we actually give the worth of THREE HUNDRED AND FIVE DOLLARS AND SEVENTY-FIVE CENTS, which leaves us the pleasure of doing a "large business," without other profits than the thanks of the thousands whom we seek to benefit.

With these extremely liberal terms, we cannot be expected to make any variations whatever. We frankly admit, that all we give over and above the cost of the Journals and books herein offered, should be considered a FREE GIFT of the publishers. But, as we believe the planting of a liberal crop of Hydropathic principles through the WATER-CURE ALMANACS will produce a harvest of new converts to our glorious cause, we offer them thus freely.

OUR NEW ALMANAC, for 1853, will soon be published, containing more valuable matter than any other hitherto published on the subject. It will be simply illustrated with appropriate engravings, and adapted to all the meridians in the United States. We hope to circulate at least five hundred thousand copies of it for 1853.

NOW, FRIEND, how many Books and Almanacs will you have? Please bear in mind, these premium almanacs may be sold to agents and country booksellers, everywhere, at wholesale prices, by the dozen—the hundred, or the thousand. Nor do we know of a more effectual way to advance the cause, than by the wide circulation of these Journals, Books, and Almanacs.

SUBSCRIPTIONS for the Journal may be sent in at once, one, two, three, or a hundred at a time.

The Almanacs and Books may be ordered any time between this July and next January.

Who will have a PREMIUM? Our fast presses are running night and day, to supply all demands. We shall print enough for all. Send on the clubs.

MANY of Fowlers' and Wells' publications have done great good. We believe "The Water-Cure Journal" is among the best of them, and that it has brought an entire revolution in the habits and health of many a family who read it.—Cleveland True Democrat.

OUR BOOKS IN THE WEST.—The frequency with which we are greeted with liberal orders from the west, is truly en-

couraging, and affords evidence, the most conclusive, that the subjects on which our works treat, are becoming immensely popular in the Western Empire. As an example, we copy a brief letter now before us.]

St. Louis, Mo., May, 1852.

Messrs. FOWLERS AND WELLS, New York.

I enclose you a draft on New York, for \$100.00. I want the worth of it in your publications,—assorted,—such as you deem most useful to circulate, and most likely to sell, in Illinois, where the people have heard but little of the important subjects treated of in your books and periodicals.

I want the books for an invalid friend, who thinks he can do some good for himself and the world, by scattering good books.

Please box up safely whatever you choose to send him for said hundred dollars, and send by way of Chicago, directed to S. N. & Co., St. Louis.

If he succeeds as well as he hopes, he will be able to sell a good many books, and get a good many subscribers for your Journals. Yours truly, W. H. W.

P. S.—If you can give Mr. I., (the friend above referred to,) any direction, or make any suggestion that you think likely to benefit him in this business, he will receive them with gratitude. W.

[The fact that we do not (cannot) sell our works on commission, is the only reason that they are not kept by all local Booksellers, and also why it is that they are so much sought after by AGENTS, at wholesale. We sell at a liberal discount, which enables him to realize a fair profit, and, at the same time, do good to his fellow men.

There is hardly a village in all the Western States, Ohio, Indiana, Michigan, Illinois, Wisconsin, Missouri, Kentucky, Mississippi, Louisiana, Tennessee, Iowa, or Minnesota, where hundreds of our useful Books could not readily be sold, with profit to the seller, and great good to the purchaser. Will not our energetic young men supply this great and increasing demand?

How THEY LIKE IT.—D. J., writing from Wilkesbarre, Pa., says: "A neighbor said to me the other day, that he had taken the Water-Cure Journal for two years, and considered it above all praise, and said he, "it has saved me, in a pecuniary point of view, more than fifty dollars for doctors' bills. It is unnecessary to urge any one to subscribe for it the second year.

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.

When books are wanted to go by mail or express, the order should be written on a slip of paper, separate from that containing the names of subscribers for the Journals.

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

The "Water-Cure" and "Phrenological" journals are as tasteful, sparkling and beautiful as ever.—Philadelphia Saturday Courier.

CHICAGO, Illinois, has a population of 40,000, and is more rapidly increasing than any other western city.—Exchange. JOSEPH KEENE, JR, AND BROTHER, keep a supply of our publications for sale, at retail and wholesale prices. Give them a call.

Mr. Y. S. URBANA, O.—We send you sample numbers of Journal, as per request. See Webster's Dictionary for a definition of "VAPOR BATH." For sale at the office of this Journal, price only \$6!!

THE RATES OF POSTAGE ON THIS JOURNAL, as fixed by the Postmaster General, are as follows:—

For 50 miles or less, from our office..... per quarter 1 1/4 cts.
Over 50 miles, and not exceeding 300..... 2 1/4
Over 300, and not exceeding 1,000..... 3 1/4
Over 1,000, and not exceeding 2,000..... 5
Over 2,000 and not exceeding 4,000..... 6 1/4
Over 4,000, or any greater distance in the Union..... 7 1/4

The wrapper forms no part of the paper: neither is postage paid on it.

The Postage on LETTERS always to be pre-paid. THREE CENTS to any post office in the United States.

WHEN BOOKS are ordered to go by mail, the postage must be pre-paid at the office of publication.

NOT RECEIVED.—A Subscriber in Illinois, says:

"I write this to inform you that I did not receive my February No. of the Water-Cure Journal. Were I in the habit of treating your Journal, as I sometimes do, carelessly, some of the political and miscellaneous trash of the present day, I should not take the trouble to request a copy, to make my vol. complete. But I feel as though a vol. of the Water-Cure or Phrenological Journal would be an acquisition worth thrice the original cost, to my library, and those of my acquaintance, who take 'the Water-Cure' are carried away by the same strange delusion," as they have no spare copy. You can form a correct opinion with regard to the good sense and intelligence of the good people in the great valley of the Mississippi, by the great No. of Journals you send to these hardy pioneers of the West, who not only read but practice the Water-Cure. I have tried it in my family and neighborhood, in febrile diseases, (which are the most prevalent diseases of this climate) with the greatest success." R. W. H.

THE AMERICAN NURSERIES.—We should be glad to obtain, for publication in this Journal, a complete list of all the NURSERIES in the United States. A CATALOGUE, showing the extent of this branch of human industry, health and wealth, together with the locality, age, and condition of each nursery, would, we are confident, be hailed with delight by every lover of fruit. Such a list may be easily prepared, and we hereby invite proprietors and managers of nurseries to favor us with the desired information, that we may present the same to the public in a complete list, through the Water-Cure Journal. The post-office address, with state, county, and town, should be given. Catalogues and descriptive circulars may be directed, post-paid, as follows—"WATER-CURE JOURNAL, New York"

IN PRESS.—Literature and Art. By S. Margaret Fuller, author of "A Summer on the Lakes," "Woman in the Nineteenth Century," etc., etc. Two parts in one volume. With an Introduction, by Horace Greeley. Containing:—

PART I.—A Short Essay on Critics; A Dialogue; The Two Herberts; The Prose Works of Milton; The Life of Sir James Mackintosh; Modern British Poets; The Modern Drama; Dialogue, containing sundry Glosses on Poetic Texts.

PART II.—Poets of the People; Miss Barrett's Poems; Lives of the great Composers, including Haydn, Mozart, Handel, Bach, Beethoven; A Record of Impressions produced by the exhibition of Mr. Allston's Pictures; American Literature; Swedenborgianism; Methodism at the Fountain.

APPENDIX.—The Tragedy of Witchcraft. Published by FOWLERS AND WELLS, 131 Nassau-st., New York. One vol. 12mo. pp. 370. Price \$1.00.

[This work will be published on the 1st of July, 1852.]

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

THE WATER-CURE JOURNAL and Herald of Reforms—Devoted to Physiology, Hydropathy, and the Laws of Life, profusely illustrated. Published monthly by FOWLERS AND WELLS, No. 131 Nassau street, New York.

THE AMERICAN PHRENOLOGICAL JOURNAL—A Repository of Science, Literature and General Intelligence, amply illustrated with Engravings. Terms the same.

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

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

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

THE WATER-CURE JOURNAL has gained a world-wide reputation, and is most judiciously conducted.—The Jerseyman.

Varieties.

GENERAL DEBILITY.—"Poor old General Debility!" exclaimed Mrs. Partington; "it is surprising how long he lives, and what sympathy he excites—the papers are full of remedies for him."

[Why don't he try the Water-Cure? Cod Liver Oil has failed, Patent Pills have failed (except to hurry up the "undertaker"); and we would now propose a remedy which will cost nothing but the trying, and it will do no harm if it does no good. But we are quite sure the old "General" would at once become a subscriber to the Water-Cure Journal.]

BLOOMER WAISTCOATS.

BY MARY B. WILLIAMS.

THE waistcoat, or vest, has now become a well-established article of woman's dress. Those who wear the new costume have generally adopted it. The accompanying outline drawings show the most approved style of the garment adapted to the Bloomer dress.

Figure 1 is the *straight collar waistcoat*, and figure 2 shows the front and back sections of the same. This form is the one usually preferred. The material is buff cassimere; the back of white linen or cotton; and the buttons are fine gilt, with a plain flat surface, half an inch in diameter.

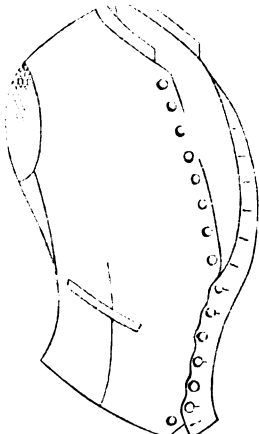


Fig. 1.

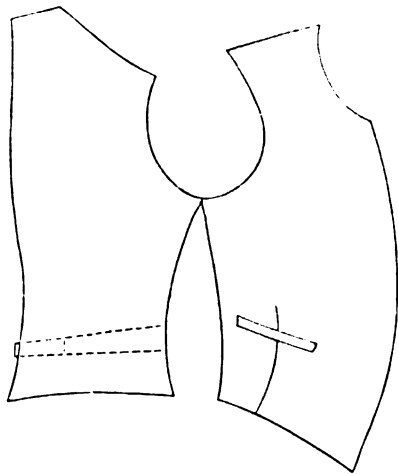


Fig. 2.

Figure 3 is a *high rolling collar vest*. It is also of buff cassimere, with plain flat gilt buttons. This form of the waistcoat is only suited to slender figures.

Figure 4 shows the *low rolling collar waistcoat*. This style is best adapted to women of full habit. It may be made of white silk or Marseilles, with covered mould buttons.

Figure 5 is the *double-breasted waistcoat*; and the front and back sections, with the collar, are given in figure 6. This form is intended for cold weather.

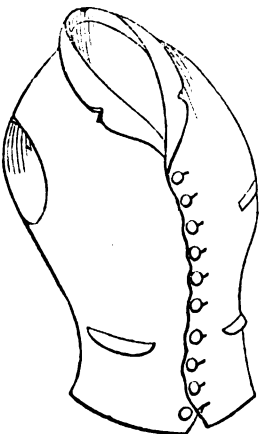


Fig. 3.

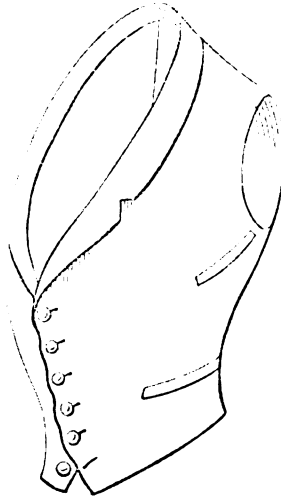


Fig. 4.

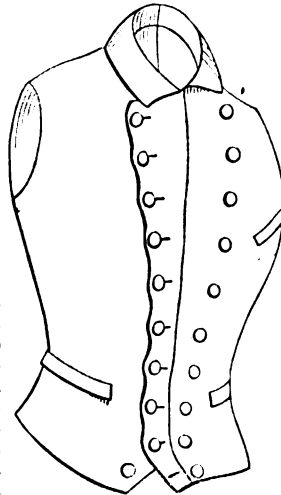


Fig. 5.

kinds of whalebone fixtures; it abolishes those troublesome and inefficient contrivances called hooks and eyes; and places the entire operation of buttoning *in front*, where one can see how to do it. It is a garment that clothes the bust suitably and comfortably at all seasons, for it can be so fashioned that it may be closed up entirely to the neck, or just as high as may be desired. The pockets furnish handy and secure places for carrying the watch, money, and small articles; and it has other merits which are too palpable to require naming.

"The vest is worn with a detached skirt, and a basquine or sacque, both of which are of the same goods, generally of a dark color. The basquine is made to fit loosely; and has sleeves either demi or full length, as the season or individual taste may demand. The skirt is simply buckled around the waist, the waistband being overlapped by the bottom of the vest. The chemisette, collar, and cravat are in the style worn with riding habits. The whole costume is simple—so much so that it can always be put on and off *without assistance*, and in less time than almost any other dress.

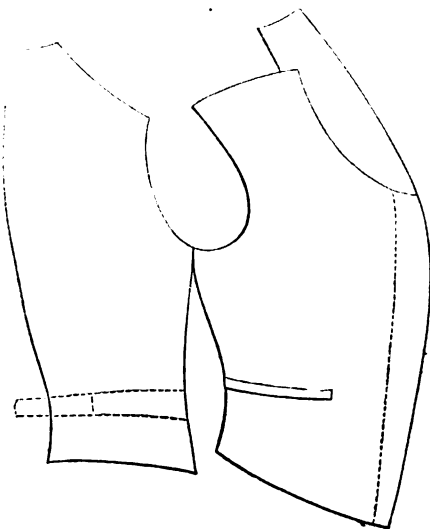


Fig. 6.

"The most fashionable material for the lady's waistcoat is buff cassimere of fine quality, and of a hue nearly resembling that of brimstone; and the buttons are treble gilt, having a plain flat surface. This is a style of vest that has of-

ten been worn as part of the riding-dress. It is, in truth, a feminine garment rather than a masculine one, because it is too delicate, both in regard to its color and its buttons, to stand in good contrast with a bearded face.

"The beauty of a buff vest depends upon a good fit, a tasteful arrangement of the buttons, and, above all, upon the lustre of the latter. It is important that the buttons should be of the best quality—extra rich treble gilt, and with the entire surface plain and flat. The most desirable size is half an inch diameter, which is about equal in dimensions to the gold dollar. They ought to be placed just one inch apart, measuring from shank to shank; and there should be a button hole to every button, because it is in bad taste to wear them solely for ornament. When the vest has a straight collar, the row will take in about fifteen buttons; when it is made with a rolling collar, it will require only about ten. They should be fastened on by means of eyelet holes and rings, the latter being concealed by the inner buff facing. If put on in this manner, they can be easily replaced by a new set, when they become soiled; though, if proper care be used, these buttons will retain their original lustre a long time. In addition to their extreme beauty, they possess the merit of great strength, which is an important desideratum."

It may be remarked, in conclusion, that starch goods, such as Marseilles, do not answer so well for waistcoats as cassimere. The latter is softer, and more pliable, and not subject to creasing badly. Still, a white waistcoat, either of marseilles or silk, is always genteel, and looks well with plain gilt buttons.

The cravat is simply tied at the throat, dispensing with the pin. In fact no jewelry whatever should be worn with the Bloomer waistcoat—its buttons being amply sufficient for ornament.

THE EFFECTS OF CHEAP POSTAGE.—It quickens the human mind—increases correspondence, trade and commerce. It enlarges our acquaintance and sphere of usefulness. It renews and strengthens our friendship. It places the inhabitants of our continent within easy reach of each other. It facilitates the diffusion of knowledge through daily, weekly, monthly, and quarterly newspapers, magazines, books, scientific and literary periodicals, rendering them accessible to all classes, and placing our people into more intimate relations with each other.

Now, instead of once or twice a year, as formerly, relatives and friends write each other from great distances weekly, or monthly, and when they have no special news to communicate, young people write for the mutual improvement of each other.

Formerly, it was an event to receive a letter from an absent friend, at the cost of half a week's wages for postage. Now, it is a frequent and unexpensive luxury, which all who can read and write may enjoy. Formerly, the reception of a letter from a traveler in a joining state, caused a "great commotion" throughout the neighborhood, from which he started. Fathers and mothers wept for joy to hear from the son, while the children would carry the "glad tidings" to the school, and the church, and the young men to their work shops and factories, so seldom was it that an absent friend reported himself by letter. But how different now! A young man leaves home for the Far West, the North, East, or South, and is considered negligent if he fails to write home from every principal stopping-place, giving an account of his progress, success, health, and so forth. Anxiety is thus allayed, and all are made glad and happy.

Children should be provided with pen, ink and paper, at an early age, and be taught to write a "good, plain hand," even before studying arithmetic or geography. It will be found far less irksome for most pupils, it being a mechanical process, and easily learned. Every boy and girl at twelve years of age should know how to write and direct a letter properly. Once taught they will, with few exceptions, go on improving, until they acquire a finished hand—than which, what accomplishment for a young man or woman is more desirable?

Then write letters—write for the press—use the facilities which government, through the "people," offer for the diffusion of thought, the improvement of mind and morals, the progress and development of man.

CHEAP POSTAGE will do much to people new states and territories, and, to a great extent, to educate their "people." It will equalize political, religious, and social privileges, strengthen ambition to do good, and lift mankind up—up, out of darkness into light, enlarge his soul, and inspire him with a higher and holier love for God and man.

CHILDREN'S PARTIES.

There are two kinds of parties for children—one a mere fashionable display, made to gratify the vanity of parents; the other projected and carried out with a sincere desire to render the little ones happy, and cultivate in them truly social feelings. The end always gives quality to the act, and the operation of this law is clearly seen in the matter of children's parties: Where these are given from parental vanity and love of display, the children are feasted to repletion on

rich confectionary, and kept up until a late hour in the night—but where the innocent pleasures and social good of the little ones are alone regarded, there is little display, a moderate and healthy supply of refreshments, and early hours for retiring home.

Punch has hit off, with some exaggeration, in the picture we have given below, the consequences of a fashionable children's party. The appearance of the doctor is "awful" enough. He is no Homœopathist by the way; there would be little consternation among the juveniles were such the case.



AWFUL APPEARANCE OF THE ALLOPATHIC DOCTOR.

Infinitesimal doses do not kill. Though the "dynamic force" may augment inconceivably at each additional "shake," the potency required is never of the death-dealing kind. "The doctor's coming" has long been a *bug-a-boo* to send noisy children shuddering to their hiding-places. From earliest infancy the appearance of the "medicine-man" has been associated with "pains and penalties" from which adults as well as children sometimes shrink in terror. Bleed, blister, burn, leech, scarify, pustulate, puke, purge, torture;

mangle, poison, nauseate, are among the anxious reflections the artist has so graphically exhibited in the terrified countenances of the family group; while the unrelenting, tiger-ocious, expression in the knowing face of Esculapius, reminds one of the decision given by Diogenes in a question of precedence between a doctor and a lawyer,—“Let the thief go before, and the executioner follow.”

It may be urged as an objection to Water-Cure doctors, that their name cannot be relied upon to frighten the little



PLEASANT APPEARANCE OF THE WATER-CURE DOCTOR.

ones into obedience. Young children easily become as fond of padding in the water as young ducks: and the cry,—“The Water-Cure doctor is coming,” will be apt to be regarded as a chance for extra indulgence: so that the rising generation may render themselves liable to punishment for

the mere fun of suffering it. This is an objection to our system we cannot very well meet; and as it is the only one insurmountable by us, we leave the next group of children in the hands of the hydropath, and submit the whole affair to the unerring pencil of the artist.

THE NEW COSTUME.

HINTS SUGGESTED BY NEARLY A YEAR'S EXPERIENCE.

BY MISS HARRIET A. MORSE.

When heavy woollen goods are used for the dress, the skirt ought to be single. If one thickness of the cloth be insufficient, it may be lined with colored muslin or merino, with a layer of wadding quilted to the lining. This will make the skirt keep in shape in any weather.

The trowsers, if woollen, (which is decidedly preferable for any season,) ought to be cut with half-gaiter bottoms, to rest on the instep. With trowsers of this kind, one can wear high boots, gaiters, or low shoes, as circumstances may require.

Since the vest has been introduced, a sack is indispensable. This is made in a variety of forms. For good service, the sleeves ought to be plain and have the coat form, as the oriental cut with muslin undersleeves, is only adapted to times of leisure. The collar should be turned back, and the lapels out straight, which gives an opportunity for velvet edging, binding or embroidery. Its general appearance does not differ much from a military frock, though it is much looser in the waist, particularly the back part.

The vest, (which is cut strictly in the male style,) overlaps the skirt about two inches. The best form is that given in the December number of the Water-Cure Journal. The upper half should not be buttoned except in very cold weather. Buff cassimere is better than Marseilles, because it is less apt to wrinkle, and being free from starch sets more neatly to the form. [We here omit such remarks as are embraced in another article in the present number. ED'S.]

The Magyar hat is conceded to be the neatest and most comfortable for the winter season. When summer comes, straw, of course, will be again worn.

As a general rule, the sack, skirt, and trowsers, should be of the same goods—or, at least, of the same color. The hat may be either drab or black.

THE MODERN BELLE.—[Who "don't like" "the new costume"]

BY JOHN G. SAXE.

The daughter sits in the parlor,
And rocks in her easy chair;
She's clad in her silks and satins,
And jewels are in her hair—
She winks and giggles and simpers,
And simpers and giggles and winks,
And though she talks but little,
'Tis vastly more than she thinks.

Her father goes clad in russet,
And ragged and seedy at that—
His coats are out at the elbow,
He wears a most shocking bad hat.
He's hoarding and saving his shillings,
So carefully day by day,
While she, on her beaux and poodles,
Is throwing them all away.

She lies abed in the morning,
Till nearly the hour of noon;
Then come down snapping and snarling,
Because she was called too soon.
Her hair is still in her papers,
Her cheeks still dabbled with paint,
Remains of the last night's blushes,
Before she intended to faint.

[These are the "birds" who would be praised for the "fine feathers" they were, and who would take delight in being regarded as the leaders of fashion. How useless to themselves, to their parents, to society. But they don't live long. Yet they are a damage to the world while they live. Let us be charitable to the poor things; nor treat them with less regard than we would the other sex, who belong to the same low stratum of society, denominated Dandies.]

When a man now-a-days wishes to communicate the intelligence that a daughter has been added to the family, he says, "that his domestic affairs have reached a *crisis*." [The man who made that "pun" must belong to the Allopathic school. Water-Cure "sisses" don't cry, when properly taken care of.]

IN OSWEGO, N. Y., there are nine churches, two Episcopal two Presbyterian, two Methodist, two Roman Catholic, and one Baptist. There are sixteen flouring mills, with eighty-three run of stone, capable of manufacturing 7,575 barrels of flour per day. 888,161 barrels were shipped by canal in 1851.

There are four grain warehouses, and twenty-two manufacturing establishments, among them a cotton and a woolen factory, and the largest starch factory in the world, working up 200,000 bushels of corn annually. There are six fire engines, two hook and ladder companies, and one Water-Cure Establishment. The aggregate value of trade with Canada, in 1851, was about \$5,000,000, and the total value of the Lake trade \$22,575,246.

DISCOURAGING.—In declining a communication, sent to the *N. Y. Mirror* for publication. The Editor thus writes:

"TO CORRESPONDENTS.—The young gentleman who sends an essay in verse, which he calls 'Midnight Watchings,' must excuse us from publishing these firstlings of his uncultivated Muse. Many of his thoughts are beautiful; but his 'feet' are imperfect, and his rhythm lumps. We commend him to Shakspeare, Nature, and the cultivation of potatoes, rather than poetry. The latter occupation pays better, and is more conducive to health, both bodily and mental."

To Correspondents.

We are often requested to reply to questions, "in the very next number." Which we are always glad to do, when the number is not too far advanced. Subscribers will bear in mind, that the immense edition which we now publish, requires us to commence printing early in the month, preceding the date. Therefore, unless received before the 10th of June, answers cannot be given through the Journal, until the August number. The same is true, in regard to advertisements. They should be sent in early, to ensure an early insertion.

CHRONIC COUGH AND DEBILITY.—V. D., Caledonia, Pa.—The patient has been taking James's pills for months, to keep down the cough, induced by a common cold. He now suffers extreme weakness, and wants to know how to manage with water. This complaint is incipient consumption, and he should not undertake treatment, especially as he is wholly unacquainted with the water-processes, without a competent adviser, or at an establishment. Thousands of consumptions are induced, and lives destroyed, by those abominable pills of Dr. James'. The active ingredient is tartarized antimony, and this is the most deadly and debilitating poison of the whole allopathic materia medica. See *Hydropathic Encyclopaedia*, vol. 2, page 315. Article, Antimonial Poisons.

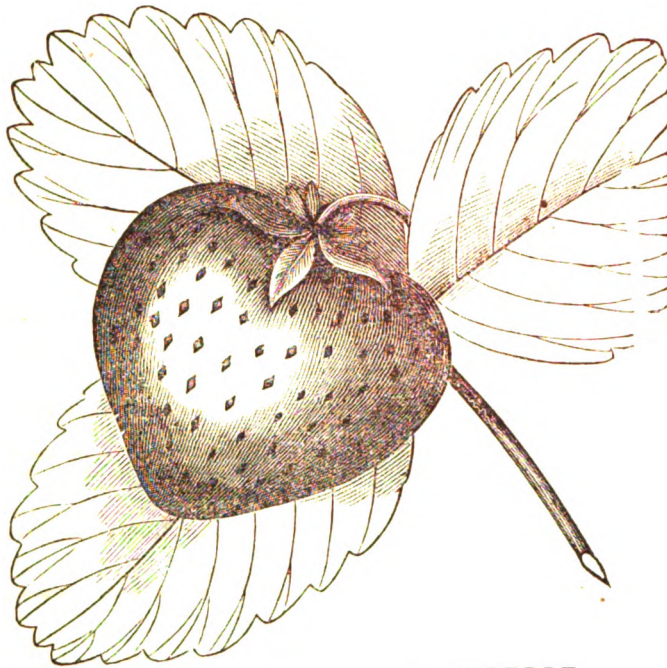
KINE-POX INFECTION.—H. K., Joliet, Ill.—The contagious matter of small-pox, as modified by passing through the body of various domestic animals, constitutes what is called *kine-pox*. For purposes of vaccination the *kine-pox* matter is usually obtained from the cow. This modified small-pox, alias *kine-pox*, when inserted beneath the cuticle of the human being, produces an affection very similar to the disease of the cow, and protects the body from the genuine small-pox. You are therefore right; and all of the *regular* doctors in your place are in the wrong. Perhaps they cannot abandon that wrong without also hazarding their bread and butter; therefore, as self-preservation is the first law of nature, they have a sort of a shadow of an excuse for warring upon you.

CONSTIPATION AND PILES.—J. H. C., North Vassalboro, Me. The principal treatment in your wife's case is dietetic. Without coarse opening food, a cure is impossible. Frequent hip-baths would be useful. You say, she does not like Graham bread. Wheaten grits, rye-meal mush, wheat-meal biscuits, rye and Indian bread, potatoes, and fruits, &c., will answer instead of Graham bread. It is no uncommon circumstance for a female to prefer a miserable existence; and to drag through life, loaded down with disease, rather than eat coarse bread, which will make the bowels move. It is, however, a horrible perversity of appetite.

BATHING ROOMS.—J. S., Greenwood, Ill.—Can you not give us some plan of a bathing-room, with tub, douche, &c., which will be convenient and not expensive? The plan should have reference to the supply of water, and the manner in which it can be brought into the bathing-room. Douches are easily constructed; a barrel or hoghead can be elevated a sufficient height to serve as a reservoir; and the stream can be regulated by a tube of the desired diameter. The showering apparatus can be fitted to the same reservoir, and the tub can be placed beneath.

DYSPEPSIA AND GENERAL DEBILITY WITH NEURALGIA.—E. P. G., Richmond, Ia., asks for a letter of information, &c. How can we address a letter to you, when you have only sent the initials of your name? Write again, and describe your usual and present dietetic habits; also the medical treatment you was subjected to, when you had the "low nervous fever." From what you say of yourself, there does not appear to be any serious difficulty in the way of recovering good health, but you want the full water and dietetic part of the treatment.

CUTANEOUS DISEASES.—Z. I., Salem, Ohio—The oldest of the children you mention requires frequent packing, followed by the half-bath, with a diet wholly of unfermented and unbolted bread, fruits and vegetables, with abstinence from salt, grease, and hard water. The youngest needs to have the above system of diet strictly followed by its mother. The probability is, that the parents will not be strict enough in home-practice to effect a radical cure; hence they should go to an establishment.



HOVEY'S SEEDLING STRAWBERRY.

THE STRAWBERRY.—Now that the season is at hand for enjoying this delicious fruit, we take the pleasure in presenting our readers with a beautiful Engraving of one of the best varieties—together with a few remarks in regard to its culture, which we select from various sources.

The *American Agriculturist* says:

"This splendid Strawberry was raised by Messrs. Hovey, and company, of Boston, and for this climate is one of the finest of all varieties. It bears the largest and most delicious of fruit, frequently measuring, under ordinary cultivation, three or four inches in circumference, or an inch to an inch and a quarter in diameter. To produce berries of mammoth size, take large, thrifty plants, and transplant them in rich, deep soil, one foot apart, and keep all the runners trimmed off, and the ground loose. The next season clip off all but two or three of the first blossoms on each plant, taking care to have a few plants of another variety of the same class, with staminate flowers, in their vicinity."

THE SECRET OF GROWING THE STRAWBERRY SIX MONTHS CONTINUOUSLY.—This secret has been discovered and practiced by Charles F. Peabody, of Columbus, Georgia, one of the editors of the "Soil of the South," for several years, not as a theory or mere experiment, nor accidental production, but as a science—a study of time, successfully carried out for profit; for he sends his market wagon into the city loaded with this rich luxury from March till September; and last year, his vines continued to ripen fruit until Christmas.

What is the secret? our fair readers exclaim. What new variety? No other than Hovey's seedling, impregnated by early scarlet, and never manured, but kept continually moist by artificial watering; for which purpose he uses a garden engine.

For four years, Mr. P. cultivated the same variety in rich garden mould, manuring liberally every year, and at any time during summer could have mowed a heavy swarth of green luxuriant vines, which would have made very good hay, but that was not what he wished to grow. Failing to get fruit by garden culture, he commenced the experiment which for six years has proved so eminently successful. He cleared off a strip of low land along a little rivulet, the soil of which is coarse sand and loose gravel, intermixed with

clay slightly, and of course covered with forest mould; digging out the roots of a thick growth of bushes sufficiently prepared the land. The vines were then set in rows, six of Hovey and one of scarlet, and the surface has never been disturbed since by spade or hoe, except so far as going over the ground once or twice a year to cut out here and there a decaying vine or bunch of grass or weeds—few of which, however, in consequence of using no manure, ever make their appearance; neither do the plants run to vines, spreading all over the surface every year as they did in the garden. The whole strength seems to be exerted for the production of large rich berries to such a degree that the ground is red with fruit, not green with leaves; and this not upon a little plat, but over a field of five acres.

And does he never manure them? It is undoubtedly asked by every tyro in the business of growing strawberry vines. Mr. Peabody grows roots, stems, and fruit. I repeat, he never manures, never digs the ground, nor turns under the old roots to give place to new ones. In autumn, he gives a light dressing of the surface soil of the forest, and covers the ground with leaves; these remain until decayed, and serve to keep the berries clean during the long bearing season. This, and the watering every hot day when it does not rain, is the great secret of growing strawberries; not only six months, but last year he actually had them upon his table every month but two—January and February. Of course, at the north, the bearing season could not be of equal duration, but it may be greatly extended by the same course of cultivation.

The *Phrenological Journal*, has the following:

"This delicious gift of nature (improved, as is the human mind, by CULTURE,) is, without question, the reigning prince of berries. Its flavor, its odor, its melting sweetness, and its undisputed wholesomeness, impart to it a pre-eminence of popularity with the universal palate. It is easy of cultivation, and every man who can command a few feet of ground can, in the season, preside over this luscious repast, fresh from nature's "horn of plenty." Nor should any cottager, much less farmer with his large kitchen garden, be without this most delicious fruit."

MEDICAL EDUCATION.—C. D. A., Concord, N. H.—“What time is it necessary to devote to study to become a good Hydropathic physician, and what will it cost?” One, two, three, or four years, according to capacity to learn and previous qualifications. The expense may be much or little, according to circumstances. C. D. A. says: “I have been at a stand, whether to study with a botanic or hydropathic physician, if I conclude to study medicine.” Study with a botanic by all means, if you have the least shadow of doubt in choosing. Nobody should ever take up hydropathy who is merely aiming at a profitable trade, nor unless fully imbued with the spirit of Him who “went about doing good,” whether the majority liked or disliked his doings.

DROPSY.—**INQUIRER**, Linden, Wis., says: An allopathic doctor, from Germany, (acquainted with the Water-Cure,) says water will cure diseases generally, but that the patient becomes dropsical, and soon dies “Can this be so?” No. It has not even the shadow of truth. This was one of the first “objections” started by the allopaths to frighten people away from water doctors; but, like cod-liver oil, it has had its day.

MUCOUS DYSPEPSIA.—J. D., Detroit. Cases like yours require a long time, often years, to effect a restoration. Keep on the plain diet plan, and use hip-baths once or twice a day, as cold as can be borne without feeling chilly, or stiff in the muscles of the abdomen, and lower extremities afterward. Wear the bandage whenever the weather is not very cold; omit it, however, during the night. Walking foot-baths would be useful for the state of your eyes.

SKIN DISEASE.—Hibernia Canadensis, Cincinnati. We do not hold ourselves under obligations to answer anonymous communications; but presuming you have a local habitation and a real name, we answer your question. What is the best treatment of the disease called acne, or black spots on the skin? by referring you to the Hydropathic Encyclopædia, Vol. 2, chapter on Diseases of the Skin.

CANKERISH.—S. K. writes anonymously from Boston: “Please inform a sufferer, through the columns of your Journal what course of treatment you pursue in curing the canker in the stomach, throat and mouth.” Please inform us, who you are, and the circumstances of the case, if you desire gratuitous advice. General information you can get in hydropathic books. This place is designed to answer brief and specific questions.

FILTERED WATER.—J. J. P., Portland. “Can filtered rain water be retained from one rain storm to another of long duration, without losing any of its remedial properties; and what is the best method of preserving it?” It depends somewhat on how long the duration is between the storms. In most cases it will keep good from storm to storm in this climate. The best way to preserve it, is to keep it as cold as possible.

DIFFICULT BREATHING.—J. F. B., Burnt Corn, Ala.—Symptoms like yours generally originate from constipated bowels, or from an organic imperfection or malformation of the heart. If from the former, the remedies are, coarse food, hip-baths, kneading the abdominal muscles, &c. The latter difficulty is irremediable.

CHRONIC INFLAMMATION OF THE THROAT AND LARYNX.—J. W. F., Ellenburgh.—Wear the chest-wrapper constantly; take a daily ablution or half-bath, also one or two hip-baths, as cold as can be borne, followed by quick and comfortable reaction. A plain vegetable diet is also necessary.

SPIRAL INJURY WITH FITS.—J. F. jr., Oak Creek, Wis. Wash the whole body every morning; apply a moderate douche to the back, two or three times a week; and on the alternate days, take a hip-bath about 65°, ten minutes.

TEMPERAMENTS, &c.—B. B., Canada West.—1st Question. Probably you can; much, though, depends on the subject you hit upon. 2d. Yes; but be brief. 3d. No. 4th. A slight rash often occurs in such cases. 5th. Yes.

FISTULA IN ANO.—Z. T., Brandon. Some cases can be cured by water-treatment alone; others require surgery, as the caustic or ligature, or both. This matter is explained in the Hydropathic Encyclopædia, Vol. 2, Page 360.

INFLAMMATORY RHEUMATISM.—C. A., Genoa, Ky., wishes to know what course he should adopt in a case of inflammatory rheumatism of three years' standing, after having employed all the resources of allopathy, and having grown worse continually? Go to a good establishment at once. The drugs must be “packed” out of you; and you require thorough but careful management.

DYSPEPSIA.—J. E. Woodville, Miss. You are on about the right plan, a hip-bath occasionally, five to ten minutes, would assist the cure. Probably sufficient perseverance will result in a restoration.

ST VITUS'S DANCE.—H. C., Monticello, Iowa. “Can this disease be cured by water and hygiene; and if so, what are the means to be employed?” See Hydropathic Encyclopædia, Vol. 2, Page 212.

LIVER COMPLAINT.—S. R. W., Boston. The general uneasiness, numbness, pain about the shoulders, &c., indicate a chronic inflammation of the liver; and the treatment for that affection would doubtless apply to you.

R. W. H., PAYSON, Illinois.—Give us a detailed account of the prevalent diseases, and their common treatment as now practiced by “regular” doctors, also what progress the Water-Cure is making in Adams county.

TYPHUS FEVER.—H. F. G.—See April number of this Journal; also Hydropathic Encyclopædia, Vol. 2, Pages 72 to 90.

Book Notices.

BOOKS WHICH QUICKEN THE INTELLIGENCE OF YOUTH. DELIGHT AGE, DECORATE PROSPERITY, SHELTER AND SOLACE US IN ADVERSITY, BRING ENJOYMENT AT HOME, REFRESH US OUT OF DOORS, PASS THE NIGHT WITH US, TRAVEL WITH US, GO INTO THE COUNTRY WITH US.—Cicero:

FOWLERS AND WELLS, will furnish, at publishers' prices, all works published in Europe or America, and forward the same by express or otherwise, on receipt of post-paid cash orders.

DWIGHT'S JOURNAL OF MUSIC, published every Saturday, at 21 School street, Boston, at \$2 00 per annum. By JOHN S. DWIGHT, editor and proprietor.

[Our excellent friend Dwight shall speak for himself to our readers through his own modest prospectus, which we herewith annex, adding, however, that the editor stands at the head of American musical critics. He will, in his Journal, fulfill all his promises.]

Its contents will relate mainly to the art of MUSIC, but with occasional glances at the whole world of Art and of polite Literature, indeed at everything pertaining to the cultivation of the Beautiful; including from time to time:

1. Critical reviews of Concerts, Oratorios, Operas; with timely analyses of the notable works performed, accounts of their composers, &c.
 2. Notices of new music published at home and abroad.
 3. A summary of the significant Musical News from all parts, gathered from English, German, French, as well as American papers.
 4. Correspondence from musical persons and places.
 5. Essays on musical styles, schools, periods, authors, compositions, instruments, theories; on musical education; on Music in its moral, social, and religious bearings; on Music in the Church, the Concert-room, the Theatre, the Chamber, and the Street; &c.
 6. Translations from the best German and French writers upon Music and Art.
 7. Occasional notices of Sculpture, Painting, Architecture, Poetry, æsthetic Books, the Drama, &c.
 8. Original and selected Poems, short Tales, Anecdotes, &c.
- A brief space also will be devoted to ADVERTISEMENTS of articles and occupations, literary or artistic.

BIBLE TEMPERANCE against Ultra Teetotalism, by SHELTON BUCKINGHAM. Octavo, 128 pages. New York: ANGELL, ENGELL & HEWITT.

A perfect Daniel of a lawyer, but he has not “got his case.” He quotes Scripture like a very—saint, but goes in for the “bitters.” In his motto he says—

“Stick to the Bible,”

But he forgets that “Old things must pass away, and all things become new;” such, for example, as a more consistent interpretation of these portions of Scripture. He says Christ made wine out of water, admit it; so may Neal Dow,

if he can, and such wine will make nobody drunk; wine made of water will be harmless. But enough of this Bible wine drinking; we don't believe in the argument; we go in for the MADE LIQUOR LAW, and in pure, sparkling, unadulterated “Adam's ale,” as it bubbles up in “living springs.”

MEN AND WOMEN OF THE EIGHTEENTH CENTURY.—By ARTHUR HOUSSEY. 2 vols. 12mo. New York: J. S. REDFIELD.

This is the most brilliant book of the season, and one that is destined to make a deep impression upon the public mind. The period of history to which it relates, the variety and piquancy of the characters, the sparkling style of the author, all combine to render these volumes attractive and graceful beyond anything which we have ever seen. For who can call to mind the reign of Louis Quatorze's son, and his mistress, Madame de Pompadour, without wondering at his history? Who can recollect the illustrious French men and women of the eighteenth century, without mingled admiration and abhorrence? Who can read of the dissolute manners, the irreverence, the wit, the philosophy, the genius, the false principles of that age, without remembering to what a fearful termination in anarchy and blood society was then rapidly hastening? Looking upon M. Housseay's volumes as a vivid representation of the age of Louis XV., with its lights and shades, a daguerreotypied picture of an eventful era, they assume a high rank in a moral point of view; for they evince most clearly at what point in a nation's history, and by what indications, we may look for its meeting with just retribution; the eternal principles of truth will be vindicated, sooner or later; and national crime will bring on national punishment. On this account, we can see very well why M. Housseay has introduced some characters into his brilliant volumes, who in other respects it were better never to speak of; and we are confident that the public in general appreciate the author's motives in the course he has pursued. One thing is very certain, that he often conveys a lesson directly of a Christian kind, and is careful not to present vice to the reader in such wise as that he shall be lured to its embrace.

The translation is very admirably done, and reproduces the brilliancy of the original in the flowing nervous English of our day. In all other respects, Mr. Redfield has issued these volumes in a style of elegance and refined taste which characterize his publications, and which have placed him in the front rank of New York publishers.

“LIGHT FROM THE SPIRIT WORLD.” The pilgrimage of THOMAS PAINÉ AND OTHERS, to the Seventh Circle in the Spirit World. By Rev. CHARLES HAMMOND, Medium. Rochester: D. M. DEWEY. New York: To be had at 129 NASSAU ST.

A pressure of earthly duties, together with a disinclination to leave this mundane sphere at present, seems to us a sufficient reason for not reading this book, and we openly disclaim all knowledge of its contents, further than the title page. There are several subjects besides this which we have not investigated, deeming it the privilege of every one to choose his own occupation. We have conscientiously chosen ours; nor do we feel in “duty bound” to neglect our present calling for any other. Those who are otherwise disposed, will, doubtless, investigate Millerism, Mormonism, the Rochester Knockings, and all other subjects which come within or without the comprehension of the human mind, and tell us all about it whenever we are ready to hear. But just now we must really beg to be excused.

The book before us contains 264 pages 12mo., well printed, and sells for 75 cents.

FANCIES OF A WHIMICAL MAN. By the author of Musings of an Invalid. New York: JOHN S. TAYLOR. 12mo. 280 pages.

Succeeding so well in the first attempt, the author could not be expected to rest his pen, while, as he supposed, greater honors and success awaited him. In his first book, entitled, *Musings of an Invalid*, he portrayed, in natural colors, the peculiarities of a very large class of our unfortunate fellow humans who have spoiled their tempers and bodies, some by dissipation, others by doctoring and dosing. But all were grumbling grunTERS without an attractive trait. In this, his last work, we have a different cast of mind; *wit*, *wit*, and *sarcasm*, are the dominant features, and well has he “taken off” many foolish absurdities, leaving it to be inferred, of course, that he is “just about right” in his estimate of all things proper and improper. However, it will enable, yes, compel, some folks “to see themselves as others see them,” which may “from many a blunder free them.”

THE CRYSTAL PALACE and its Lessons. A Lecture. By HORACE GREELEY. 32 pages, octavo. Price 12¢ cents. New York: DEWITT AND DAVENPORT.

When tired, discouraged, and sick of life, with a cold, hopeless future before you, and when no friend is near to encourage, we would advise the patient to peruse or listen to the reading of this attractive Lecture. It cannot fail to arouse whatever of life or of hope he possesses. He will then take a realizing sense of his duty, and his destiny. Nor let his energies flag, while there is enough of vitality in his body to enable him to make a single effort towards the further development of muscle or of mind.

Mr. Greeley has described most eloquently what he saw in the greatest exhibitions of human industry ever beheld by man. There he gives us, in plain English, the great lessons, political, intellectual, religious, commercial and mechanical, which grow out of it, and intimates, very clearly, that the world is **PROGRESSING**. It is, indeed, a treat to read, and to re-read a document imparting so much life, light, and energy. It inclines one to renew his lease on life, and to put his shoulder to the wheel with a hearty good will to help on, with mighty strides, the subjugation of all the elements, including **MOUNTAIN, LAND, AND SEA**.

A PILGRIMAGE TO EGYPT, embracing a Diary of Explorations on the Nile; with observations illustrative of the Manners, Customs, and Institutions of the people, and of the present conditions of the Antiquities and Ruins, with numerous Engravings. By J. V. C. SMITH, editor of the Boston Medical and Surgical Journal. 12mo. 350 pages. Boston: GOULD AND LINCOLN.

An exceedingly interesting volume, answering in all respects the elaborate title quoted above. Dr. Smith has observed and described men and things in Egypt as none but a phrenologist and a scholar could observe and describe. We have had innumerable books on travel in Egypt, written by invalid gentlemen, or by missionaries sent out by religious societies, who have given us more Theology than Geology, and more sermonizing than geography. But in the present volume we have both, the Science and Religion; also an account of the commerce, manufactures, agriculture, the natural history, education, society, and so forth. In fact, it is the most complete and satisfactory work on the East that we have ever met. We hope the author will not delay the publication of his work on **PALESTINE**, announced in the preface of this, which should, by all means, accompany the present agreeable and instructive "Pilgrimage to Egypt."

LYRA AND OTHER POEMS. By ALICE CAREY. 12mo. 160 pp. New York: J. S. REDFIELD.

A poet of high and holy aspirations, exhibiting, perhaps, more of the delicate, dependent feminine spirit, than can elsewhere be found in any writer. To us, there seems to be a want of hope, courage and strength. The mind is too much exercised upon death, sorrow, and the grave. More hope, resolution, and cheerfulness, would, in our opinion, improve the author. It is possible that a want of physical vitality renders her thus sad and mournful. Man is to be improved by being encouraged. The Lamp of Hope, yes, immortal **HOPE**, must be hung in the Heavens, to invite him upward.

Miss CAREY has been pronounced by her admirers second to no other American female poet. Certain it is, she has acquired a high reputation for delicacy, refinement, and the most exquisite imagination.

HINTS ON DRESS AND BEAUTY. By Mrs. E. OAKES SMITH, 1 vol. 12mo. Price 25 cents, published by FOWLERS AND WELLS, New York and Boston.

A REVIEW, of this new work was given in the May number of this journal, but we herewith present, in brief, THE TABLE OF CONTENTS, which gives a better view of the range and extent of this beautiful Book.

CHAPTER FIRST.—The dress should bespeak the individual.—Classical dress.—Sensitiveness of women.—Impertinencies.—Author's experience of that kind.—The tourneur.—Danger of padding the bust.—Instinctive sense of appropriateness.

CHAPTER SECOND.—Independence in dress recommended.—Long robes and idiocy.—Turkish women, and Swiss contrast.—Dripping Undines.—Broadway walkers.—Long Robes for the parlor.—Democratic simplicity.

CHAPTER THIRD.—Study the poets.—Disguises adopted from sentiments.—Penalties attached to dress.—Primitive costumes.—Sense of the beautiful.—Vanity a vice in men.—Ugliness preferable to prettiness.—Love and beauty.—Dimpled shoulders.

CHAPTER FOURTH.—Past absurdities.—Indian's blanket.—The Reform Dress.—Milton in a tight bodice.—The Satirist is likely to be petty.—Aim at a thorough humanity.

CHAPTER FIFTH.—Invidious distinctions to be avoided.—Natural inference of the Turkish Women.—Genius the patent of nobility.—Full rich natures.—Beautiful in every stage of life.

"This is a brilliant production, combining wit, eloquence and sharp sense in the most piquant proportions. The salient vivacity of style displayed, as well as its uncommon vigor of thought, does justice to the distinguished literary reputation of the writer, and renders it a gracious offering to a worthy cause."—*N. Y. Tribune*.

This work may be sent by mail to any post office in the United States, postage pre-paid for 30 cents, or it may be obtained through Booksellers, for 25 cents a copy.

THE CAVALIERS OF ENGLAND; or the times of the Revolutions of 1642, and 1688. By WILLIAM HENRY HERBERT, New York: J. S. REDFIELD. 12mo, 425 pages.

THE LEGENDS OF LOVE AND CHIVALRY, will always find readers, while those passions compose the controlling elements of the human mind. Man is by nature a *loving* animal, and if we are to judge him by *all* past history, he must also be pronounced a *fighting* animal.

This volume contains some of the most thrilling and interesting historical sketches of "Love and Chivalry," to be found in print. The following are among the subjects:

The Brothers in Arms; or Three Noblest Victims for Opinion's Sake. The Rival Sisters; or Juggelborough Hall. Jasper St. Aubin; or The Course of Passion. Vernon in the Vale; or the Price of Blood.

The author is well known as a popular magazine writer, and the present volume contains a revision of some of his early productions.

THE APPROACHING CRISIS: Being a Review of Dr. BUSHNELL'S recent lectures on SUPERNATURALISM. By A. J. DAVIS. Octavo, 221 pages. New York: J. S. REDFIELD. Price 50 cents.

The author has given his "impressions," not without argument, on Supernaturalism. Of course, he takes the Rationalistic view of the subject, and with a prophetic eye points to the future, indicating results which a less venturesome mind would never have predicted. Though more mature, the present work will prove equally as fascinating as any of its predecessors.

Mr. Davis is, himself, a modern miracle, not more easily comprehended than other indescribable wonders. His books will all be read, and all sorts of conclusions will be formed in regard to their merits; but their scientific reliability may not be determined until he directs his attention in that channel, while all who read will admit that his moral and spiritual conceptions are vast and sublime.

ISA—A PILGRIMAGE. By CAROLINE CHESBRO. 12mo. 320 pages. New York: J. S. REDFIELD.

"'Tis but a dream!
IT IS A THOUGHT."

The reflection of an active, critical, independent, and aspiring mind bound down to earth, because it cannot leave the body and fly into regions high above. Her characters are positive, honestly painted, without flattery or disguise, showing a clear, penetrating, discriminating and comprehensive intellect, well schooled in experience and common sense, with an imagination not wanting in brilliancy. Life, in its various phases are vividly portrayed, and death scenes so described as to awaken the most sluggish or indifferent heart. The volume will be widely read, and do good.

THE FAVORITE, a magazine of instruction and amusement for boys and girls. D. H. JAKES, editor. New York: HYATT & JAKES, publishers. Terms \$1.00 a year in advance.

A very pretty name for a pretty monthly Journal; an attempt to combine instruction and amusement for the young. It cannot fail to become a favorite with all juveniles, and we welcome it as a co-laborer with our *Cabinets, Museums, and Students*, in the great field of Juvenile EDUCATION.

KOSSUTH.—John S. Taylor, 141 Nassau st., New York, has published a Steel Engraving of Kossuth, which he will send by mail, free of postage, on receipt of one dollar. It is a half length picture, and will be a treat to the admirers of the Eloquent Magyar. Than a portrait of this eloquent son of liberty, we know of no other more desirable to be placed in every man's library.

Advertisements.

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

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

THE ILLUSTRATED 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; Dietsetics 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 complete Index. By R. T. TRALL, M. D. Two 12mo. volumes, substantially bound, price \$2.50, just published by FOWLERS AND WELLS, New York.

For popular reference on the subjects of which it treats, we know of no work which can fill its place. Without any parade of technical terms, it is strictly scientific; the language is plain and simple; the points explained are of great importance; devoted to progress, the editor is no slave to theory; he does not shock the general reader by medical ultrarisms; while he forcibly demonstrates the benefits of modern improvements. Of all the numerous publications which have obtained such a wide popularity, as issued by Fowlers and Wells, perhaps none are more adapted to general utility than this rich, comprehensive, and well-arranged Encyclopedia.—*New York Tribune*.

SPALDING'S IMPROVED GRAHAM FLOUR is for sale by N. H. Wolfe, No. 17 South-st., New-York, John D. Gardner & Co., flour commission merchants, Boston, Wyman K. Barrett, commission merchant, Albany, and by L. A. Spalding, Lockport, N. Y.

This flour is made of the best quality white wheat, and warranted superior to any flour hitherto known as Graham Flour. It makes a superior loaf of brown bread, Rusk, Cakes, and Pie crust—and where used is highly approved. Try it, and then judge. June, 6t.

SYRINGES.—We have just received from the Manufactory of A. H. Hutchinson, Sheffield, England, an assortment of their superior Syringes, comprising various sizes and styles, among which are some of the finest ever imported. We can furnish almost any pattern desired at from three to ten dollars. We would particularly request the attention of Hydropathic Physicians to some of the more improved styles, as we are confident their superior merit will ensure their immediate adoption.

We have also all of the different styles of domestic manufacture, which we sell at prices ranging from one to four dollars. Syringes can be ordered by mail, and sent by first express. All orders will be filled with dispatch. Address, post-paid, FOWLERS AND WELLS, 131 Nassau-st. New York.

THE SCIENCE OF SOCIETY.—Part I. The True Constitution of Government in the Sovereignty of the Individual. Part II. Cost the Limit of Price, a Scientific Measure of Honesty in Trade. Two parts in one volume. By Stephen Pearl Andrews. Published by FOWLERS AND WELLS, New-York and Boston. Price 75 cents.

"This work claims to be a solution of the Great Social Problem; a demonstration of the principles of Individual Sovereignty; an interpretation of the laws of equity in social and commercial intercourse; an exposition of the fundamental principles which must form the basis of a True Social Organization. Simple and original in its principles, clear in its statements, exact in its logic, forcible in its applications, uncompromising in its conclusions, it is commended to the attention of those who are seeking to solve the problem of human destiny."—T. L. NICHOLS, M.D.

"Mr. Andrews has clearly produced ideas which sooner or later must force themselves on the attention of the public. The fairness and ability with which he has treated them are potent to the most cursory reader."—*N. Y. Tribune*.

"This is a work by an original and vigorous thinker. His views are stated with great clearness, and argued with no little subtlety and force."—*N. Y. Evening Post*.

"We can give no fair synopsis of the author's views, positions, and arguments. To be fully understood and appreciated, they must be read—read *in extenso*, and carefully and thoroughly examined."—*Oswego Palladium*.

"Mr. Andrews, the author of this work, is an able writer and a profound thinker."—*Boston Commonwealth*.

"This is one of the most remarkable productions we have ever yet read, as well because of the novel views it enunciates as of the masterly style in which they are expressed. Were his sentiments so many falacies, it would still be a

luxury to read an author who so well expresses himself. Mr. Andrews is no destructive. He has in him nothing of the Red Republican—at least not in the offensive sense of that designation.”—*Cleveland True Democrat.*

“Andrews is the theoretic and historic philosopher of what may be regarded as the specifically American form of Socialism. It is the work of an American philosopher, handled in that eminently practical manner which in all things is peculiar to Americans.”—[Translated from the *Allgemeine Zeitung* (German.)

THE FAVORITE; A new Illustrated Magazine for Boys and Girls. *D. H. Jacques, Editor.*

The Favorite is issued Monthly, each number containing thirty-two pages embellished with MANY BEAUTIFUL ENGRAVINGS, and forming, at the end of the year, a handsome volume of nearly four hundred pages! It is printed on the finest and whitest paper, in the highest style of typography, and is afforded at the low price of ONE DOLLAR A Year. It is filled with Stories, Poetry, Historical Sketches, Accounts of Travel and Adventure in foreign countries, Entertaining Scientific Instruction, Conversations on Natural History and Botany, Lessons on the Physical Training of the Young, Games, Riddles, &c.—the Entertaining and the Useful being happily blended throughout.

The young people are delighted with it, and declare that it was rightly named the *Favorite*. Specimen copies will be sent by mail to persons desiring to examine it. Terms, \$1 a year, or five copies for \$4. Address post-paid, HYATT & JACQUES, 97 Cliff-st., New York. N. B. Agents are wanted in all parts of the United States. June, 11.

ELEGANT AND FASHIONABLE CLOTHING AT LOW PRICES.—We take great pleasure in calling the attention of our readers, and especially those about to visit New-York, to the splendid Clothing Establishment of Messrs. BOOTH & FOSTER, 27 Courtland-st. These gentlemen have attained an enviable reputation for their fairness and punctuality in business, and have done as much or more than any others in abolishing the ruinous high tariff on wearing apparel, so long kept up to the damage of our pockets by so-styled fashionable tailors. They have proved that a genteel and elegant suit of clothes may be worn without making a man bankrupt, and deserve universal patronage for this equalizing trade; their establishment is one of the most extensive and perfect in the Union, and their superb assortment consists of every variety of wearing apparel needful or belonging to the wardrobe of a gentleman.

We advise our country merchants visiting the city of New-York, to give Messrs. Booth & Foster a call, whom they will, we assure them, find liberal and honorable gentlemen, prepared at all times to accommodate their wants, and to extend to them the utmost courtesy. June, 11.

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.

A beautifully printed volume, made eminently plain. Teachers will find it a superior text-book. Phonography has now become a fixed fact. It has found a niche from which it cannot be forced. It is simple. A child learns it readily. 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 practices.—*New York Tribune.*

THE SCIENCE OF MAN APPLIED TO EPIDEMICS: THEIR CAUSES, CURE AND PREVENTION. By LEWIS B. HOUGH. Price 50 cts. The above valuable Physiological work is published and for sale by BELLA MARSH, at No. 25 Cornhill; and by FOWLER and WELLS, No. 142 Washington street, Boston, and No. 131, Nassau street, New York. May, 11.

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

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 Light street, New York, (the oldest city Water-cure in the United States), one door from the beautiful promenade grounds of the St. John's Park, and in the immediate vicinity of the Hoboken Ferry. The house enjoys one of the most open, airy and quiet localities in the city; and a sail of ten minutes across the Ferry brings the cure-guests to the shaded walks and delightful groves of the Elysian Fields.

In addition to the usual appliances for full Water treatment, 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. Consultations and city practice attended to as heretofore. June, 11.

DR. T. L. NICHOLS and Mrs. GOVE NICHOLS have removed their WATER-CURE ESTABLISHMENT to Prospect Hill, Port Chester, N. Y., one hour's ride from the city, on the New-Haven Railroad—a situation of unsurpassed beauty and salubrity.

Their City Office is at No. 45 White-st., near Broadway, where they will receive consultations every Wednesday, from 2 to 5 P. M., and on other days by appointment.

Dr. WM. F. REE, a graduate of the American Hydropathic

Institute, and a thoroughly educated and competent Water-Cure Physician, will be at this office daily and nightly, and attend to consultations and city practice. We cordially recommend him as deserving entire confidence.

The first term of our School for the Physiological Education of Young Ladies, will open on the first Monday in June.

The third term of the American Hydropathic Institute will open on the first Monday in November. For Circulars, address T. L. NICHOLS, M.D., Port Chester N. Y. June, 11.

NEW GRAEFENBERG HYDROPATHIC, AND KINKSPATHIC ESTABLISHMENT.—The subscriber flatters himself, that the success of his institution is already as firmly established and extensively known as any health institution in THIS COUNTRY, —and would simply say that any desirous of knowing more, by writing to him will have sent them free of expense, a pamphlet of 16 pages, containing a full report of all the particulars. The institution is situated on Lockport Hill, about 5 miles from the city of Utica. Address R. HOLLAND, M.D., New Graefenberg, N. Y.

LEBANON SPRINGS WATER-CURE—This Institution is one of the oldest in America. It is situated directly across the way from the celebrated Thermal spring, at New Lebanon, N. Y. For salubrity of air, cold, pure, and soft water, romantic and delightful scenery, and general healthfulness of climate, and every facility for successful Hydratic treatment, this place is not excelled in this part of the country.

D. Campbell and Lady, the well known proprietors of the institution for the last seven years, still continue to provide for the wants of the sick and afflicted, and hope their long experience and qualifications will enable them to give the same general satisfaction in future, that has marked their efforts in the past.

The Medical department will be under the care of Dr. B. Wilmarth and wife, who from twenty-five years' experience and observation of disease and remedies, (five of which have been Hydropathic practice,) feel confident a good degree of success will mark their efforts in all curable cases committed to their care. Mrs. W. has qualified herself for taking charge of the "Female department" of the institution, and treating that long list of painful and harassing complaints peculiar to her sex. Terms, \$5 to \$3 per week; payment weekly. Examination free. Advice by letter \$1. Patients will provide the usual articles for treatment. D. CAMPBELL & SON, Proprietors; B. WILMARTE, M.D., Physician. Jn, 11.

MILFORD WATER-CURE ESTABLISHMENT.—The undersigned, having tested to considerable extent, in his Medical Practice for several years past, the wonderful virtues and power of Water, when judiciously applied as a curative agent in disease of the Human Organism, has, after duly considering the subject, and feeling the great importance of such an institution, to meet the wants and necessities of the public, and, by the urgent solicitation of many friends, finally consented to open his house for the reception of the Sick and Afflicted who may desire to obtain the benefits of Water-Cure Treatment. Chronic disease of every class will receive due attention, more especially Sorolofous, Lung, Rheumatic, Uterine, (or Female difficulties), Hemorrhoidal, (or Piles,) Nervous, and every variety of Cutaneous, or Skin diseases.

Suitable arrangements have been made for Nurses, and the accommodation of patients.

Patients are requested to bring one heavy comfortable, two woollen blankets, two coarse cotton and one linen sheet, four towels, and a quantity of old linen for bandages.

Terms—as liberal as at any other water-cure establishment; payable weekly. Address the undersigned, post-paid. E. A. COLE, M.D., Milford, Oakland Co., Michigan. Jn, 11.

MAMMOTH WATER-CURE OF THE WEST.—C. Graham, M. D., Proprietor; Roland S. Houghton, A.M., M.D., Resident Physician. This establishment is situated on a commanding eminence adjoining the town of HARRISBURG, in Mercer Co., Kentucky; being 30 miles from Frankfort, 23 from Lexington, and 8 from the Kentucky River,—near the geographical centre of the State. The main establishment is one of the most elegant and spacious buildings in the West; capable, together with the surrounding outages, of accommodating no less than 500 patients. Since the last season, the proprietor has erected, at a large additional expense, a spacious and commodious BATH-HOUSE, for the especial purpose of the WATER TREATMENT. This new building has been so constructed that the two departments into which it has been divided (for the exclusive use of the male and female patients, respectively,) are entirely distinct and complete. It is supplied with an abundance of excellent water from an inexhaustible spring in the vicinity of the establishment, of an average temperature of 55 degrees. Among the different baths will be found every variety which experience has shown to be suitable for the treatment:—such as the Douche of all kinds—rising, descending, and horizontal; eye, ear, and nose baths; irrigating fountains; the "snake bath;" the plunge, shower, half-bath, shallow-bath; sitz baths, etc., etc. In fine, the proprietor has avoided neither trouble nor expense in order to render the establishment inferior to none in Europe or America. The grounds are elevated and extensive; and the walks have been tastefully laid out, while they are perfectly shaded in the hot season. In wet weather, the spacious and extensive piazzas in front of the establishment afford a delightful and sheltered promenade of no less than 300 yards in extent. The establishment is also provided with two Bowling Saloons, and an elegant Saloon for the accommodation of patients who wish for other kinds of physical exercise. The Ball-room of the institution, which is 90 feet by 45, is one of the most tasteful and elegant rooms of the kind in the Western country.

The Medical department is filled by ROLAND S. HOUGHTON,

A.M., M.D., author of "Bulwer and Forbes on the Water-Treatment," "Three Lectures on Hygiene and Hydropathy," etc., etc.; and heretofore, for a number of years, a successful practitioner of the Water-Cure in the City of New-York. The proprietor is confident that Dr. HOUGHTON'S experience in the various departments of Hydropathy, will entitle him to the entire confidence of those who may stand in need of his professional services.

Patients are requested to bring two heavy comfortable, two blankets, two coarse cotton and one heavy linen sheet, six towels, and a quantity of old linen suitable for bandages; all of which should be carefully marked.

Terms.—The terms for board, medical fees, and attendance, will be TEN DOLLARS a week for each patient for the first four weeks; for each successive week, EIGHT DOLLARS. Servants who may be brought to attend on patients, will be charged \$2.50 each week. For further information, address DR. C. GRAHAM, Harrodsburg, Kentucky. June, 11.

GLLEN HAVEN FESTIVAL.—INVITATION.—We cordially and earnestly invite all persons who have been inmates under treatment at Glen 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 prejudices. 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 Glen 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 10 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 joy it, is our wish. Our P. Office address is Scott, Cortland County, N. Y. Respectfully, THE PROPRIETORS.

EASTHAMPTON WATER-CURE.—Dr. E. SNELL, having removed his residence from Springfield Water-Cure on account of its bad location and great unfitness for the business, has located himself in the beautiful village of Easthampton, near the Williston Seminary, and has purchased and fitted the building known as Snow's Hotel for a Water-Cure.

The great success attending his practice is shown in the fact that eighty out of a little more than one hundred patients treated at his establishment for a few months past have been discharged cured or nearly so, and all greatly benefited. Easthampton, the most beautiful village in Massachusetts, possessing every attraction, is but four miles from Northampton Depot, where a carriage from the house is always in waiting at the arrival of the several trains. Dr. Snell has the most unparalleled success in treating female complaints of all kinds. He also finds Coad's Patent Graduated Battery, which he has obtained at great expense, very useful in many cases of Paralysis, Rheumatism, &c. Terms, \$6 per week. Examination fee, \$2. Patients will furnish two comfortable, two blankets, two sheets, and some towels, all well marked. N. B. Patients very feeble, and bringing a nurse, can board the nurse for \$2 per week at the establishment. DR. E. SNELL, Proprietor and Physician. Jn, 2t.

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 piazzas.

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 \$8 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.

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 Railway, 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, \$4 and \$10 in winter, and \$10, \$11, and \$12 in summer, payable always weekly. Consultation fee, \$5. 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. WEDER, late of Philadelphia, is the Physician of the Institution. He is a graduate of the Medical College of Freyburg, 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. Weder; all others to GEORGE H. MITCHELL, Superintendent, directed to South Orange, Essex County, N. J. May, 11.

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 \$8 per week in summer; \$4 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 course cotton sheets, towels, &c. May, 31.

WYOMING COTTAGE WATER-CURE—WYOMING, 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.

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. 11th.

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 6 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. 11th.

FORESTVILLE WATER-CURE, at FORESTVILLE, CHAUTAQUE CO., N. Y.—This new Establishment got up on an improved plan and supplied with pure soft water from the hill-side, is now open for reception of Patients.

This is a point easy of access from all directions; situated upon the New-York & Erie Railroad, two miles from its termination at the lake, and five miles from the Buffalo and State line Railroad, from which passengers can come almost every hour in the day, leaving at Silver Creek. The Village has several hundred inhabitants, and is surrounded by a rich and productive farming country. The scenery romantic, and climate healthful.

DR. PARKER, resident Physician, for the restoration of his own health resorted to this system of treatment as practiced in several of the best establishments in the country, and now abandoned for this, his former mode of practice, as a less efficient and curative means. No pains will be spared in furnishing nurses and attendants for the benefit of the patients, and all indulgencies at the table and elsewhere allowed, consistent to the condition of the patient. Patients are required to furnish two good sized cotton comfortable, two strong sheets, six coarse bath towels, and something suitable for body bandages. Charges for Board, attendance, lights, fuel, &c., from \$5.50 to \$8. CHARLES PARKER, M.D., and AMOS R. AVERY, M.D., Proprietors. Address, Hanover P. O., Chautauque Co., N. Y. June, 6th.

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, 5 miles west of Dover, 12 miles west of New Philadelphia, 7 miles from the Zor 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 \$5 to \$8 per week, payable weekly in advance. Post-office address, Dr. H. FREASE, Deardorff's Mills, Tuscarawas County, Ohio. May 1st, 1852. May, 31.

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. HERO, 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, 4th.

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, 2d.

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 \$3 per week, payable weekly. T. T. SHELLEY, M.D., Proprietor. Feb. 5th.

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. 11th.

FOREST CITY CURE, near Ithica, on the eastern bank of the lovely Cayuga, and well furnished. Health of locality, purity of water, and beauty of scenery unsurpassed. Science and experience in the Medical department. A Gymnasium and other places for exercise and amusement attached. Terms, \$5 to \$10 per week. Students accommodated. MORRIS DWIGHT, M.D. J. T. BURDICK, M.D., Proprietor. Jn. 11th.

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

WILLOW-GROVE WATER-CURE—Is now open under the direction of DR. HENRY F. MEIB, M.D. Letters addressed Willow-Grove, Montgomery Co., Pa., or Philadelphia, 43 South 10th street, Philadelphia City Practice personally attended to. June, 11th.

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. R. 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 \$5.00 each person per week. *Second floor* \$6.00. *First*, price according to the amount of room required. Address S. O. GLEASON, M.D., Elmira, N. Y. May, 11th.

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. UFFELT. May, 21st.

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, 4th.

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. 11th.

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

GEORGE HOYT, M.D., *Hydropathist*, while doing City 'practice,' will also visit patients in the country. Office, No. 20 Winter-st., Boston. June, 21st.

WATER-CURE—for reception and treatment of patients, by DR. LACHENMEYER, 106 Callowhill-st., Philadelphia. Jn. 31.

RHODE-ISLAND WATER-CURE—DR. C. R. BROADBENT'S Office and Residence, is 341 High-st., Providence. Jn. 21.

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

THE PHRNOLOGICAL CABINET contains Busts and Casts from the heads of the most distinguished men that ever lived: Skulls, both human and animal, from all quarters of the globe, including Pirates, Robbers, Murderers, and Thieves; also numerous Paintings and Drawings of celebrated individuals, living and dead: and is always open free to visitors.

PROFESSIONAL EXAMINATIONS, with written and verbal descriptions of character, given when desired, including directions as to suitable occupations, the selection of partners in business, congenial companions for life, etc., etc., all of which will be found highly useful and exceedingly interesting.

OUR ROOMS are in Clinton Hall, 131 Nassau st., N. Y., and 142 Washington st., Boston. FOWLERS & WELLS.

NOTICES TO SUBSCRIBERS.

VOLUME XIV. OF THE WATER-CURE JOURNAL commenced with the July Number. The terms are, for a single copy, \$1.00 a year in advance. Five copies, \$4.00. Ten copies, \$7.00; and twenty copies will be furnished for \$10.00.

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

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

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

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

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

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

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