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GLIMPSES OF POPULAR PHYSIOLOGY—WITH ENGRAVED ILLUSTRATIONS.

BY F. L. NICHOLS, M.D.

ALL that we know of the Physiology of the brain is new; the result of discoveries so recent, that their effects have not had time for development. It is as revolutionary as novel. A few well-settled facts in cerebral physiology cannot fail, as fast as they become known and accepted, to overturn systems of philosophy, methods of education, principles of legislation, and rules of social organization, which have endured for ages. No one can over estimate the importance of these discoveries—upon them rest the destinies of mankind.

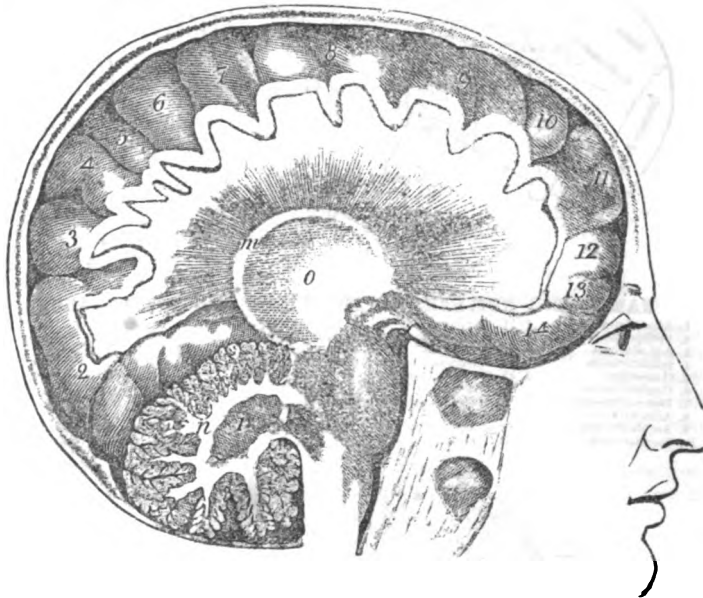
It is not a question here, whether Dr. Gall was right, at all points, in locating the Phrenological organs.

It is not a question whether a practical phrenologist can invariably succeed in pointing out certain traits of character. The principles which we hold to be settled, incontrovertible, and to be accepted, with all their results, are these:

The brain is a collection of organs, by means of which the faculties of man have their action. Size, other things being equal, is the measure of power.

Throughout the body every function has its particular organ. It is the law of universal nature. Whenever there is something to be done, there is something to do it with. When we wish to move, there are muscles to flex or extend the bones; nerves to carry the volition to the muscles, fibre for fibre; and brain, by means of which this volition is formed.

If man had but one sense, that of sight, for example, he would need but one organ, the eye. If he had but one mental faculty, he would need but one cerebral organ. No one can suppose that it is the same part of the brain that loves a lovely woman, and



A fine view of a vertical section of the brain through the convolutions, the white substance, the great inferior ganglion, and the cerebellum. This section is made through the ganglion to the depth of about the quarter of an inch from its outer surface, and through the middle of the cerebellar ganglion.

0, Great inferior ganglion; m, fibres radiating from the surface of the ganglion; l, cerebellar ganglion (corpus dentatum); n, arbor vitae. Some of the principal organs formed by the convolutions of the brain are numbered thus: 1, Amativeness, or sexual love; 2, philoprogenitiveness, or love of offspring; 3, inabitiveness, or attachment to home; 4, concentrativeness, or power of mental concentration; 5, approbation, or love of approbation; 6, self-esteem; 7, firmness; 8, reverence; 9, benevolence; 10, imitation; 11, comparison, or power of comparing one thing with another; 12, eventuality, or power of observing action; 13, individuality, or power of observing existence; 14, language, or power of learning or using verbal signs.

solves a problem in geometry. We must have an organ to love, and another to calculate—an organ to reverence God, and another to acquire wealth. The doctrine of separate organs, for the various faculties of the mind, solves a thousand difficulties, and renders cerebral physiology as simple as truth.

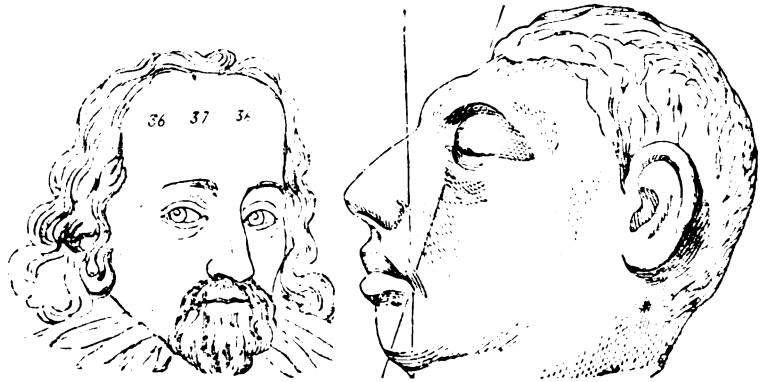
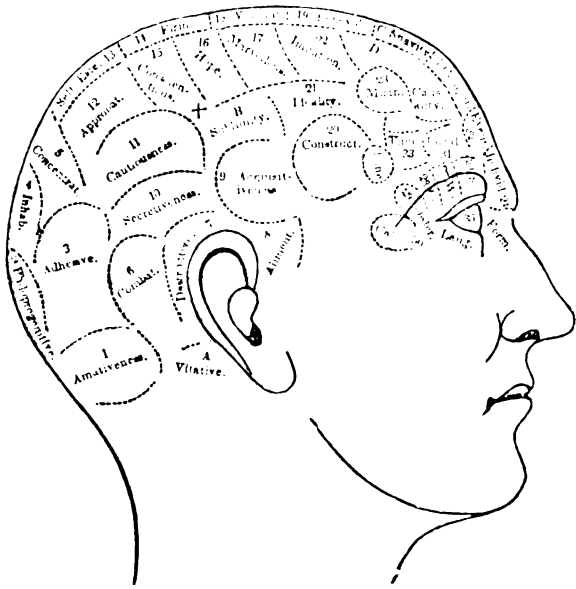
The other principle—size the measure of power, other things being equal—is self-evident in the light of nature; that is, it is in harmony with all we know of natural laws. It is a truth that is accepted as soon as understood, for it is the characteristic of truth, that it is known at once, by its relation to other truths. A large bone, or muscle, or nerve, has more power than a small one, under the same circumstances; and the same rule holds of all organs.

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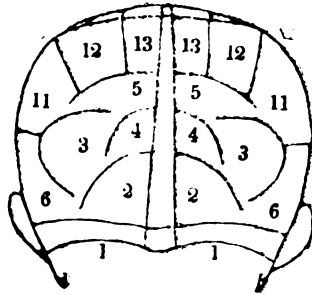
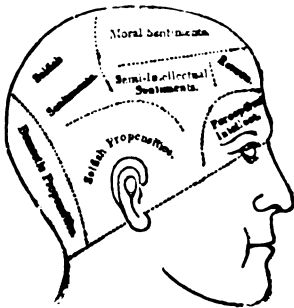


THE PHILOSOPHER.

THE IDIOT.

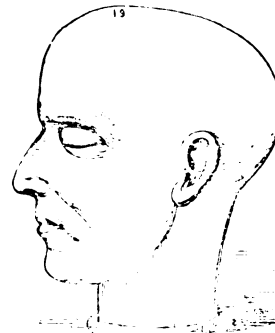
That man is formed, in his cerebral organization, to have certain propensities, sentiments, and intellectual faculties, seems as reasonable, and as demonstrable, as that he was formed to eat and digest food, to walk erect, to see and hear, or to exercise any of the functions of his body. And all men have brains alike as they have bodies alike, and brains vary as bodies vary. It is no more strange that a man should be born a thief or liar, than that he should be born cross-eyed or club-footed; and the born liar or born thief ought to be treated with the same kindness, and operated upon with the same skill as those who bear the curse of bodily deformity.

We do not blame a child with a crooked spine or a retracted muscle; as little



NAMES AND NUMBERS OF THE PHRENOLOGICAL ORGANS.

- | | | | |
|--------------------------|-----------------------|--------------------|-------------------|
| 1. Amativeness. | 11. Cautiousness. | 21. Ideality. | 30. Calculation. |
| 2. Philoprogenitiveness. | 12. Approbativeness. | 22. Sublimity. | 31. Locality. |
| 3. Adhesiveness. | 13. Self Esteem. | 23. Ideality. | 32. Eventuality. |
| 4. Inhabitiveness. | 14. Firmness. | 24. Moral Sense. | 33. Time. |
| 5. Contiguity. | 15. Constructiveness. | 25. Individuality. | 34. Taste. |
| 6. Combativeness. | 16. Ideality. | 26. Firm. | 35. Language. |
| 7. Destructiveness. | 17. Moral Sense. | 27. Veneration. | 36. Generality. |
| 8. Altruism. | 18. Veneration. | 28. Order. | 37. Comparison. |
| 9. Acquisitiveness. | 19. Ideality. | 29. Order. | C. Human Nature. |
| 10. Secretiveness. | 20. Constructiveness. | | D. Agreeableness. |



KINDNESS.



SELFISHNESS.

must we blame one with a violent temper, or a sensual nature. Both are to be cared for and cured. Is a man to be blamed for having a large cerebellum, or a large organ of destructiveness? You blame him for not governing them, you will say. Governing them by what means? By his self-esteem, or conscientiousness, or veneration. But what if these organs are small? The man does what he can.

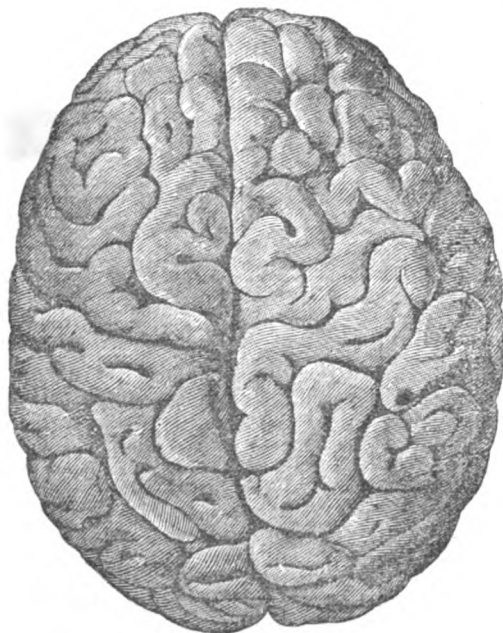


Fig. 2, view of the top of the brain, showing the two hemispheres of the cerebrum, divided by the mesial line, with the convolutions, which give a greater surface to the gray matter.



A CULTIVATED BRAIN.



AN UNCULTIVATED BRAIN.

The cripple walks as well as he can—he always puts his best foot forward. He walks all the better if you help him. So of our brain cripples.

Every accoucheur knows how much brains vary in development at birth. Some are formed harmoniously and beautifully; some the reverse. Every observer knows also the effects of educational influences in changing the shape of the brain, in childhood, and through life. Every organ expands, and strengthens as it ex-



A CULTIVATED AND WELL-BALANCED BODY AND BRAIN.



IN THIS WE HAVE MORE BRAIN, IN PROPORTION, THAN BODY.

exercised—brain, nerve, and muscle. If you wish a faculty to grow, use it. It is in this way that man shapes his destiny, and that of the race. It is in this way that one gentle, noble spirit may act upon all around him, exciting the same sentiments, and developing in them the same characteristics.

Brains differ as bodies differ. You have not two pairs of eyes of the same size and color. Ears are large and small, handsome and ugly. Men vary in height from Tom Thumb to Goliath, of Gath; and in bulk from Calvin Edson to Daniel Lambert. We have coarse and fine complexions; blondes and brunettes; straight and crooked; flat chested and full breasted; thick lipped and thin lipped; and brains differ from each other in as many ways, and in all cases there is a correspondence of brain to body. The woman with a pouting under-lip and full bosom has a different shaped brain from one with thin lips and a contracted chest. The woman with delicate little hands and feet, has not the same contour of head as one with large feet and hands. And these peculiarities are the result of both birth and breeding.

What we have to do is to recognize, accept, and tolerate these peculiarities. We have as much right to censure, or persecute them, in one case, as in the other. And if Phrenology can only teach mankind this one lesson, the foundation is laid for human redemption. Accept these natural truths, and it would be as infamous for a man to censure his brother for mental and moral peculiarities, as for his personal defects. The same pity would be felt for a vicious person or a criminal that is now felt for the lame and diseased. Every benevolent heart would pity them; strong arms would sustain them; magistrates would be physicians, and for State prisons we should have hospitals.

I have said, in a former article, that the science of Human Physiology is the true basis of reform. The Phrenological doctrine of cerebral Physiology proves my position. All morality, all education, all society, to be of any value, must be based upon a knowledge of the constitution of man.

These Illustrations are used simply to show the contrast which exists among men, in both body, brain, and mind.

been learnt by bitter experience, and too late for this family to avert the doom consequent on a palpable violation of the organical laws. How many, in similar circumstances, would consider their situation as but the result of the mysterious arrangement of Divine Providence, and exclaim, "How unsearchable are thy ways, O God; past finding out!" Such would exhibit vastly more wisdom, would they attempt to search out and correct their own "ways."

An insane man, who was given to spells of deep study, was asked on one of these occasions "What he was studying upon?" He replied with apparently the utmost sincerity, that "he was trying to find out God's duty."

Multitudes are afflicted with a species of insanity that subjects them always to profound study, when they study at all, as to the intention of the Almighty in what are termed "dark Providences," when evidently he simply means to execute the penalty of violated law.

"Go, wiser thou! and in thy scale of sense,
Weigh thy opinion against Providence;
Call imperfection what thou fanciest such;
Say, here he gives too little, there too much:
Destroy all creatures for thy sport or gust,
Yet say, if man's unhappy, God's unjust:
Snatch from his hand the balance and the rod,
Re-judge his justice, be the god of God.
In pride, in reasoning pride, our error lies,
All quit the sphere, and rush into the skies.
Pride still is aiming at the bless'd abodes,
Men would be angels, angels would be gods.
Aspiring to be gods, if angels fell,
Aspiring to be angels, men rebel;
And who but wishes to invert the laws
Of order, sins against the Eternal Cause."

Such should know themselves, learn their duty, and discharge it, leaving God to manage his own affairs; for "He doeth all things well;" and

"Presume not God to scan;
The proper study of mankind is man."

The case of the dying man to which I have referred, viewed prospectively, teaches the same lesson as when viewed from the past. He is the father of three interesting children, and there can be no question to one acquainted with the hereditary laws under which man lives and propagates his species, that the seeds of the father's disease are unsparingly sown in their constitutions; and soon they must follow him, and take an early grave. They are puny, sickly and feeble at best, and almost constantly under the care of a physician. Their mother remarked to me, that "she had not known of a week since they had resided in the house, which was over five years, but that some one had been sick." And there is sorrow yet to come; all traceable to the infringement of laws established by our Maker, with wise reference to man's highest happiness and the well-being of his posterity. That mother must inevitably drink the bitter cup; must in a short time bury her husband "out of her sight," and in a few years to the extent, must place her children by his side. In the same family resides an orphan child of delicate constitution. Her parents were both carried off by consumption when she was an infant, and with the utmost care she may live a few years. Her very appearance indicates the precarious condition of her health; and such is the certainty upon which we may calculate upon the execution of the penalty of a violated hereditary law, that her case might well be regarded as almost miraculous should she live to arrive at the age of womanhood.

How numerous the cases of a similar character which might be cited, all combining to show that the debilitation and diseases of parents are transferable to their offspring, and but demonstrate the truthfulness of the saying, "that like produces like."

Laman Blanchard has, however, said that "The

PHYSICAL DEBILITY TRANSMISSIBLE.

BY J. GEARDE.

MAN is an organized being, and is no exception to the general law which governs the organized animal or vegetable world. That is a false delicacy which aims to throw this truth into eclipse, and thus prevent its exerting a controlling influence in establishing the relations of the matrimonial state, which have so much to do with the happiness of the human race.

Thousands enter the connubial state with constitutions broken; bodies diseased; regardless of the consequences entailed upon their posterity, which is often felt even to the third and fourth generation. Consumption, scrofula, predisposition to insanity, and humors of all kinds have been known to be entailed upon a whole line of descendants, until the last of the family "lies down alike in the dust." Dr. Combe remarks in one of his excellent works, "That it may be truly said that the most powerful of all the causes which predispose to nervous and mental disease, is the transmission of an hereditary tendency from parents to children, producing in the latter an unusual liability to the maladies under which the parents have labored."

Where both parents are descended from tainted families, the progeny is of course more deeply affected

than where one of them is from a pure stock; and seemingly for this reason: hereditary predisposition is a more usual cause of nervous disease in the higher classes who intermarry much with each other, than in the lower who have a wider range.

Unhappily it is not merely as a cause of disease that hereditary predisposition is to be dreaded. The obstacles which it throws in the way of permanent recovery are even more formidable, and can never be entirely removed. Safety is to be found only in avoiding the perpetuation of the mischief; and therefore if two persons, each naturally of an excitable and delicate nervous temperament, choose to unite for life, they have themselves to blame for the concentrated influence of similar tendencies in destroying the health of their offspring, and subjecting them to all the miseries of nervous disease, madness, or melancholy.

The force of the foregoing remarks is also strikingly exemplified in cases of consumption and diseases of a scrofulous nature. It is but recently I was called to visit an individual who is fast sinking to his grave under disease inherited from his father. The mother, who is still living, though seriously diseased, remarked to me in reference to her dying son, "That his father went the same way, and his grandfather, and his brothers all went to their graves in the same manner, and — — — will follow them soon." This lesson had

first son Cain was not a bit like the first father Adam." This is but an assertion which remains yet to be demonstrated, that it may wear the appearance of plausibility. The same author further remarks in evidence, as we suppose, that "Nobody can know the old block by the chips. The cut of the family face comprises wonderful opposites; unlikenesses that seem the work of design. The nose paternal is seldom the nose filial. The handsome aquiline has frequently a snub for its eldest born; and the meek dove's eye becomes a goggle in the next generation. The tall, hardy, fine-limbed veteran looks upon his shrimp of a son, wondering whether he will be mistaken for a man when he is bald; and the father five feet high looks up to his long boy, marvelling when he will come to an end. With mental gifts, the rule of contradiction still obtains. Philosophy begets foolery, and from fools issue wisdom. It is often the fate of genius to leave an illustrious name to a dolt; as it is the fortune of a dolt still more apparently hopeless, to see in his offspring the enlightener of nations, the enchanter of all ages."—But it should be remarked that these differences which are here spoken of, may all be accounted for upon physiological principles. Notwithstanding the high regard we cherish towards the gifted and talented author of the above quotation, yet should we find any discrepancy, or want of harmony between his sentiments expressed, and nature's unmistakable indications, we should still hold with tenacity to the truthfulness of Byron's remark respecting the descendants of the nobility of his day, that

"Even to the delicacy of their hands
There was resemblance such as true blood wears."

Hereditary diseases do not necessarily assume the same form in the children as they are found in the parents. A variety of circumstances and influences may conspire to modify or change the aspect under which the disease may appear in posterity. Scrofula may appear in children where parents have been apparently exempted from this disease. Lugol, a French writer, observes, that "Parents who have recovered from scrofula beget scrofulous children: parents who do not seem to be scrofulous themselves, but whose brothers and sisters are so, beget scrofulous children: precocious marriages, and the marriage of near relations, produce scrofulous children. In short, it would appear that any cause of debility, or any violation of the laws of health in parents, makes their children liable to an inheritance of tuberculous disease. It is in this way that the sins of fathers and mothers are visited upon their children to the third and fourth generation."

Inasmuch then as no one has any natural or moral right to inflict disease upon their offspring, all should learn to recognize and obey those laws which guarantee sound bodily health, and conscientiously abstain from forming the matrimonial alliance; and from propagating their species, while they are seriously affected with any hereditary disease.

Scrofula is the source of many of the complicated diseases of the internal organs, and the foundation of all tuberculous affections, from the king's evil to the dread destroyer, the consumption. If a scrofulous child is safely born, the seeds of disease so profusely sown in the native soil of its constitution early spring up, and bear legitimate fruit in its premature death. The lungs may be full of tubercles; the mesenteric glands may have become early diseased; the spine may speedily begin to ulcerate; and the child soon fall into a shapeless mass of rickets. Every promoter of disease lays hold of this unhappy and unfortunate child, with more than tenfold efficiency, and when once sick the probabilities are that no human skill can save it. An ordinary bowel complaint, from which some children so easily recover, rapidly promotes dissolution in one who is filled with scrofula. The part which is weakest will become the focus where the

disease will make its attacks. If a cold is taken, the child dies of bronchitis or sinks under pneumonia. If the bowels become disordered an incurable dysentery sets in, and the little sufferer soon wastes away, and death ends its troubles. At the occasion of some slight accidental injury from which the healthy child so readily recovers, the white swelling perhaps appears with loss of limb or life; sometimes ulceration of the bones, sometimes the terrible disease of the hip-joint; each accompanied with their respective concomitant evils, and visited upon the pitiable descendant of the wicked scrofulous parent.

Says Mrs. Sedgewick, "Were the physical laws strictly observed from generation to generation, there would be an end to the frightful diseases that cut life short, and of the long list of maladies that make life a torment or a trial." Where then should the work commence? On whom rests the responsibility? Is the new-born babe censurable for its constitutional tendencies? Is it puny, sickly, and feeble, diseased from the crown of its head to the sole of its feet; who is to blame? Dare any reasonable man say, "No one?" Would disease ever have been known among us, had there been no violation of physical or organical law? If Jehovah has made health and happiness to depend upon the observance of these laws, who is responsible for the suffering, disease and premature death of thousands among us? Who will answer?

WATER-CURE IN FEVERS.

A REPORT OF CASES.

BY DR. H. FREASE.

Though much has been written in favor of the superiority of the Water-Cure system over every other known method of cure, experience serves to convince me more and more, that the "half has not yet been told."

For the benefit of a drugged and suffering world, I will give some cases that have been treated at our establishment, during the summer. Facts like the following are all that is wanted, ultimately to consign the drug practice to merited disgrace, and redeem mankind from unnecessary suffering.

CASE 1.—A lady of good constitution had the chill fever from September till May, when she came to our cure. During this time she had it "cured" perhaps twenty times by the remedies of the mediciners; but it would not stay cured. When she placed herself under our care, she had a chill every day. The first day she took a tepid half-bath while the chill was on, and after the fever was at its height, cold water was poured over the back of the head and the whole body, till the fever was well subdued. She then felt very well, and had but little recurrence of the fever on that day. The following morning she took a wet sheet pack for an hour. When the chill appeared, she went through a similar process to that she had done the day before. During the following two days the treatment was continued with little modification, and the fifth day she had no chill. She continued to take treatment for about two weeks longer, when she was not only free from her fever, but it is to be hoped from many of the poisons she had taken to cure it. Now when we consider that chill fever is a disease the allopathic doctors cannot cure; that they can only suppress the symptoms by the administration of poisons one time after another till they get the organism so reduced that it is no longer able to have a fever, or in other words, to continue the curative process; and when we reflect that the constitutions of thousands of our fellow-citizens, particularly of the Western States, are ruined annually in this way; and knowing the good effects of water treatment in diseases, is it any wonder that one becomes enthusiastic in this rational method of cure?

CASE 2. was that of a lady 19 years old, whose general health was poor, and no wonder, as we shall presently see. She came to work at our house. For some days previous she had not felt well. The day after she came she was obliged to take her bed. She had aching of the back, arms and legs, frequent, irregular pulse, tongue coated with a thick mucus, mind dejected, countenance expressionless, urine of whey-like appearance—in short, she had the typhus fever, such as she had three successive springs previous to this. We will thus be enabled to see more clearly the contrast between the Drug system and the Water-Cure. One spring she was three, one nine, and one six weeks confined to her bed under Allopathic treatment; then passed through a lingering convalescence, with general health impaired, suffering all the consequences of a course of drug medication. Under Water treatment the result was as follows:—Much of the time there was but little fever upon the surface. The extremities were cold, while she suffered with pain in the head and breast. The wet sheet was applied from the first, but the first two days she did not react against it. She was therefore not permitted to remain long in the pack, but had the dripping sheet applied with active rubbing,—which equalized the circulation, and afforded relief. After two days she reacted in the sheet, which acted admirably in relieving the pent-up fires within, and bringing the heat to the surface. They were then wrung out of cold water and changed, till the fever, both within and without, was removed. The tepid half-bath was occasionally applied with good effect, in relieving the pain in the head and epigastric region. Cold cloths were kept on her head and breast much of the time. On the eighth day she commenced doing house-work, with a countenance brighter, and, with the exception of weakness, feeling better than she had for a long time. She ate nothing for twelve days. She had no appetite, and she was advised not to eat till the appetite demanded food. She commenced work four days before she commenced eating. This shows the power of water to save the strength. Some time after this I discovered she was cutting her hair off. On asking the reason she answered that her hair always came out after having the fever, and she thought it would be better to cut it off. I told her that formerly she had been under drug treatment; this time she had been under water treatment,—that her hair would not be likely to come out; and it did not.

We are told by the regulars that typhus fever is out of the reach of the Water-Cure: that it may do some good in bilious fever, ague and fever, &c.; but it would be madness to apply it to typhus fever. (So an Allopathic physician told the parents of a child, which he had treated for a week, and left on the very brink of the grave. In this state of the case I was called upon to try the effect of water, and the result was, in a few days I had the satisfaction of announcing to the parents, that their child was out of danger.)

It has not been many years since water was thought to be dangerous in inflammatory fevers, and many an elderly person can yet tell you of the sufferings he or she underwent in consequence of the interdiction of water. Even so late as last winter I heard a Professor in the New York Medical College telling his class that water should not be administered in fevers, as it diluted the blood, &c. And there are physicians all over the country who withhold water in fevers, if for no other reason, than to give drugs, which they believe to be incompatible with the use of water; as if water itself was not incomparably better than any, or all the drugs in the world.

But a day of deliverance is near at hand. The moss-covered citadels of error must soon yield to the batteries of truth that are brought to bear upon them, and the practice of giving poisons to heal disease will be remembered only to excite the amazement and pity of succeeding generations. [Sugar Creek Falls W.-C., O.]

THE INTERNAL PROCESS OF
"TAKING COLD."

[Newly translated from "Outlines of a New Theory of Disease, applied to Hydropathy, showing that Water is the only true Remedy," &c., &c., by H. Francke.*]

"TAKING COLD" plays a principal part in the pathology of physicians, as well as of the unprofessional. Hitherto, with regard to the internal process attendant upon taking cold, we have had not so much incorrect conceptions, as indeed none at all: by my pathology these processes have been first disclosed.

If a human body is quite free from morbid matter, (foreign substances, more or less poisonous,) the taking cold could have the effect of producing disease only when the nerves are peculiarly weak and sickly; and this disease could only consist in nervous excitement and depression, and in cramps. But, in a body free from foreign substances, there are no diseased nerves; consequently, these morbid appearances can never ensue from taking cold, except when foreign matters are present in the body.

The skin can fulfil its necessary office of excretion only when its pores are unobstructed, and it is warm. These two conditions cannot be continuously maintained but by means of cold water. Warmth, it is true, can, for a time, be maintained by covering the body thickly with bad conductors of heat, and thus retaining around it an atmosphere of exhalations from the skin. But this mode of keeping warm has two disadvantages: first, that the

* Of the author, the following account is given by Dr. Baikie of the British army, in his Preface to a translation made by himself and published in 1849 in England and this country: the imperfections of which translation (acknowledged by Dr. Baikie, with the candor which belongs to true merit) have induced a desire in an admirer of Francke, to present him to the English reader in a version less tinctured with the German idiom of the original.

"The opinions held by an unknown individual," says Dr. Baikie, "can have no interest for the public: but, in the present instance, it may not be irrelevant to state the circumstances which have led to the publication of this little work, and how it comes that a member of the medical profession should be found assisting in the promulgation of doctrines so directly opposed to those held by his professional brethren in general.

In the course of a long service in the East, as a Military Surgeon in the East India Company's service, the translator, in addition to the ordinary routine of tropical practice, had more than the usual opportunities of observing chronic disease, particularly while holding the situation of Head of the Medical Staff on the Neigherries, a Convalescent Mountain Station in the South of India. The conclusion which gradually forced itself on his mind, was, that these chronic complaints were, in a vast majority of instances, more the result of the nature and dose of the remedies employed to cure the acute affections which had preceded them, than, as usually supposed, of these diseases themselves. Experience, also, soon taught him that little was to be done in such cases, except to leave them to the gradual effects of climate, aided by careful attention to diet and regimen; above all, that any attempt to persevere in the use of drugs only produced further mischief.

"This impression was still more strongly confirmed by dire experience in his own case—an aggravated form of dyspepsia—which resisted every mode of treatment, and repeated change of climate. The latter circumstance, also, showed that something more than mere climate was required for his cure; and, on his return to Europe, in 1844, he thought he had found this 'something,' on perusing Dr. E. Johnson's able work on Hydropathy. He accordingly placed himself under that gentleman's care; and, from his able treatment, derived great benefit: although the complaint was not eradicated. A slight subsequent relapse induced him to go to Graefenberg, where he resided eight months with very doubtful advantage. Fortunately for him, a German friend

pores—whose office is not only to exhale, but also to absorb—can then bring into the body corrupted air only; secondly, that by this artificial retention of the transpired heat, the warmth-producing power of the skin becomes gradually weakened, so as to require continually more and more clothing.

Since, under the old dry regimen, the skin cannot generate in itself the heat necessary for transpiration, this stagnates as soon as the accustomed artificial helps are insufficiently afforded. In this stopping-short of the transpiration consists what is called "taking cold:" which, however, as already said, can induce disease only when there are present in the body morbid matters; i. e., matters originally foreign to it, or which, having become so, are not transpired in time.

When, under these circumstances, the transpiration for a time stagnates, owing to insufficient warmth of the skin, the course of the transpirable matter takes an abnormal direction, towards the interior of the body; at least, the fluid mass

attracted his attention to the works of a former pupil of Priessnitz, M. Francke, (published under the assumed name of Rauesse,) as enjoying a high reputation over all Germany, and being considered as embodying, in words, the crude and undigested ideas lying concealed in the mind of his master, Priessnitz. On perusal, they fully justified that reputation, or even more; conveying, to the translator at least, the first clear and definite idea of the theory of Hydropathy, to which he could not refuse his assent, however opposed to the whole current of his early prejudices, professional and acquired. They also gave him a distinct notion of the nature of his own complaint, and showed him that he had no chance of a cure in Priessnitz's hands.

"He therefore left Graefenberg, and placed himself under M. Francke's care in Mecklenburg, where he had just opened a new establishment. Under his judicious management he speedily rallied; and, by perseverance in the same mode of treatment, is now restored to a fair state of health."

"Personal intercourse with M. Francke, and attentive observation of his principles and mode of treatment, confirmed the high opinion he had formed of M. F.'s genius and talents, and encouraged the brightest anticipations as to the benefit to the healing art to be derived from his future career. These anticipations were unfortunately blighted by his sudden death, which took place at Alexandersbad in July last.

"Under these circumstances, the translator ventures to think that he is performing an acceptable service to the English public, and, at the same time, raising a monument to the memory of his departed friend, in laying before them such of his works as will enable them to judge both of his theory and practice. These works have already exercised an incalculable influence on public feeling and opinion in Germany, where the influence of medicine is daily declining; and there is every reason to believe that similar opinions will eventually make their way in this country, however startling they may at first appear.

"To that numerous class, who, like himself, have suffered from that Protean malady, dyspepsia, and the effects of medicine, the translator would particularly recommend the perusal of the chapters on Mucous Obstructions, and the illustrative cases.

"With regard to the execution of the work, the translator must express his wish that the task of translation had fallen into more competent hands."

Francke's works abound with references to facts appertaining to what may be termed comparative physiology and pathology: that is, facts afforded by the study of the habits and hygienic conditions of the denizens of the forest, the brute as well as the human; and by comparing the results thus obtained with those presented by man in the civilized state, and by the domesticated animals. For the purpose of pursuing this study, he had passed much time with the foresters of Germany, and several years among the American Indians.

* A detailed statement of his case will be found in the Appendix to Part II., pp. 227, 228.

which ought to be transpired remains abnormally long within the body. This, by its fluidity, loosens portions of the mucus in which foreign substances, especially poisonous ones, are enveloped. It then necessarily happens that the morbid matters thus set free from the surrounding slime, produce, by their corrosive and acrid properties, pain in those parts of the body with which they come in contact. Upon this setting free of morbid matter from the enveloping slime, the organism may act in two ways: namely, it may either strive to conduct these matters to the skin, [or other emunctories,] and there excrete them; or it may surround them anew with fresh secreted slime. The first is an effort towards a radical cure; and, the stronger and healthier an organism is, the more actively and effectively is this effort made. The second is a *shift*, at once resorted to by a shattered organism; but which a strong one has recourse to, only in case its efforts at a cure are *suppressed*: by medicinal treatment: i. e., either by abstraction of blood, or by poisoning.

It follows from the explanation here given, that, supposing such cases to be treated with water, the *taking cold*, (i. e., the consequent setting free of morbid matters out of the surrounding slime, by means of the abnormally long retention of transpiratory fluids in the body,) may become a means of *cure* in the truest sense of the word; a means for radically expelling the morbid matters. This inference is perfectly true, presupposing in the skin, and in the organism generally, sufficient strength for victorious endurance of the conflict; and, moreover, hydratic treatment.

The inventor of systematic hydropathy uses for the purpose of intentionally "giving cold," (or dissolving of mucous obstructions, by long retention of the transpirable fluids,) those half-baths, which in my Therapia, shortly to appear, I have called "Fever-exciting half-baths." These half-baths are employed for the conversion of *atomic* diseases, (i. e., diseases without pain, and without symptoms of reaction,) into those of the opposite, or *tonic*, type. They ought, however, never to be employed where the nerves are much shattered, and where the skin is inactive. Moreover, by none but a perfect master of hydropathy.

The stronger an organism harboring morbid matter is, the more quickly does the acute attack follow upon taking cold; so much the more purely and strongly impressed is this attack with the inflammatory character; and so much the freer is it from nervous symptoms.

In robust persons, the acute attack comes on a very few days after taking cold. Just as quickly, or even more quickly, comes on the *crisis* in the water-cure, after the fever-exciting half-bath.

But the unfortunates whose nervous system is shattered, never get inflammatory attacks after taking cold; because, for the production of these, good, or at least moderately good, nerves are requisite. These unfortunates suffer, after taking cold, mostly from increased nervous pains; in a less degree from rheumatism; and not at all from inflammatory affections. An organism with shattered nerves can do nothing more than forthwith re-envelop in mucus the morbid matters accidentally set free. But this effort, in itself so slight, combined with the constringing effect of the tak-

ing cold on the nerves, causes an exacerbation of the nervous pains. It follows, that people of weak nerves must, under all circumstances, carefully guard against taking cold. Even in the water-cure, is this to be avoided, until the nerves, by means of water, have acquired strength and health.

From this explanation of the difference in the effects of taking cold, on healthy and on diseased nerves, it is clear, that that method of cure which gradually converts rheumatic and inflammatory predispositions into nervous, must be completely false and ruinous; whilst, on the other hand, that mode of treatment which effects the opposite conversion, must be decidedly the true one. In thousands, nay, in millions of examples, has medicine gradually produced the former fearful change; in no single instance, the last named, which conducts to cure. Water only, Nature's art of healing alone, is able to produce so blessed a conversion; which is always the transition to a perfect cure.

One who does not follow the water regimen both inwardly and outwardly, cannot exhale quickly enough the substances which have become foreign to his organism. Every such person has therefore morbid matter in him; and can, by taking cold, get an attack of disease. No wild animal, no savage, can contract disease from the most violent taking cold—i. e., exhalations suppressed entirely for a time—because no old foreign matters are present in his body. When the cold to which one is exposed is so extreme that the organism cannot react against it, then it is possible that such a healthy being may, by abstraction of all heat, be benumbed, or may freeze; but, upon its being restored to warmth, an attack of disease can never result from the refrigeration.

In order to attain so enviable a degree of hardening and incapability of being made ill by taking cold, it is not necessary that we should turn savages: on the contrary, we may remain quite tame and gentle, and yet be as healthy as the tiger or the polar bear, if we return to water diet. Such a degree of health is insured to the new-born child, if he is brought up under the water-diet. For him, however, who has grown up under the old, the water regimen alone will not suffice: he must first have regenerated himself by a water-cure.

If one wishes to ascertain if he is positively healthy, entirely free from foreign matter, he can best put it to proof by intentionally taking a severe cold. This, however, is then alone admissible, when, to prevent consequences, a water-doctor is at hand; and when the experimentalist is at least approximately (or what would in common life be called robustly) healthy.

In a healthy organism, which has already for a long time adhered to water diet (without, however, having become entirely pure), there will break out, probably the next night after taking cold, a violent critical sweat; and there will be the end of the matter. In a healthy person, under the ordinary diet, an acute disease will come on; which, under water treatment, will disappear in a few days, leaving no trace.

A chronically sick person must carefully guard against taking cold, because he is no longer able to produce a curative disease. There are certainly but very few men in Europe who can bid defiance to taking cold. Subjected to the water-cure, these

few would get no crisis. All others would do well to undertake a purification of their bodies with water; an object the sooner attained, the healthier the organism is. In the water-cure, very robust persons get eruptions in a few days; while weakly people must wait months first.

COLD DRINK WHEN OVERHEATED.

What is true regarding the operation of taking cold, through influences upon the skin, holds good also as to the effects, on a healthy person, of drinking cold water during exercise, or after becoming overheated: those effects, always refreshing and agreeable, are never productive of disease. Is it to be believed that Nature would have implanted in her creatures this ardent longing after cold water, if satisfying it were to be injurious? Not to man, any more than to the lower animals, has all-loving Nature given propensities, the satisfying of which would make them unhealthy or unhappy! But civilization—i. e., the perverted civilization of which Europe is so proud, and which is daily becoming more and more a Chinese caricature—has perverted most relations of life into misery and error.

Every animal, when heated, swallows with avidity large quantities of water; and well does this agree with it. Only civilized man and the civilized horse suffer thereby; for these poor creatures always have their bodies so full of morbid matter, that every interrupted exhalation brings disease upon them—thanks to effeminacy and the science of poisoning! On the other hand, the wild horse, because he lives under a natural water regime, is as sound and hardy as any other beast; even the horse of the Indian can swallow cold water when heated, without requiring to be again put in motion, or covered up warm.

If drinking cold water upon getting heated were injurious to a healthy man, say gentlemen doctors, what would have become of your forefathers in bear-skins? From what chair was or is the warning against cold water preached to the Germans in the forests, or to savages, now-a-days? And were, or are, those wild gentlemen lung-pipers or asthmatics? And have you ever found a savage, or man of nature, who did not drink cold water when he was hot?

Every one who is free from foreign matter may drink cold water after the severest *echauffement*, (overheating); and can then, at pleasure, either get heated again, or allow himself to cool. Experience has already shown this.

But he who has grown up in the regime of a false diet; and still more, he who has swallowed medicinal poisons, should avoid drinking when he is heated, except he continue the exertion which had produced the heating; unless, indeed, he has first fully purified himself by a water-cure.

OPINIONS OF THE PRESS.

A COMPILATION.

WITHOUT the most distant thought of pecuniary reward, EVERY NEWSPAPER PRESS within our knowledge—and we are in the regular receipt of more than a thousand—published in the United States, has commended, more or less heartily, the *utility, simplicity, and philosophy* of HYDROPATHY, as developed and taught through our various publications. Now, all this *means* something. The unani-

mous voice of the highest intelligence in this community has pronounced in favor of these principles, and that, too, in the face and eyes of their own pecuniary interests. For, do they not receive collectively hundreds, thousands, and even millions of dollars annually for advertising patent medicines?

The success of *our* cause will drive out and completely destroy all this extensive patronage; and yet, with that noble sense of justice and of duty which characterize all high-minded men, they come forward, and with one accord point out to their readers the superiority of the WATER-CURE over all other known remedies.

With these remarks we subjoin a few of the many encomiums which have lately reached us.

The following chiefly relate to the NEW ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA, of which some 10,000 VOLUMES

have already been sold—a work of great merit, on which the author has spent years of earnest labor; all brought within the compass of two handy 12mo. volumes with near five hundred pages each. Near ten thousand subjects, covering almost every known variety of disease, with causes, treatment, and cure, may be found in the Encyclopedia, with such directions as will, in the majority of cases, preclude the necessity of calling a physician.

We now quote from a well-known, influential, and widely circulated Boston paper—

THE YANKEE BLADE.

We have been equally charmed and instructed by these beautiful volumes. Rarely have we met with a medical work so *totus teres atque rotundus*—so round, full, and complete in all its parts—so broad in its scope, yet so minute and pithy in its details—so popular in its style, yet so truly scientific—so full of original ideas, yet so free from ultraisms—so invaluable to the medical man, yet so skilfully adapted to the use of individuals and families, as this elaborate, copious, and carefully compiled Encyclopedia. Of all the myriad publications which the teeming press of Fowlers & Wells is continually pouring forth, we know of none which is destined to gain a wider popularity. Though it contains nearly a thousand pages, we are puzzled to understand how the author has contrived to pack into so brief a space, comparatively, such a mass of information on so many subjects. He has applied evidently the hydrostatic pressure to his materials, and crowded the largest amount into the briefest compass. The book opens with a brief and succinct History of Medicine, in which the various theories that have prevailed are keenly criticised; after which it treats of the Outlines of Anatomy, Physiology of the Human Body, Hygienic Agencies and the Preservation of Health—chapters full of the most valuable practical wisdom; Dietetics and Hydropathic Cookery—full also of golden rules of health; Theory and Practice of Water-Treatment; Special Pathology and Hydro-Therapeutics, a department exceedingly rich, full, and accurate; Application to Surgical Diseases; Application of Hydrotherapy to Midwifery and the Nursery; and to crown all, a complete Index. Over three hundred exquisite wood engravings illustrate the text, greatly enhancing its value to the general reader. Too much praise cannot be bestowed on either editor or publishers for the unwearied pains they have taken to perfect the work. Dr. Trall is admirably qualified to compile such a book. Evidently of the "progressive" school, he is still not a lover of novelty for novelty's sake; opposing no doctrine because it is "new-fangled," he shocks you by no medical red-republicanisms, and candidly adopts all that is good in the teachings of the old practitioners, while he proclaims the benefits of modern improvements. The work is the *chef d'œuvre* of all the treatises of its school, and will doubtless displace all rivals in America and Europe. But we have already protracted our notice too far—buy the book, reader, and judge for yourself. It is worth double the cost, whether you pin your faith on Priessnitz' sleeve or not.

FROM THE N. Y. TRIBUNE.

This comprehensive manual of the principles of hygiene, which we have favorably noticed on a former occasion, is completed by the publication of the second volume. The whole work, in the present form, will be found not only interesting to professional readers, but useful to all persons who desire to preserve a sound physical system without the aid of noxious drugs. In this volume, the general theory and practice of water-cure are explained in a few instructive chapters, while its application to the various classes of diseases is set forth in ample detail. The fidelity and discrimination of the editor are exhibited on every page. He has condensed a great mass of valuable information into the briefest compass. His language is simple and intelligible—he does not frighten the unlearned reader by a parade of hard names—his object is evidently to impart knowledge, not to show off himself—and in the description of the symptoms of disease, and the means by which it may be avoided or cured, he has certainly been in the highest degree successful. The suggestions with which the work abounds in regard to the diet and regimen necessary to the preservation of health, cannot fail to be of service to the reader, whatever may be his views concerning hydropathy as a system. We are glad to witness such judicious efforts to popularize a knowledge of the laws to which the human constitution is subject. It is in this way that the prevailing want of vigorous health which is said by foreigners to characterize our countrymen, is to be remedied. A work like the one before us is worth all the quinine, blue-pill, and cod liver oil between Newfoundland and New Mexico. Its main doctrine is that health depends on temperance, not tonics; and that pure spring water is a more healing medicine than all the bitter doses of the shops.

FROM THE N. Y. COMMERCIAL ADVERTISER.

[This print is well known to be one of the most conservative. It has passed through its childhood, youth, and manhood, being now upwards of fifty years of age: it is, of course, of the "old school order." After quoting the title the editor says:]

Prefixed is a history of the various schools of medicine, from a period earlier than Æsculapius down to the present century; and the anatomical portions of the treatise are illustrated by numerous engravings.

Though not holding water to be a catholicon, we think it impossible to ignore its value in the conservation of health and the prevention of disease. This much we may venture to say without hazard to the orthodoxy of our medical opinions, and it will be enough to commend Dr. Trall's work to all who desire to possess information of the whole scope of hydropathic treatment. In every respect except dietetics and the theory and practice, this Encyclopædia will probably be as acceptable to allopathists, homœopaths, and other pathists as to hydropathists; and it certainly contains much in relation to man's physical nature which ought to be universally known. Remembering that "cleanliness is akin to godliness," we can but think that the agitation of hydropathic ideas has done some good, if only by inculcating greater regard to personal purity.

FROM THE N. Y. EVENING POST.

[This independent "Free-Soil" and Free Trade champion, edited by William Cullen Bryant, the poet, traveller, and reformer, has also passed its fiftieth year, and is, we believe, the oldest Democratic paper in the States—has the following:]

This is an exceedingly valuable production, even to those who may not adopt the leading principles of cure which it commends; for it is an excellent treatise on physiology, as well as on therapeutics. It is popular in its form and manner, and illustrated throughout with good wood-cuts. Dr. Trall is an industrious as well as a lively editor. He gives the results of extensive reading in a few words, is seldom imposed upon

by mere pretence, and occasionally sends a good-natured slap to the old schools of medicine with admirable humor.

FROM THE PENNSYLVANIA FREEMAN.

We doubt if any other work in existence contains so much valuable practical truth on the laws of Life, Health, and Disease, as will be found in these two volumes. If every man and woman could be induced to study this work, half the diseases of the country would be abated at once, and longevity become the rule, and premature death the exception. The prevailing ignorance in relation to these matters is really astounding, but the Cimerian darkness in which the people have been so long enshrouded is beginning to be pierced by the sunlight of truth. Even if the Water-Cure shall turn out, in the last analysis, to be ever so imperfect, it will have done the world a service in compelling a degree of attention to the laws of life and health unknown at any previous period of the world's history.

FROM THE PHILADELPHIA SATURDAY COURIER.

It is decidedly the most complete and acceptable work on the science yet published in this country, to our knowledge. These volumes extend to nearly a thousand pages, and in their eight separate departments, cover, as far as practicable, the entire subject on which they treat, in all its ramifications, in connection with the human economy; and the editor, Dr. R. T. Trall, has, by the aid of numerous engraved illustrations of the text, and his own familiar knowledge of the science, so familiarized the work as to render it a guide to families and students, as well as a text-book to physicians.

FROM THE CHRISTIAN EMBASSADOR.

This is an admirable work on the Hydropathic or Water treatment. It is delightful merely to write the word in this sweltering weather! The book contains a great mass of useful information in relation to diseases and their symptoms. To those approving of the Hydropathic treatment it will be found invaluable. Its language is devoid of unexplained technicalities, and is so plain that the most ordinary reader can comprehend it. There cannot be a doubt it will have an extensive circulation.

FROM THE PORTLAND TRANSCRIPT.

This is a work containing an immense amount of valuable practical information, unhampered with the pomposity of technical phraseology, and presented in that simple and common sense form and language which admirably fit it for all readers. In any family where even one tenth part of the directions laid down in these volumes is observed, we would guarantee, for no premium at all, an increased degree of health and comfort, and their concomitant happiness, upon that found in the same family, without such observance.

FROM THE BOSTON LITERARY MUSEUM.

This is one of the most valuable popular works upon diseases and their treatment which has ever been published. It gives a complete view of the physiology of the human frame, illustrated by numerous engravings, the pathology of all known diseases, and the theory and practice of Hydropathy. The work is in two volumes of nearly five hundred pages each, and is printed in a style that reflects great credit upon those enterprising publishers of instructive books, Messrs. Fowlers and Wells.

FROM THE PHILADELPHIA SATURDAY EVENING POST.

This is a very valuable work for a family library. A knowledge of the laws of health should be spread everywhere, that people may not injure themselves at least in the darkness of ignorance. Wilful wrongdoing, a still more fruitful source of disease, is not so easily prevented; but one good work follows another, the more easily that its predecessor has found footing. It will be seen by the chapter which we extract, that the moral aspect of disease has been fully considered.

[Here followed a lengthy extract from the Encyclopædia.]

FROM THE MORNING MIRROR.

This is a thoroughly scientific work, and is a condensed encyclopædia of the Water-Cure practice, containing more of the real substance and philosophy of hydropathy than any book ever before published. The anatomical and physiological information contained in the work is most clearly and systematically arranged, and adapted to the understanding of the ordinary reader. The chapter on Dietetics is also the best treatise on the subject we have read. It gives facts and results rather than tedious processes of reasoning, and is in accordance with nature and enlightened experience.

FROM THE N. Y. BOOK TRADE.

This work is designed as a guide for families and students, and a text-book for physicians. It is very full on the subject of which it treats, and there is an elegance in its order and arrangement, and the manner in which the various branches of the subject are explained, which it is rare to find in medical works. The contents of this volume are "the nature, causes, symptoms, and treatment of diseases hydropathically—application to surgical diseases—midwifery and the nursery." It is embellished with numerous engravings, and will be of value to all persons, whether interested in this mode of practice or not.

FROM THE HARTFORD DAILY COURANT.

These two volumes contain numerous illustrations, and are stored with practical instruction, useful to every one. The whole structure and formation of the body is clearly illustrated and explained in such language as is easily understood by the most unscientific. We have seldom met with a publication possessing more intrinsic merit.

FROM THE FAMILY FRIEND.

There is a captivating simplicity in the panacea which at once recommends it to the patient, and may, perhaps, in some measure, account for its popularity. The sufferer has not now to enhance his ailments, and cap the climax of his affliction by retching over pills, or offending his œsophagus with the nastiest conceivable potions; water does the whole business, and with a promptness never dreamed of, in their most sanguine moments, by Hippocrates or Galen. Dr. Trall, the author, is one of the earliest American hydropathic practitioners, and has developed the principles of his system with a clearness of style, a minuteness of detail, and a depth of research which no previous writer on the subject has even approximated. He has treated it in all its connections, shown its practical application to surgery, obstetrics, and other departments of medical practice. As a complete exponent of Hydropathy, this "Encyclopædia" is incomparably superior to any work now published.

FROM THE NEW HAMPSHIRE OASIS.

We have never recommended a work with a heartier good will than we send this on its glorious mission. It is full of science, experience, and practical sense; it contains matter which men of all medical systems must endorse. The cream of Anatomy, Physiology, and Hygiene are skimmed and concentrated into one juicy and nutritious concrete, for the nourishment of the people. The mysteries of the laws of health are laid bare and made plain to the comprehension of the simplest. That is what we want; what we have never had before. The hydropathic practice is every week curing cases that have been drugged almost to the verge of the grave; the system aims more at the prevention of disease than its cure. Instead of seeking to envelop the subject in mystery, it aims at instructing man in the laws of his being and the conditions of health.

Read the work—study it—and it will prevent years of suffering and heavy doctors' bills.

It is printed upon fine paper, substantially bound;

it contains three hundred illustrations, and about one thousand pages, bound in two volumes. Price only \$2 50 for the two volumes.

[We might extend these "NOTICES OF THE PRESS" indefinitely, and include those from every State and every county in which a newspaper is published. Here are enough, and good enough, to confirm our statement at the head of these extracts. Not a dissenting voice has been heard from the WORLD OF NEWSPAPERS with which our republic is most liberally blessed.

Thus, by the intrinsic merits of our cause, are we guaranteed success. No unholy combination of medicine venders, patent-pill manufacturers, or dosing and blood-letting practitioners can prevent the universal adoption of this, the cheapest, simplest, and most efficient, yet harmless and universally applicable of all remedies hitherto discovered by any civilized or savage nation. It must, and will, at once enter into general practice among all intelligent people.]

CAUSE AND EFFECT.

BY HORACE.

Ho ! you unconscious, thoughtless throng,
Who o'er life's sea thus sweep along,
You're drifting on an iron coast,
A pilot take, or you'll be lost :
Ope Nature's book, a chart that's true,
And compass, too, 'twill prove to you,
Point out the rocks, where lie the shoals,
Where Scilla yawns, Charybdis rolls,
Where calm the seas, where billows sleep,
The path of safety o'er the deep :
Crowned with success, the port you'll gain,
Escape the fury of the main ;
Or list you with attention due,
A chapter I'll rehearse to you.

Before the "march of Time" began,
Cause and Effect together ran,
Inseparable together bound,
They reign the vast Creation round :
There's no effect without a cause,
Pain is the fruit of broken laws,
Then scan each act, ere you begin,
As are your deeds, you'll lose, or win.
To live, would you acquire wealth,
You must obey the laws of health ;
Or would you "Be," to acquire wealth,
You must obey the laws of health ;
If you live till locks are gray,
The laws of health you must obey ;
For others' weal would you delay,
The laws of health you must obey ;
To be a husband or a wife,
You should obey the laws of life ;
Cions when injured in the germ,
Will quickly to the dust return ;
The acorn gnawed by worms below :
Into a gnarl'd, warped oak will grow ;
To have the prattlers round you kind,
You must observe the laws of mind.
If through the world in peace you'd move,
You must obey the law of love ;
Would you stand firmly on the sod,
Give nature room, nor lace, nor wad,
Incarcerated in whale-bone,
Come but a breath, and you are gone ;
Erect the form, the lungs play free,
If dyed in beauty you would be ;
In noble deeds employ the mind,
And with it, have the hands combined ;
Nature improves as time does fly,
She "lives by toil ;" to cease,—to die ;
Mark ev'ry phase, observe her flight,
Day is for toil, for rest is night ;
With "balmy sleep," to sweetly dream,
Forever keep your conscience clean ;
And would you have digestion sweet,
Eat then to live, not live to eat :

The teeth *alone* their work should do,
The stomach was not made to *chew* ;
Nature a proxy does despise,
By double task an organ dies ;
But we need not enumerate,
The office of *each* organ state—
To each a function is assigned,
To each, of body, as of mind :
Should you the stream of nature turn
Out from its course, like fire 'twill burn,
Or like Euphrates' lumpid tide,
Turned from its bed, o'er landscape wide,
Curdled its waves, no more they glide,
There naught can live, there none abide ;
Miasma breathes the gale upon,
And Babylon, her people gone.
Roll not its flood, haste not its flow,
Nature tells *when*, for *what*, and *how* ;
From her pure stream joy ever flows,
In her bright path peace ever grows ;
Turn not aside, sure is the blow,
On you 'twill fall, down you will go ;
O ! steer from the enchanted isle,
The sirens warble to beguile ;
Yourselves shall reap what'er you sow,
Nature a vicar ne'er can know ;
Repentance sore too late can come,
Naught can undo that which is done ;
Study the law, the book's unseal'd,
In "words that burn," truths are reveal'd :
With Nature's law, you should obey
The "Higher law" "day unto day ;"
In the same "*plane*" they smoothly glide,
Like parallels they coincide,
No parallax, they sweetly blend,
In harmony to bliss they tend,
Of origin both are the same,
They sprung from One I AM His name.
There is a law, I ne'er will give,
It seizes the poor fugitive,
From dust, and smoke, and fumes be free,
Tobacco, coffee, also tea ;
Their giddy maze 'round you they'll fling,
Through visions dark your brain will swing :
And with your "pluck" to be in peace,
You ne'er should lave in *grunter* grease,
And smoothly down life's stream to glide,
The Queen of queens must be your bride ;
Would you the haunts of Hygeia see,
"Rise with the lark," and haste with me ;
Yonder she lightly trips the spray,
Culling choice flowers for a bouquet
Of varied hue, an offering meet
With polyglot tongue, a friend to greet ;
She laves her now in crystal fount,
At the base of Glen Haven's mount,
Where torrents down their tributaries bring,
And into Skaneateles spring,
Where vines from pendent branches swing,
Where numbers roll from pheasants' wing,
Where sylvan songsters sweetly sing,
And make the leafy welkin ring :
If then you would fair Hygeia wed,
Bring with you fruit, and Graham bread,
Laughing water, in joy's glad bowl,
"Feast of reason, and flow of soul ;"
On these for aye she would regale,
Obey each word, you cannot fail ;
Be pure in body, be pure in mind,
Be pure in heart, be true, be kind,
Hearts joined in one, for aye you'll dwell,
And naught will break the holy spell.
From Hygeia's haunts should you e'er stray,
Quickly return, that is the way ;
Nor heed you yonder beacon's glare,
It glitters only to ensnare,
Its blaze is wrought of burnished gold,
In letters large, M. D. behold ;
Yes, wreckers swarm that coast upon ;
Steer wide the strand, or you are gone ;
Of wreckers all, beware, keep free,
They bear a pill called misery,
If from the effect we name the thing,
For sure, it hath a rabid sting :
If but its sugared shell you break,

Then forth will spring a horrid snake,
A vicious, loathsome, hateful thing,
Its writhing coils 'round you 'twill fling,
Breathe in your face, breathe in your hair,
And vomit mildew and despair :
Ah ! Egypt's asp hath no such sting.
By this, you're ever withering ;
By that, you quick resign your breath ;
By this, you die a living death ;
Each species in this one combines,
It bites as 'round you it entwines ;
Yea, as you warm as Paul of yore,
It wounds you to the very core,
Like crater deep, its virus burns,
Rankling, and hot, within the urn ;
Ever anon, plagues do break out,
A cancer here, and there the gout,
From out this side, dropsy does pour,
And over there, a fever sore ;
And Scrofula and her dire train
Successive sweep the trembling plain ;
Lo, one faints here, another there !
Gasping for breath, in wan despair ;
There one reclines. Ah ! see, he falls,
While on all four another crawls,
And this one cannot even crawl ;
Here drops a nose, there drops a tongue,
The "windows of the soul" are gone :
Disgusting worms now 'round do wind,
In where you're deaf, out where you're blind ;
And thousands ev'ry tooth have lost,
Millions have given up the ghost :
Alone you will not drain this cup,
"Four" generations down will sup.
Some, ere they're born, are "food for death,"
Others, as soon as they draw breath ;
Lo ! here is one, a puny child,
Another there, who's raving wild ;
And scrofula writes on the wall,
The Bane of banes, the scum of all :
Silly this face, eclipsed the mind,
A compound there, deaf, dumb and blind ;
Yea, ev'ry offspring, one by one,
Inherits all its parents' own.
Resolve th' enigma, ye who can,
'Tis solved by one who is a *Man* ;
But temperance the flame subdues,
Till law transgress'd, the fire renews,
Like Iceland's springs long 'neath the sod,
Anon, they spout, a boiling flood,
In ev'ry phase, in ev'ry form,
From infant sighs to woe forlorn ;
And farther still the chain were link'd,
But now the species is extinct :
Nature disowns these awful deeds,
She never sows such bastard seeds ;
And should you bathe in Hygeia's pool,
Scars will remain to mark the fool,
Foolish you'll be for taking it,
M. D. a fool for giving it.

It is not rage that wakes my lyre,
But *truth* ; yea, I have felt the fire ;
Would I could tune to milder strains,
I wear the mark, the scar remains ;
Would to heaven 'twere but a scar,
I feel it is a burning sore ;
Wreckers for lucre falsified,
And thus it was I lost my bride ;
Yea, selfish men for spoil are rife,
Label this pill, the "*Balm of Life*,"
But Hygeia pipes forth on her flute,
And brands it with "*Forbidden Fruit*."
O Nymph divine ! ever the same,
I love thee still, thy very name,
Would to heaven we could embrace,
Join hand to hand, and face to face ;
Visions of rapture o'er me roll,
In ecstasy I've lost my soul.

A syrup dire attends this pill,
'Tis manufactured at the still ;
"Hand joined in hand" they forth do go,
Before is peace, behind is woe ;
Quaff but the bowl, the form divine
Wallows in mire, transformed to swine ;

And all, when they the scene shall see,
Instinctively will cry out "whee!"
It sweeps the nerves like liquid fire,
That flies along the electric wire,
Withers the high, withers the low,
Headlong into the grave they go;
Their bones now whiten ev'ry plain,
Widows and orphans but remain;
And sighs and groans now rend the air,
Make Beelzebub and Moloch stare.
An Engine* huge they had of yore,
But 'twas of no such caliber.
Consuming deeds! deluded men,
Who vomit death from Paxen gun,
Milton's old sin must lead the van,
Bring up the rear, in such a plan;
"The air they breathe is sighs and groans,"
Their palaces are of men's bones!!!

O! how shall we these vipers rout?
There's but one way: we'll drown them out:
Our Engine† is in fine repair,
With hose and ev'ry thing for war,
With army thousands, thousands strong,
And thousands daily join the throng,
For breastplate they the law do wear,
Old "Fate" and "Chance" they no more fear;
Truth is their flashing, shining blade,
Helmet and shield of lore are made:
Led on by Trull, and Gleason too,
Hearts brave, and strong, as steel, are true;
Tacticians both, they've met the foe,
And dealt him many a heavy blow:
Jackson and Nichols armed with quill,
Fling far the pen, its contents spill;
Falling, 'tis black; when dry, 'tis bright
Reflected, 'tis a beam of light.
Nor least of all, we have a Noggs
Who swamps the foe 'mong damps and bogs:
A second Priesnitz in command,
Encamped where Neptune meets the strand.
Nor are we left without a Skew,
Of "mighty" soul and noble too;
We wear it on the tented field,
While shod with *this*, we ne'er will yield.
Sub-Generals are in our cause,
Step to the time, obey the laws;
They wheel our columns into line,
Upon each brow does triumph shine.
And they, our Standard Bearers three,
Share in the war the victory;
The thickest fight they've borne it through,
Would you their names? F's, W.,
And fairy Messengers we have,
Of hearts of flesh, and souls of love;
Buoy up the mind, they nerve the will;
When death falls thick they're with us still,
Ever, anon glad news they bring,
Forward to nobler deeds we spring,
Aided by them; the foe shall fly,
With them we'll win, or nobly die.
A comrade falls, stung by the foe!
Rapid his pulse, fevered his brow,
Parched is his skin, furred is his tongue,
And Reason from her throne is gone;
See! R, B, G flies to relieve,
The balm of consolation give,
The pulse to low'r, his brow she laves
With pearly dew from crystal waves;
Moist is the skin, clear is the brain,
His eyes smile joy, gone is the pain,
On to the charge he moves again; }
O noble Soul, of that band chief,
She's ours in joy, yea, ours in grief,
And thousands more o'er this wide land,
With hearts as true, hold up our hand;
They weave our Standard of their smiles,
Embroider it with tears the while,
Smiles for the free, tears for the oppress'd,
With joy they are robed, in sorrow dress'd.
With aid like this are we not strong?
Renew then, my braves, avenge this wrong;
Now for the onset, each prepare,
O'er hill and dale, in climes afar;

We fling our Standard to the breeze,
Floats o'er the land and o'er the seas;
Where'er it waves stout hearts are found,
Stand to their arms, the campaign round;
Now ready one, now ready *All*,
From east to west, from pole to pole,
Range on each side, the lever grasp,
I, for the charge, will sound the blast:
The Giant wakes from sleep again,
The low'ring storm comes on amain— }
Venders of *virtus*, look for rain!

CHARGE!

Dash the pure water round about,
From out the Hydro Journal's spout,
Into each face, into their eyes,
Into their *Dens* the water flies;
On some 'tis cold, on some 'tis hot,
It surely will these vipers rot;
Let it the wide world deluge o'er,
Till these vile reptiles are no more.

Kennedyville, Steuben Co., N. Y.

VOICES FROM THE COUNTRY.

[We quote a few paragraphs from letters recently received, showing the state of the "public pulse" in relation to the Water-Cure.]

From Paw-Paw, Mich.—The Water-Cure cause is just started here, but it is getting a hold upon the people that will be proof against "blue pills." Please to send me three or four extra numbers of the Journal for gratuitous distribution: I think it will forward the cause.
D. W. A.

From Chester, N. Y.—Having taken the Water-Cure Journal for the past year, and finding in it so much to be approved that I am unwilling to do without it, I therefore cheerfully inclose a dollar for the coming year.
J. H. B.

From Union, Maine.—I am much pleased with the Water-Cure Journal you are sending me. I am trying to show my gratitude by giving them away at such times and places as I think will best promote the good cause of reform.

From Irving, Mass.—The first number of the Water-Cure Journal I ever saw was that of last September. My husband then commenced taking it, and I can truly say I have received more benefit from the knowledge gained from its pages than I ever received from all the M. D.s or their drugs. I have been circulating the numbers among my neighbors, hoping thereby to convince them of the ruinous practice of giving poison to cure disease. I have succeeded in getting a club of twenty-six subscribers for the Journal.
B. G.

From Dover, Kentucky.—When I became a subscriber to your Journal I was suffering very much from dyspepsia, and had tried drugs faithfully, but to no purpose. 'Tis true I sometimes got temporary relief, but in reality the disease was growing worse daily. I commenced home treatment under such directions as I could gather from the Journal in regard to bathing, diet, &c., and very soon had the satisfaction of feeling a decided improvement. I have not found it necessary to take any medicine since, but have continued the bathing regularly, quit using animal food, tea, coffee, &c., and am happy to say that I am at present enjoying better health than I have before for years.

You may set me down as a subscriber to the Journal as long as it is conducted in its present able style.
Very respectfully yours,
G. W. Y.

From Gibson, Pa.—[In a postscript to a recent letter a correspondent says:] Mrs. BELCHER of Gibson, Pa., allows that the Water treatment saved her life.

E. W. P.

From Vanwert, Ohio.—For a long time past I have been a reader of your publications, and to that cause I attribute the healthy condition of myself and family, and also my purse.
J. S.

From Blandisville, Ill.—I am much pleased with the Journal, and shall endeavor to get a club of twenty subscribers for January, 1853. There are only three copies taken at this office, but they are working like leaven. There seems to be a spirit of inquiry after truth among the people here.
J. L.

From Salem, Alabama.—I have been taking your valuable Journal the present year, and think now that I could not do well without it. I have also some few books on Water-Cure, the Hydropathic Encyclopædia and Water-Cure in America. I ventured to try Water as a last resort in a few, as I thought, hopeless cases of Typhoid Dysentery. To my astonishment, the result was a speedy cure. This led the way to further experiment, and I must say, in justice to the system, that even with my limited knowledge of its application, I have been universally successful in my practice.
R. J. T.

From Ashburnham, Mass.—I have taken the Water-Cure Journal the past year, and cannot well do without it. I regard it as one of the most important journals of the day. It has done much to open my eyes to the necessity of "Reform"—reform not only in medicine, but in diet and other matters. Doctors swarm around the sick to gain some new experimental idea, in order to retain the scientific practice, instead of putting them on the road to health. There are many who think Water will do in some cases, but not in all. It must be used with discretion. Ah yes, there's the rub! The Allopathic doctors can use it, for they know how(!) Now the truth is, they will not use it. But the "Journal" will, ere long, open the eyes of the People to the great "Panacea" that flows so pure and fresh wherever man has a dwelling, so that drugs may remain as the Creator made them, for his own best purposes.

From Turnersville, Kentucky.—[We have the most cheering account from all parts of the South and West where this subject is known. A writer says:] Hydrophathy is gaining strength here every day. The cry is, "Can we get an experienced practitioner by writing for one?" Several persons are now preparing themselves to attend lectures next session. God speed the cause.
R. W. C.

From Elmore, Vermont.—[One of our agents, writing from this place, refers to a young man who became a subscriber through his solicitation. He says:] Last December he was out of health and was taking blue pills according to the directions of a regular M. D., thinking perhaps he might live some time longer by so doing; but his mother had nearly given up all hopes of her only son's ever being able to work on the farm again if he lived through the winter, which was very doubtful. He was yet able to read some. I lent him some old Journals; he read them, and was convinced that there was hope for him, but, not being acquainted with the Water-Cure, was very cautious. They persevered, however, and the result was just what a good Water-Cure physician would expect. He has regained his health. His disease was what the doctor called "liver complaint." His cure cost him just the price of the Water-Cure Journal a year, which he subscribed for last winter. M. D. P.

[This shows which way the wind is blowing; and if it keeps on, we'll get a pretty stiff breeze by-and-bye. Our new ship of Zion is a well-built ship, manned and womaned with a well-selected crew. We expect to out sail all other craft, not excepting those sent out to the banks of Newfoundland in search of "pure, genuine cod liver fish oil." So let the breezes blow!]

* Vide Milton's Paradise Lost. † Fowlers' and Wall's Press.

FEMALE CONSUMPTION.

CAUSES AND CURE.

BY G. S. WHITMAN, M.D.

First—The age when it makes its attack. 2d—Symptoms. 3d—The Principal Cause. 4th—Some of its effects. 5th—Treatment, a certain Cure.

First—The age when it makes its attack is about 10 or 12 years. At the time the short dress is doffed.

2d. Symptoms—The symptom of an attack of this monster consumption is, a stricture of the chest caused by a collection of bony substances, 8 or 10 in number, from 6 to 12 inches in length, of a dark color, commencing in front near the upper end of the sternum, extending downwards some 3 or 4 inches below the lower extremity; also from the arms down to the hips; these are closely confined to the chest and abdomen by strong ligaments, reducing the cavity of the lungs beyond endurance, confining the muscles of the lumbar vertebra and diaphragm; consequently respiration is very imperfect. There is another symptom: In connection with those just mentioned, directly below this bony substance, instead of being reduced like the waist, it is increased to an alarming size. This protuberance and elongation extends to the soles of the feet; it has the appearance of fungous flesh, what some call proud flesh; at all events, I think I may safely call it the pride of flesh.

3d. The Principal Cause—The Bodice waist, long skirts, and heavy quilts, are the principal causes of female consumption.

4th. Some of its effects.

The compression of the chest, the long skirts, and cotton quilts, consumes the strength of the muscles of the lumbar vertebra and diaphragm, by inaction, caused by compression and overheating, inducing general debility and a long train of nervous complaints, frequently ending in prolapsus uteri.

It consumes the appetite, it consumes the sparkling eye, it consumes the rosy cheek, it consumes the health, it consumes the lungs, it consumes life temporal; and if this fashion is the god they serve, it will consume life eternal. Would to God that the evils connected with the violation of physical laws were confined to the transgressor, but alas, it is not so. Look a moment at the young miss of 10 or 12 years, in the short dress and loose waist, with an expansive chest, good health, and sparkling eye, and rosy cheek. She arrives at the age where the mother wishes to make a lady of her daughter; but the costume which was previously admired, is no longer becoming; her natural form, to which an all-wise God has given such beauty and symmetry, is no longer pleasing to the eye of that mother who wishes to have her daughter move in the circle of the fashionable; the costume which was so conducive to health, and with which every muscle of the complex machinery of her frame was obedient to the command of her will, is exchanged for the bodice waist and its concomitants, the drabbling skirts, and burdensome quilts, to improve her form. What an insult upon the Almighty! Now the flexible bones that form the chest are crushed inward by the cursed whalebones, and consumption strings, to compress the chest, and thus diminish the cavity of the lungs, changing a beautiful waist for one like that of a wasp. The steady nerve and clear head is exchanged for a trembling nerve and aching head; the slow, deep, natural respiration is exchanged for one more like the panting of a cat pursued by a dog; the rosy cheek, which is so much to be desired, is exchanged for a pallid countenance and hectic flush.

Follow this female a little further, you hear her complaining of all the aches and pains which are consequent on such a violation of the laws by which she should have been governed. The whole organic system is deranged, affecting materially her nervous system, prostrating her physical strength, enfeebling her mental faculties, and thus she is unqualified for physi-

cal labor, which is absolutely necessary to secure good health, and her imbecile mind unfits her for mental culture. In this condition we find scores, yea hundreds and thousands, about to settle in life, and give birth to what? to healthy children, physically and intellectually?—Most certainly not. As a general rule, her children come into the world with her own likeness, physically and intellectually; and if they chance to live, they are mere dwarfs to what they otherwise would have been, had their mother obeyed the laws of nature. It is true the father may be implicated in this violation to a considerable extent, such as improper diet, the use of tea and coffee, the filthy use of tobacco, and the degrading habit of using alcoholic drinks and mineral medicines; but still the slender constitution of that husband may have been inherited from his fashionable mother to a considerable extent.

5th. Treatment—a certain cure.

1st. Lay aside at once and for ever the costume that is preying on your very vitals, impeding respiration; also the free circulation of blood to the lungs, that it may be purified by coming in contact with the air which you inhale, and thus be prepared to give strength and vigor to every part of the system.

2d. Clothe yourself with the Bloomer Costume, which commends itself to common sense; for there is not a muscle in your whole body that is confined with this dress. There is not a drop of blood prevented from flowing through every ramification of the system; your locomotives are not confined; yourself or others are not stepping upon your dress.

3d. Let pure cold water be your drink, and nothing else; apply it internally and externally.

If you have not a sufficient knowledge of the water treatment to improve your health, take the welcome messenger (the Water-Cure Journal,) which is so richly laden with useful instruction, that is well adapted to meet the inquiring mind of the sufferer, in search of a remedial agent—that will restore you to health; but if your health is so far impaired by a protracted violation of your physical laws, that you are unable to recover your health at home, go to a Water-Cure establishment. There you will find "Balm in Gilead, and a Physician." Doubtless, you will soon return to your friends with a nimble step, and a buoyant heart.

In regard to the Bloomer Costume, no doubt you are thoroughly convinced of its superiority over the health and life-destroying bodice waist and long skirts; but you may say you cannot endure the sneers and ridicule of the rabble. It is true, it requires decision, no doubt, to stem the tide of opposition; but there are some noble hearts that act from principle—that are qualified for the task; and it must and will be accomplished. I firmly believe the day is not far distant when the dress will be adopted by all the wise and virtuous females of America. [Woodsport, N.Y.]

SCALDS AND BURNS.

BY THOS. J. KENNEDY.

MESSRS. EDITORS:—Though entirely unaccustomed to writing for publication, the complete success with which I treated the following case has induced me to forward you the particulars of it.

On Monday, the 9th of August, one of our servant girls, between seven and eight years old, was severely scalded by falling backwards into a tub of hot water, which had just been dipped by the mother in a boiling state. The mother stepping away a moment, the little girl came up, as she says, for the purpose of mending the fire, when she blundered backwards into the tub, immersing the entire lower back into the hot liquid. I was out on my plantation at the time of the accident. My wife immediately had a cotton cloth wet in milk, spread over the scalded part. I arrived at the house in about ten minutes after, when, by my request, the milk cloth was removed, and a linen cloth

of three thicknesses was wet in cold water, and spread over the entire burnt surface, which included the small of the back, and thighs down nearly to the knee. The skin immediately peeled off a large portion of it, the rest becoming, in a short time, raised in the largest kind of blisters, the largest of which, on the next day, were opened, letting out the water. The application of the wet cloth was continued from day to day, changing it every hour, with directions that it should be changed four or five times during the night. The wet cloth soon removed all pain, and she remained comfortable throughout the treatment, which consisted entirely of the applications of the wet cloths as above stated. There were many other remedies suggested by my neighbors, who doubted the efficacy of water alone in such a severe case, but none of them were tried. Her diet consisted of a small quantity of brown bread three times each day, with water, which no doubt greatly facilitated the cure, which was entirely and perfectly effected in ten days, to the surprise of some, but to the complete satisfaction of all. She is now, while I am writing, playing with her playmates in the yard, as pert as the pertest of them. I feel that I owe my success in the treatment of this case entirely to the monthly visits of the WATER-CURE JOURNAL, which has excluded the use of drugs from my family, much to the benefit of my own health, with all the rest. I have thirty in my family, and have been a reader of the Water-Cure Journal three years, during which time there have been no drugs taken by any member of it, which has been no little saving to my purse, for previous to that time my drug bill was considerable annually. I have had several cases of fever, three cases of rheumatism, two cases of croup, a case or two of bilious colic, and one severe case of quinsy; all of which I have treated with water to my complete satisfaction.

In conclusion, Messrs. Editors, I think that Hydropathy is gaining ground in this section, which, I trust, will be proved to your satisfaction next December by an increase of our subscription list.

[Lenoir County, North Carolina.]

[There can be no doubt as to the superiority of the Water-Cure in all cases of SCALDS and BURNS. It is supremely simple and efficacious. We are glad to receive these reports of cases treated at home, and that, too, without the aid or expense of doctors of any sort. Whatever healing there may be effected, whether from cuts, bruises, or burns, must be done by nature, not by any external application of plasters, poultices, or salves. There are no healing properties where there is no life. It is the life (not sticking plasters) that does the healing, and water will assist nature in such cases far more effectually than any drug remedies ever discovered.]

AN AGUE SORE

TREATED WITH WATER.

[THE inestimable and incomparable advantages of our glorious Hydropathic discoveries are well illustrated in the following narrative. Compare the treatment and results of this remarkable case with any other similar case on record, treated with drugs, and mark the difference. We cheerfully submit the test, and challenge comparison. Be it remembered, that this is no "Boughten certificate," but a grateful and honest acknowledgment of gratitude for benefit received.—EDITORS.]

Alfred, Maine, August 22d, 1852.

MESSRS. FOWLERS AND WELLS—Dear Sirs: In honor to the cause which I owe so much gratitude, and you so honorably push forward and promote for human happiness, permit me to speak of its virtues in hearing of all those devoted to its interest and consummation. Hydropathy! thou balm of human sorrows and

comforter to the distressed. Soon after the commencement of June last, I was afflicted with a painful swelling and inflammation on my right hand, caused by a bruise on the back of the same, and injury of the knuckle, which gave ample room for the wonderful display and powerful effects of this "king of medicines"—pure water.

My hand and arm had swollen astonishingly, and assumed many colors, symptomatic of great danger. My head, side and stomach defyingly sympathized in the inceptive destruction. I ordered assistance to a near pump, and demanded a copious effusion of water to be kept up, till my distress was palliated, throughout my whole frame.

This application was repeated every four hours regularly, and continued from $\frac{3}{4}$ to $1\frac{1}{4}$ hours; during the intervals I kept my hand and arm immersed in water or wrapped in wet cloths, often changed.

For some days the obstinacy of the sore was alarming, and gave rise to fearful apprehensions in both physicians and friends. Some most ardently solicited me to abandon my notion about the useful effects of water—many shed tears, fearing I should lose my arm, if not provoke speedy death.

My unalterable response was, I should apply nothing but water until convinced of its efficacy to cure, or inability to destroy disease. However, in about five days, the livid spots and crimson flowers began to disappear; and a diminution of swelling and soreness of the flesh softened the feelings of all towards the use of water, who witnessed its unparalleled celerity in the removal of inflammation and overthrow of disease. I allowed no surgical operations whatever, though greatly repugnant to the wishes of attendants and visitors. My strength for this I owed wholly to the appearance of a white glutinous excretion, which was observed supernatant in the water, after my hand had been some hours soaked in it. I was aware if this excretion could be unintermittingly kept up, all foreign noxious matter would be expelled. In aid of which I took a general bath daily—closely followed the rules laid down by our gracious benefactors, J. H. Rausse, J. Shew, and others, and in the meantime purchased the most celebrated, praiseworthy work of Dr. Trall, whose golden precepts I regard as infinitely valuable to every seeker after the necessary knowledge of man. No persons should profess to love God and aid him in his designs, without procuring a suitable portion of the treasures and priceless pearls, garnered upon their precious pages. I entertain not the least doubt, and many witnesses confirm the same, that if I had been devoid these means of medication, my arm would have been an early sacrifice to the painful disease, outraging my entire constitution, physical and mental.

After thirteen days from its destructive attack, I pursued my usual occupation, exempt from any pain or disadvantage.

I would further remark, that (from the inception of this ague sore, so called in this vicinity,) I did not suffer pain enough after the third application of water from the pump till the perfect disappearance of the sore and its evils, if it all could have been blended, to cause an infant to shed tears one minute. This I considered an ineffable blessing: could read Dr. Trall's theories, converse and consult the most scientific practitioners of the age, modify or astringe my medicine at volition. No scar is left; I am uncommonly well; have double faith in the cause, and aid it more boldly than heretofore; while my opponents cower and acknowledge the marvellous effects of the simple means.

Many have anxiously read the works I so rigidly adhered to for support in my novel plans, as they termed them, and are beginning to think more favorably of Hydropathy, and say they never heard of such things before.

Their faith begins to be more firmly established in the good work, and I hope ere long they will compre-

hend the good of man as you offer it by your arduous labors.

Sharing this blessing of blessings, ought I not to breathe forth thankfulness to God and his children, for thus scattering broadcast the knowledge of his way in my path, and placing my feet on holy ground? That I should, none but the hardest heart can deny.

Yours in regard, JOSEPH A. GILMAN.

[To the above, we may add, that when SMALL-POX, or VARIOLA, is treated by WATER-CURE, no scars remain; nor do we remember of a single case among the hundreds thus treated, terminating fatally. "No SCARS," and every case cured!! Think of this, drug doctors and "pock-marked" pilgrims, and say if there be no truth or utility in this "new-fangled notion," called WATER-CURE.]

REASONS FOR BECOMING A LECTURER.

BY MRS. MARY A. TORBIT,

Water-Cure Physician.

SISTERS—I had a babe, a lovely, beautiful boy; he was my first-born. He writhed in pain; medicines were given him as antidotes to disease, but they could not cure him; he staid with us just one week, then angel hands bore him to another country. Then followed weeks of fever and delirium for me. How I longed to go with my angel boy!

Again, I had another little one; and seventeen days I prayed for her life, ignorant of the causes of disease, ignorant of the conditions of health. Scarlet fever robbed me of my treasure.

And still I called another mine. Her eyes were of the deepest blue. Day by day she unfolded; the color deepened on cheek and lip; growing intelligence brightened in her eyes. Oh! how I loved that beautiful child, and how I trembled lest some hidden danger threatened her existence. I had heard that some air was full of deadly miasma—I had heard that some kinds of food produced disease; but while the laws of life and health were enigmas to us, we lived on (though not without a presentiment of evil,) cherishing the joyous hope that our sweet babe would be spared us. But, alas! my presentiment soon became a fearful reality. The glow of health faded from her cheek, and day by day the ravages of disease were surely and perceptibly wasting her form. How I agonized, how I prayed, how I longed for the possession of that knowledge that could tell me the cause of my child's sickness! I looked back on my past life to see wherein I had erred, without knowing which act was right, which wrong. Then, in my distraction, I would call upon the Supreme Ruler of the universe, insanely asking him why He thus afflicted me; but I could get no light, no response. She sunk and died. When I recovered from the violence of the shock, I commenced to study the Anatomy and Physiology of the Human System, and during three years I read every medical work that I could purchase or borrow. In the meantime my last child was born; and He who sees the sparrow fall only knows what I suffered during the three years she remained with us, under the constant apprehension that she too must leave me. How I snatched at everything that promised to shed some light on the darkness that surrounded me; for I could not feel right about calling those afflictions mysterious dispensations of Providence sent for some good purpose, without trying to ascertain what law I had violated, to which so heavy a penalty was attached. The Great Author of all life does not create by the energy and wisdom manifest in our organization, and infuse the breath of life, thus making us living souls, for the purpose of varied, intense and unmitigated suffering. No; sin has entered into the world, and sickness, suffering and death by sin. But what is sin? Sin is the trans-

gression of the law. And what is sickness, suffering and death? The penalty attached to the law. Are God's laws only moral, or are they physical also?—Clearly the law of mind governs mind, and the law of matter governs matter. Does God attach importance to moral laws, and allow physical laws to be violated with impunity? Put your hand in the fire, and feel that you violate a physical law by suffering the penalty. Take a dose of arsenic, and see if your ignorance of the physical law will shield you from the penalty attached to it. No; every groan extorted, every grief expressed, every loved one laid prematurely, in the morn, or in the bright noon of existence, in the cold and silent tomb, gives an answer not to be misunderstood.

Shall we then go on inflicting untold miseries upon ourselves, or shall we turn and read the law written with the finger of God upon every fibre of organized being, and bring ourselves into harmony with those laws by obedience, and thus escape the penalty attached to them?

That I might know those laws and obey them, I availed myself of the opportunities offered to women in the opening of the American Hydropathic Institution for medical education; my strongest wish being to save, if possible, the life of my only remaining child.

But could any one build a house of gossamer, and infuse into it strength to withstand the storms of winter? I had been there but a few months when she too died; and though every thought, every feeling was a prayer for her, yet more of resignation, more of trust in the All-Father who doeth all things well, sustained me; for by the light of Physiological truth, that truth found in the nature of man, I saw the inevitable result of the violation of God's immutable laws, and in the deep waters of affliction I thanked God for the knowledge that in our Father's house are many mansions; and when my darling sunk under the disorganizing tendencies hereditarily transmitted to her in a Scrofulous Diathesis, she found a home in Our Father's House in the Spirit Land.

How plainly now I see my errors, and the inevitable result! Though I cannot recall, I cannot undo, yet I need not continue to afflict by repeating the errors; and my experience may prevent many others from passing through the same ordeal, and attaining the same knowledge, by the same painful process.

This is why I ask you to study Anatomy and Physiology—this is why I talk to you of Pathology.

[Auburn, Alabama.]

DRESS, DISEASE, AND DOCTORS.

BY E. H. V. P.

FRIENDS—I can no longer resist the desire to inform you how grateful I feel for the interest you manifest in the dress reform. For a number of years, I saw with a sorrowing heart how rapidly females were declining in health, strength, vigor, and what I call beauty. I saw too plainly that only a few generations would pass away, ere our race would be a dwarfed and diminutive people. The cause was a query, until my mind was enlightened by reading in your valuable Journal the effect of dress, diet, exercise, and habits. I hailed with joy and gratitude a description of the "AMERICAN COSTUME." My first impression was, that every female who possessed common sense, and the least ability to reason, would abandon all fashions that interfered with health, comfort, and convenience, and dress as reason and common sense would dictate. I, for one, resolved to this effect, and have acted accordingly, notwithstanding the opposition I have met with. Yet it is with pleasure I can assure you, I am rewarded ten-fold, by the benefit I receive, by thus attireing my person. In this dress, I can perform one-

third more labor, with one-half the inconvenience attending the old costume. I can run up or down a flight of stairs, without being obliged to employ (at least) one hand to take care of the cumbersome skirts, lest an unlucky accident should be the result. I am not obliged to stay within doors till the morning dew is gone, before I can take a walk, and feast my Wonder, Ideality and Sublimity, by viewing the works of nature at the dawn of morn, which reminds me of the moral reform just dawning upon the wanderers of earth. I look forward to a time, a happy time, when all fashions and customs will be founded upon a reasonable and merciful basis. When health, comfort, and convenience will be consulted, instead of Paris or London fashion plates. Emancipation from slavery of every kind is slow but sure. I believe in "progression, but not without freedom." Many unbecoming remarks are made by silly men and women, which are too low to claim notice. There are seven females only in this place who have the moral courage to wear the American costume, while forty more prefer suffering the inconvenience of long dragging skirts to becoming the subjects of the senseless giggle, or the haughty frown of fools. It is a cross that too many have not the courage to bear; and I think nothing but a sense of duty and justice to herself, would induce any female to adopt this health-preserving, life-prolonging dress.

I would like you should know what a great work your valuable Journal is doing in this place. It makes the doctor look sorry, when he finds by the light we glean from your paper, we are able to treat our own cases at home so safely, that they are left without even the bad effects of medicine, which generally takes longer to eradicate than the original disease. Last spring my husband and two little children had a severe attack of scarlatina—indeed they were so very sick, some of our neighbors assured us repeatedly they would not live, did we not employ a physician; but trusting to the virtue of water, and having your Journal for a guide, we carried them safely through this dreaded disease, and a healthier family you do not often see than we have been since. We use neither tea nor coffee as a beverage; cold water is our drink. We live on plain, simple food, and derive much benefit therefrom. In fact we eat to live, instead of living to eat. I will close, by wishing you success in your well-doing. May you live long, to benefit and enlighten the world, by the diffusion of your valuable Journal throughout the land. Yours, with respect.

THE TRUE BALM OF GILEAD.

BY A LADY.

REPEATEDLY have I turned the pages of this invaluable monthly, if perchance I might find among the "cases of cure" one in which the symptoms were the same as my own, but with partial success. Could I three years since have been assured the water practice contained the "Balm of Gilead" for me, with how much joyfulness would I have sought it! As it was, I persevered through many discouragements, as it often seemed to make me worse instead of better. But thanks be to water, as an agent, in the hands of our great Physician, I can now say to others similarly diseased, as Elisha said to Naaman,—“Go dip thyself in the water, and thou shalt be healed.” And with the hope of imparting courage to others, I will now attempt to portray my symptoms and cure. I was married at the age of twenty, commenced housekeeping, which was new employment, and whether I overtasked myself I know not, but in a few months found myself suffering from debility, irregularity, and then from acidity, palpitation, leucorrhoea, bearing down, costiveness, until the birth of a babe. Then, with most of these symptoms aggravated, the thrush in a

severe form visited me; and at the expiration of a few months, during which I had taken the medicine of an apothecary physician and some "puffed patent medicine," I found myself scarcely able to walk. At this time, my physician advised weaning my babe; I did so, and the thrush left me. I gained strength; some of my symptoms left for the time, but in their place, remained a dull, constant headache, and leucorrhoea, which continued a few months, and then commenced a severe pain the length of the spine. I consulted an M.D.; he said I "had a little of several diseases, liver complaint, dyspepsia, prolapsus uteri, &c.;" gave me medicine and liniment, which mostly removed the pain of the spine, but in six weeks, had a fit, caused by a rush of blood to the head; had two physicians, was bled, blistered, calomelized, &c.—In five weeks had another severe attack; was confined to my bed a fortnight each time; and if you, reader, have never had a rush of blood to the head, nervousness, and an occasional hysteric, you've not yet reached the acme of physical misery, in my humble opinion. If you have never had those sensations, feeling as though you *should fly*, or could scarcely tell your own name, or where you were, you have not experienced what I did, for nearly two years, and which pen and ink *could not* describe.—About the time of the last attack, I became interested in the WATER-CURE, and commenced its practise. Eschewed medicine, tea and coffee. The principal difficulty which I had from this time, was the rush of blood to the head and nervousness, denoted by such symptoms as confusion of mind, face and head flushed, hot and painful, specks floating before the eyes, cold extremities, a throbbing throughout the system. I visited a Water-Cure establishment for a few days, and from that time received written instructions, which I pursued vigorously, until after the birth of a babe. Had such a "getting up" as Water-Cure ladies usually have, and which made some stare at me—for you know, reader, it is not fashionable or becoming for a lady to show herself out of doors for about six weeks after the birth of a babe. The baths I used were the sitz, dripping sheet, head and foot baths, and wet bandage. I am now enjoying comparatively good health, which I feel assured would be *very good*, could I have the benefit of a Water-Cure Institute. As it is, I feel as though I could never be sufficiently grateful for the health-dispensing system of Priessnitz.

PHYSICIANS VS. REFORMS.

BY J. H. HANAFORD.

It is a lamentable fact, too palpable to admit of contradiction, that the great mass of old school physicians have been, and still are, opposed to reforms; especially those that are connected with the health of the community. I do not charge them with intentional wrong in this matter, but they have inferred apparently that, in this respect, there can be no progress. There are, it is true, some honorable exceptions, but a vast majority are still attached to systems that originated hundreds or thousands of years since, the legitimate products of a dark age. Indeed, by many, the laws of health are almost entirely disregarded. A proper diet, pure air and a proper respiration, exercise, bathing and cleanliness, receive but little attention at their hands. Such have emphatically studied *medicine*. By it, they would have us believe they can almost "work miracles." It is their whole dependence. The vegetable and mineral kingdoms have been explored, and their most virulent poisons have been selected as appropriate curative agents. We are gravely told that those articles which would prove fatal in health, are perfectly harmless when the system is diseased.

It would seem a matter of surprise, while "progress" is the motto of the age, and while such marked

changes are daily occurring, that no more has been effected in the "old school." It is true, they have been compelled, by the onward march of the present age, to make some concessions, and discard some of the practices of "olden time," but it has been by slow and sluggish steps that these changes have been produced. It has been from necessity, and not from choice. Perhaps no class in community have been more averse to what they may have sincerely regarded as innovations, destructive in their tendency. The car of reform, nevertheless, will move onward; the genius of the age now demands it. Dosing and drugging must be brought into dis-repute, however much these "conservatives" may oppose it. The philosophy of human life will be investigated, and prevention will be preferred to cure.

There are, however, some exceptions to the above remarks. I have been not a little surprised and pleased with the spirit and sentiments of a work published in 1818, by James Johnson, M. D., surgeon to the Duke of Clarence. It contains the results of extensive experience and observations in the principal cities of Europe, and attributes most of the ills of society to the luxurious indulgences of civic life. Of these dietetic evils he says,—“Every one, after a full meal, especially of animal food, with all the *et ceteras* of a civic table, must have felt how incapacitated he was for either mental or corporeal exertion.”

Of drinks, he remarks:—"The water-drinker glides tranquilly through life, without much exhilaration or depression, and escapes many diseases to which he would otherwise be subject. The wine-drinker experiences short, but vivid periods of rapture, and long intervals of gloom; he is also more subject to disease. The balance of enjoyment, then, turns decidedly in favor of the water-drinker." While speaking of the ravages of pulmonary consumption, he says,—“To obviate these melancholy consequences, children should be early accustomed to bear the vicissitudes of our climate, by bringing them into the open air of the country. The cold or shower bath should be early commenced, and long persevered in, as it is the grand agent in fortifying the constitution against the changes of the climate, while the digestive organs should be particularly attended to. The cold bath supplies, in a very considerable degree, the want of regular exercise. Where there is no organ deranged in structure, this substitute may be resorted to at almost any period of life.”

Dr. Johnson gives us, undoubtedly, the results of his investigations, as the unavoidable conclusions of his extensive researches, giving his opinions frankly and definitely. He had no fear of a rapidly advancing system of water treatment, as many have, apparently at the present time, to deter him from a free utterance of his necessary convictions. He writes like a philosopher, and evidently was familiar with the laws of our complicated being. His conclusions are that an adherence to these laws, alone, will secure to us that measure of health and happiness which our benevolent Creator has designed for us.

The New York Times says that a modern error is that people can do with too little sleep. The Chester (Pa.) Republican, having said that Gen. Scott was in the habit of only allowing himself five hours for sleeping out of every twenty-four, the Times replies:

"We know not how little sleep the gallant old general, with his habits of the strictest temperance and clock-like regularity, can manage to sustain his strength; but we are quite confident that the present generation of young men do not sleep enough, and that the example of famous, wise, and good men, who have achieved most of their greatness, has contributed materially to establish this practical error. In these stirring times, sleep has come to be regarded by too many who need its soothing medication as a 'thief of time,' and a bed-fellow of sloth. *Work, action, energy*, are watch-words given us when we leave the nursery; and that sleep, the safest, cheapest, and most invaluable of all modes of rest, is very generally undervalued."

New-York, Oct. 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.

WANTED.—A Water-Cure Physician in Solon, Johnson County, Iowa, when sending us a list of thirty new subscribers, Mr. P. C. Brown represents this as one of the best localities in the West for a hydropathic physician. Mr. B. will answer any inquiries relating thereto.

SUBSCRIPTIONS for the Journal may be sent in at any time. The new volume commenced with the July number.

TO PREVENT MISARRIAGE, DELAYS OR OMISSIONS, all letters and other communications relating to this Journal should, in ALL CASES, be post-paid, and directed to the publishers as follows:

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

OCTOBER GATHERINGS.

BY R. T. TRALL, M.D.

THE GOOD TIME COMING.—Brutus did not rejoice over the grave of the great Roman because he loved Cæsar less, but because he loved Rome more. We expect to live to attend the funeral of Allopathy; but we shall not rejoice so much that several thousands of our fellow-beings are thrown out of a profitable occupation, as in the conviction that the "cause of suffering humanity" is thereby subserved. The burial of the drug-system will be the epoch of the world's redemption from physiological ignorance. It will mark the commencement of an era when constructive nature, instead of destructive art, is regarded as the great physician. Men will then know the laws of life and health, and obeying them, keep well; or when disease results from their casual or accidental infraction, a return to a physiological life will ensure the return of its result—health.

The evidences that the good time above indicated is rapidly approaching, are found in the rapid extension of this Journal every where among intelligent and thinking people, as well as in the sickly and dying condition of the Allopathic journals. We know not one of the drug-advocating periodicals in the United States that is in a prosperous condition; while they are frequently starting up, calling lustily on the profession for help, and giving up "in great agony" the ghost, bitterly complaining of ingratitude on the part of the brethren, and non-appreciation on the part of the public.

A case in point is furnished by the following extract of a letter from a physician in Maine, to the Boston Medical Journal:

"And now, having followed the Journal, or rather the Journal having followed me, twenty-three years, through good report and through evil report, I must ask you to discontinue it. The income from my practice is so small that I am not warranted in taking it any longer. Indeed, the most arrant quack, without a medical book or paper, gets more practice and better pay than our mediocre regulars. I think I shall turn my attention to other business chiefly, but when I feel able shall resume the Journal again."

Now if a professionally-educated "regular" cannot hold his own against a confessed ignoramus, in competing for the public confidence, it is at least strongly presumptive evidence that his system does not satisfy the reason and judgment of the people, and therefore may be wrong.

We fully concur with our Boston contemporary, who remarks, in relation to the above extract:

"It speaks for itself, and suggests topics of reflection which we have not space further to allude to at present."

HYDROPATHIC DISCREPANCIES.—F. S. W., writing from Wheeling, Va., calls our attention to certain differences of opinion in the teachings of water-cure

writers, and, although expressing the fullest faith in the system, still thinks there is much yet to be learned by its advocates, &c. We agree with the writer exactly. But he need labor under no fears that any amount of commendation or even flattery will cause the leading advocates of the new school to forget their own personal and individual fallibility. We make no pretensions to infallibility; in fact we believe in endless progression in wisdom and knowledge; and this confession leaves much in the future to be learned. Again, our system is in its infancy; and, although it has disseminated abroad more physiological truth, and taught the world more true medical science, in thirty years, than the drug-school has taught in three thousand, there is much yet remaining undiscovered. All our writers and advocates are free thinkers, and contend for the largest liberty of speech; and this is the very way to harmonize eventually, in the best explanation and application of the details of our system, as we now all agree in its essential principles.

Our correspondent remarks—"One will recommend, for a particular disease, a wet-sheet pack; while for the same disease, and under the same circumstances, another will make use of the sitz-bath, and another of the douche." Very well: there is not even the shadow of "discrepancy" in this. Very often either process alone will cure the same disease under similar circumstances, provided the general regimen is attended to judiciously; and often all may be employed advantageously. Some hydropathic practitioners will be more strictly physiological, and make the leading item in the treatment, dietetic; others lay greater proportional stress on the therapeutic management of the bathing appliances, &c., &c. These things may evince various degrees of skill, but do not show any discordance inherent in the system.

TREATMENT OF HOMŒOPATHY.—The allopathic treatment of the homœopathic heresy is becoming quite an amusing "problem of the age." For many years our orthodox brethren have been excessively annoyed at the rapid multiplication of seceders from their ranks; and some medical societies have taken the immeasurably important step of attempting to put homœopathy down, by resolving that it was a humbug! But as the thing would not consent to die in this way, the next measure was to aim those ever-tremendous missiles—resolutions—not at homœopathy in the abstract, but at homœopaths in the concrete.

The Medical Society of Connecticut, in review of the alarming fact that three of their members, "formerly in good standing and fellowship," had joined the infinitesimal school, had the subject referred to a committee; the committee, after deeply pondering the ponderous matter, reported a document, of which it was voted to publish one thousand "extra" copies in pamphlet form. The pamphlet is modestly entitled, *The Treatment due from the Medical Profession to Physicians who become Homœopathic Practitioners!* We have not room for the whole pamphlet, but quote its concluding paragraph, which, in fact, contains the quintessence of the whole: "In view of these facts and principles, therefore, your committee recommend that, in accordance with our by-laws, every physician who becomes a homœopathic practitioner should at once, on proof of the facts, be expelled from the society."

Now it is probably none of our business, but we beg leave to suggest that this "remedy," expulsion, can never reach the disease. The evil is not homœopathy in allopathic societies. There it is as harmless as the thirtieth potency of a drop of croton. But all the mischief comes from homœopathy out of their societies—homœopathy any and every where else except among them. To reach the fountain from whence the evil flows, homœopathy must be "expelled" from non-medical society; and nothing here—we say it with becoming diffidence—can be effectual except the utter extermination of the homœopathic practitioners them-

selves. How to do this may be perhaps best left to the judgment and discrimination of the allopathic practitioners. The following process, however, can hardly fail, the only difficulty in the way being the rebellious homœopaths' repugnance to take the medicine: Bleeding, *ad deliquum animi*; twenty leeches, *ter quaterve in die*; six blisters, *partibus affectis applicanda*; an antimonial emetic, *quadrantibus donec supervenerit vomitus*; a saline purgative, *sexta quaque hora*; a sudorific and diaphoretic sweat, *amplo quantis horis repetendus*; and a slight mercurial touch of the gums, *hydrargyri proto-chloridi, fiat massa in pilulas XXIV. dividenda, quarum sumantur due alterna quaque nocte.*

DISEASED BEEF LIVERS.—Beef-eating epicures, to whom the liver is among the "choice morsels," ought to be apprised that this viscus is very generally diseased in fattened cattle, especially in those animals which are stall-fed. The following admonition in relation to them appears in a late number of the Boston Medical Journal: "It is well enough to examine them when purchased for cooking, and discard those having abscesses on them." Indeed! What, not eat the abscesses? And even "well enough" to look at them all, and, however diseased, to buy them for cooking, unless there are actually abscesses apparent! Well, such non-committal, two-sided, and nothing-meaning twattle is the common filling-up of what are called medical journals.

DISTILLERY MILK.—One of our city papers asserts that, notwithstanding the immense quantities of milk daily brought to this city by our numerous steamboats and railroads, two-thirds of all that is consumed in the city is the execrable slop manufactured at the distilleries in the city and vicinity. If this be the fact, it indicates a degree of ignorance bordering on stupidity in the minds of a large portion of our population, and an unpardonable wickedness on the part of those in authority who permit the evil. These swill-milk manufacturers are among our rich men, who care not what amount of sickness and death result from their calling, so long as they can get richer by it. Their business places are known; the manner in which their thousands of cows are kept rotting alive in dark stables, and gorged continually with poisonous slops to make them yield "milk" copiously, is well known to our municipal government; and the details of its murderous traffic—the way in which it is distributed over the city—we are perfectly understood by the "powers that be." We cannot understand by what right, principle, or law, such things exist among us, unless it be because "wicked men bear rule!"

TAX ON DOCTORS.—In this State several attempts have been made to enact a statute imposing a tax on dogs and bachelors; but Virginia legislation is ahead of the Empire, for they have already a law levying a tax on a doctor's license. The Stethoscope protests against the tax, on the ground that "the profession is by law and by usage a trade," and remarks, not very complimentarily to the "trade:"—

"This is a grievance incident to the present condition of our profession, and, together with innumerable others, cannot be remedied till we reform our ranks, organize ourselves, and show that we are worthy of consideration, at least as a class. Let the laws recognize and protect us, and we will not grudge a heavy class tax. But this it will never do, so long as each individual 'saw-bone' mopes about like a superannuated granny, utterly careless of all but his pittance fees and the poor puny bubble of reputation in his neighborhood. Let every man worthy of the appellation of doctor, put his shoulder to the wheel, and we shall soon be disenthralled and enfranchised. Let the watchwords be, *organization and reform.*"

DEATH OF MR. RANTOUL.—In the circumstances of the sudden death of the late Hon. Robert Rantoul, jr., we may read a melancholy, but not the less profitable lesson. The newspaper account is as follows:—

"Hon. Robert Rantoul, jr., died last evening. He was in his usual health up to Monday, the 2d inst.,

and had been for some days previous to that time engaged in laborious investigation on the matters in dispute between Great Britain and the United States growing out of the northern fisheries. At this time he had upon his forehead what he considered a small boil, which did not attract attention nor prevent his being in the house on Monday or Tuesday. On Wednesday morning, at breakfast, considerable inflammation, of an erysipelatous character, was noticed around the boil, and he was accordingly prevailed upon to remain in his room and procure medical advice. During the remainder of Wednesday and Thursday the disease made no perceptible progress. On Thursday a dispatch was sent, informing Mr. Rantoul's family of his illness. On Friday morning, he conversed freely with me, and appeared much better, and expected in the course of a day or two to resume his duties in the house. On the evening of Friday he became much worse, the erysipelas spreading over the whole face, and his brain being also somewhat affected. On Saturday morning Mrs. Rantoul arrived. Mr. Rantoul knew her perfectly, and made many inquiries of her, though his mind continually wandered. On Saturday evening an effusion took place, one side of the body became paralytic and much swollen, with inability to speak. From this time he sunk rapidly, and expired at half-past ten o'clock on Saturday evening."

The medical journals, as usual when a distinguished man dies, do not agree as to the nature of the disease or propriety of the treatment, which separately or together, produced the death. Dr. A. L. Pierson, of Salem, Mass., calls the disease "malignant tubercle," and cites several cases of a similar character. "The cause of this fatal affection," says Dr. Pierson, "I have always imputed to a morbid poison [Query—Are there any poisons which are not "morbid?"] locally applied to the body and circulated with the blood."

The only plan proposed by Dr. Pierson, for getting this "morbid poison" out of the body, is by putting half a dozen other "morbid poisons" into it, as turpentine, opium, nitrate of silver, carbonate of ammonia, sugar of lead, and alcohol.

Whether the poison was engendered by the erroneous dietetic habits of the patient, which is probable, or derived from contact with some external irritant or virus, the clear and rational therapeutic indication was, to reduce the inflammation, subdue the fever, and cleanse the body—not add poison to poison. If this had been done hydropathically, Mr. Rantoul might have been at this hour among the living.

SALTED FISH.—One of the most pernicious and inflaming articles of aliment is unquestionably stale salted fish, although it is very difficult to make the lovers of "sea food" so understand it. We have had to treat many bowel complaints—dysentery in children, and cholera morbus in adults—which seemed to be traceable directly to this cause. The following, which appeared recently in the *Tribune*, corroborates our position:—

"I send you a notice of the death of my dear little boy. I have two more children now sick with that terrible scourge, the dysentery. From some observations I have made this season and before, I am led to suspect that the use of salt fish during hot weather has much to do with the production of this fatal disease. I beg you will let me say this much to the public through your columns, and also call the attention of other physicians to the point. J. B. OSTON.

Brooklyn, Aug. 22, 1852.

CAUSE AND EFFECT.—A traveller writes from the Land of Gold:—

"Then we want, preëminently, more enlightenment in the laws of health and diet. In all our travels since leaving Sacramento, I have not seen or heard of a loaf of *unbolted wheat bread*, nor in the mining districts are there yet many vegetables. Plenty of meats and rich pastries, sausages and mince pies, coffee and poor tea, tobacco and alcoholic drinks, (the latter the best of the catalogue, often,) while following in their train come fevers and agues by thousands, and almost all manner of diseases, (in spite of the sweetness and purity of the climate, and cool nights for refreshing sleep)—then fights, and frolics, and duels, and dog-fights, and bull-fights, and sham-fights, and fist-fights, and murders, and robberies, and arsons, petty thefts, and law-suits, and lynchings, and hangings, by judge

and by juries, or without them—which are so prevalent through the land."

Reviews.

By R. T. TRALL, M. D.

THE PRINCIPLES OF HYDROPATHY, OR THE INVALID'S GUIDE TO HEALTH AND HAPPINESS. By DAVID A. HARSHA. E. H. PEASE & Co., Albany: FOWLERS AND WELLS, New York. Price 25 cts.

This is a brief and well-condensed, and, as the author himself says, "plain familiar exposition of the principles of the Water-Cure system." The author's own experience, both drugopathic and hydropathic, is exceedingly interesting, and is narrated with the strictest fidelity, and apparently with no effort to "adorn or embellish a story," yet with the obvious design of "pointing a moral." It furnishes a careful compend of the rudimental and hygienic elements of the new system, an explanation of the various bathing processes, and their particular application to the home-management of the most prevalent diseases. It contains fifty-two pages, and makes a very desirable tract for general distribution, especially among those who will not read, or cannot have access to the more elaborate works on the subject. The writer evinces all the enthusiasm and something of the "poetic" which in the celebrated "Bulwer's Letter" on Water-Cure, gave such mortal offence to our allopathic contemporaries. Our worthy friends of the "old school" will find the present work still harder to digest; while the popular reader will find it equally entertaining and much more instructive.

VOLUNTARY TESTIMONIAL.—[We have received the following testimonial from an unknown hand, relating to a new work recently published at the office of this Journal, entitled,

HINTS ON THE REPRODUCTIVE ORGANS; THEIR DISEASES, CAUSES, AND CURE, ON HYDROPATHIC PRINCIPLES. By JAMES C. JACKSON, M. D. New York: FOWLERS AND WELLS, Publishers. Price, prepaid by mail, 15 cents.]

GENTLEMEN:—We have read the little work written by James C. Jackson, M. D., entitled "Hints on the Reproductive Organs," and are pleased with it; and as we know that the subject treated is one, about obtaining a knowledge of which, there is great fastidiousness, we take the liberty of thanking you for publishing it, and of recommending it through your Journals to the public—giving it as our opinion, that old and young, of either sex, may read it with interest and decided advantage. The work is one, in our judgment, which is eminently calculated to do good, and we hope it may have in your hands a wide circulation. I. CLARKE, CHAS. GOODRICH, C. T. HASKELL, JOHN WILSON, J. H. CARVER, D. O. KEELER, A. L. WHITING, SAM'L. W. JOHNSON, STEPHEN F. KNIGHT, BENTLY BRUCE, W. S. BUSH, A. J. PURMORT, ALEX. HUNTER, A. W. RICE, JOHN SANDHOVEL, F. F. SHERMAN.

Miscellany.

PUBLIC LECTURERS.—We are informed by private correspondence, that several able lecturers are now preparing themselves to spend the coming winter in delivering courses of public lectures on Water-Cure in various parts of the country.

We are often solicited to advise "new beginners" where to go in order to meet with the greatest success with the least effort or expense on their part. To all such inquirers we answer, "Wherever you feel in duty bound to go. But begin near home. Go into the first school-house, and tell your neighbors what you know." We believe in being "called" to fulfil high missions on earth. Let him who is called go forth, looking out for the good of his race and the number of converts which he may make, rather than for dimes, dollars, or

dimmers. If he has light to impart, let him impart it freely and without price. A true disciple will go into all the world, and preach the gospel of life, health, and happiness unto every creature. Yea, he will even go among the fishermen, the laborers, and "the people," shedding abroad glad tidings of great joy to those in affliction, seeking physical salvation as it may be found in our God-given HYDROPATHY.

We commend the plan of FREE LECTURES everywhere. Let a contribution be taken up to defray all expenses for advertising, rooms, lights, travelling, and so forth. Let the inhabitants of every district see to it, that these things are provided, and that the lecturer who gives his time, talents, and energies, be not sent away empty, or without the means of prosecuting his mission in the neighboring places; but let all this be done on the Quaker plan—of free and gratuitous contribution.

A more noble example of the true *home* missionary spirit cannot be found in this world than among the experienced advocates of our glorious health-restoring, life-preserving Water-Cure; and it rejoices us beyond the power of language to express, when we notice how rapidly their number is increasing, and their spirit being diffused throughout our land. Yes, they have tasted the fruit from the tree of life, and are now heartily engaged in distributing it among their needy friends.

After the Journal and our other Water-Cure publications, we know of no means so efficient in the promulgation of Hydropathy as that of public lectures.

The presiding physicians of all Water-Cure establishments throughout the country should make it a point to have every patient instructed and qualified to lecture on the subject. Then, while yet too feeble to engage in any laborious occupation, he may, when sufficiently recovered, go forth and relate his experience, call attention to the subject, and thus do good in the world.

Every school-house should be converted into a lecture-room, and every qualified disciple become a lecturer; then, indeed, shall the world be enlightened, and the wickedness of a life-destroying trade exposed—their drug shops shut up, and man be permitted to live out the *whole* number of his days.

Lecturers! prepare for war—a war for the preservation of life against the inventions of wicked money-getters, who dose to death the choicest and the loveliest of the creation of God.

EXTRACTS FROM THE DIARY OF A NEW ENGLAND PHYSICIAN—NO. II.

BY NOGGS.

I HAD studied physic about three months when I began to have suspicions that I was one of the doctors, and felt bound to have some practice.

I had already used up some two or three pairs of "tooth drawers" in practising on sheep's jaws, dead or alive, as I could find 'em; and oh, how I yearned to try my hand on a live human!

Opportunity soon offered in the person of my uncle's hired man, whom I had succeeded in making believe that I was a most experienced dentist!

Fortunately it was not a bad one to pull, and the way I pulled it was a caution to truck horses. And I never shall forget how we both rolled down the *dung heap* together! for it was behind the barn I found him in the humor, and I was afraid he might repent; and then again I felt sure the "old doctor" would scout the idea altogether, and it was best to keep out of sight.

We rolled down together, I say, for he, in trying to get away from the terrible twisting my old-fashioned turnkey instrument was subjecting his offending grinder to, fell from his "high estate" on the top of the fertilizing pyramid and dragged me with him, as I somehow felt conscious that if I let go my hold, he

never would let me "practise on him again." So I stuck to the handle, and having "a good hold," something had to come; and, as good luck would have it, it did not, as many grinders do, grow to the socket—otherwise the weight of my body rolling over and over with such a purchase as I had, would have taken away at least one half of his jaw.

Wasn't I proud of that tooth? I carried it for months and months in my pocket—choice as a charm—not only as a trophy, but as a sample of what I could do in the tooth-extracting line.

No more picking up sheep's jaws after that—no no, I was above that thenceforth. In fact I had no need after this, as I had the run of the neighborhood; for I pulled for nothing, and the "old 'un" charged a shilling! and I tell you a shilling "down east," especially in those days, meant something.

I remember nearly killing one man there who insisted upon my giving him more tartar emetic for a shilling—that being the price for "pukes," too—and I, being rather generous then, and knowing just enough not to know anything, gave him just twice the amount the old doctor told me to! And the result was, he puked himself almost to death, and had to pay the doctor some five or six dollars before he fairly recovered from the effects of the cramps, &c.!

It was a good lesson for both of us; especially useful to him, as it cost him so much, he profited by it for the sake of getting his money's worth!

As for bleeding folks I was quite a "dabster," having very successfully commenced that business (with an old rusty lancet of father's, which had probably shed at least a hog'shead of the ruby vitality) on a certain "colored individual pusson" known as "Black Sam," cook of the good brig Susan, in which I had shipped, at the age of fourteen, to go to Madagascar and other ports; and being a Pilloody, the whole crew trusted their lives in my hands, as relyingly as if I had slain my thousands!

Poor "darkie," I see even now the whites of those huge orbs of thine as thou didst look up at me from the deck on which thou hadst fallen in a fit, and inquire with those bounteous lips that graced thy expressive physiognomy, "if dat was my work?"

The mate, too, of that same brig—didn't I put him through? The way I made him swallow the "calomel and jalap," blue pill, tartarized antimony, salts, senna, &c., &c., was very unfavorable to the growing up of his gullet, or the quiet of his stomach. He had a fever from the commencement, I believe; at any rate he had one very soon after, for my mercurials took rank hold of him, and then he didn't have anything else for a good smart fortnight except "an almighty sore mouth," as he expressed it.

Oh, didn't the critter swear! He was a real tar, Webber was; and if he didn't "know the ropes" in swearing, there is no such thing. He called me everything but Eduardus Pilloody, and politely insinuated that my mother was of the canine species!

I, however, succeeded in calming him down after a while by the aid of the captain, both of us assuring him that he must inevitably have perished had it not been for the salivation.

The truth was, he got well in spite of the drugs, though I then thought that I and mercury actually saved him!

I was terribly frightened, I must confess, at the horrid sight which he presented with his tongue hanging out of his mouth, and the saliva running a stream therefrom all the time, and his whole mouth so sore that he could scarcely swallow even liquids for more than a week.

I got used to this in after days, and didn't think anything of it if three or four teeth didn't drop out!

Fortunately for me, this same hired man for whom I extracted the tooth was always complaining, was a gross liver, and had a "robustious" constitution; and I had only to tell him that I would do it for nothing

to get permission to do anything in my line! And if I didn't know how to bleed, physic, and puke, sweat, cup, and blister, it was not because I hadn't had practice!

Alas, poor "Eben!" thou art long since gone where neither scalpel nor bleeding of any kind is allowed, nor "physicking" nor "puking" is ever dreamed of. Though mighty in thy conformation, thou couldst not stand everything—the fat meat, the melted butter, the "oceans of pumpkin pies," and "the wilderness of pork and beans," &c., &c., which thou didst daily stuff beneath thy jacket, was enough to kill a common man; but the "helpers to digestion," the "correctives for the stomach and liver," which thou didst also swallow, were too much even for a giant. "The Lord deliver me from my friends!" your system might well have exclaimed; but he didn't deliver you, and so you died.

The neighbors of Eben—dear, innocent "Down-Easters"—thought he was "most desputly sick" because he died in spite of all the medicine he took! and so thought I then.

No one ever dreamed, in those days, that it was possible to eat too much or too often in that neighborhood; and as for washing anybody but the sheep "all over" was a thing not to be thought of, and yet none more careful than they of their "critters." They were very indignant if any of the boys gave the horse "too much grain," and would have been still more so if they had caught them making them drink cider, &c. But "cattle cost money!"

I couldn't understand how it came about, but the fact was that in Eben's case the more I "cured him" the more he didn't get well. And yet my book, which I followed religiously, told me that blue pill, extract of dandelion, aloes, &c., &c., would cure "liver complaint," and my uncle said Eben had "got that complaint to perfection."

Eben, I remember, had peculiar notions about diet. His idea was that a man should eat when he could get it if he had any appetite, and all that he could.

Morbid appetites were in those days known only to the doctors, and not to more than half of them! The idea that a man could eat too much never seemed to enter Eben's head. And the idea that a man could possibly live, if ever so sick, without eating something every day, was, to Eben, one of the most preposterous things ever dreamed of. "It was agin natur," Eben said, "to go without food," and Eben had a mortal dread of going "agin natur." Drinking a quart of rum, and obeying a plug of tobacco each day of his life, was the most natural thing in the world to Eben!

Eben, among other things, used to have the most severe turns of colic, and then I used to have to stick by him for about twenty-four hours, tucking in all the while everything I could think of that looked good for the colic! or that was known to be "good physic," till I got him well nigh filled up to the top of his gullet—as none of them operated, and I got so anxious for fear that he'd die before they did, and then they'd think I didn't know physic; or perhaps be so impolite as to say that my medicines had hurried him out of the world!

It is astonishing how absurd some folks will make themselves. "Medicines" prepared on purpose to cure, "kill folks!" "Ma'am Crawford," who was a sort of doctress in those days, lived near by, and she made bold to say that, in her 'pinion, "thirteen doses of strong poticary 'thartics, or any other ties, in a man's inards at one time, was a great deal worse than the colic anyhow, and if he didn't want to die he had better stop taking em,"—but I told him he would certainly die if he did, as he had in him something like a half-ounce of calomel, four ounces of salts, twenty-five grains of jalap, six ounces of castor oil, and any quantity of senna tea, besides some fourteen drops of croton oil—one of which is supposed to be a dose! and that the only hope for him was to get those doses through;

but, alas, they wouldn't go through, but remained, much to my surprise, inoperative to the last, although I urged them by every possible persuasive in my power in the shape of stimulating injections, to come forth! but they wouldn't budge an inch, and so—poor Eben died!

The verdict was, "Time had come!" as all the friends had the strongest faith in me and physic, and they declared they "never knew a man put in more licks than I did into any one case, and that it was really astonishing how one so young could have thought of so many different things, and even doubted if the Old Doctor himself could have done more!"

I thought myself, I had done enough! One old retired physician, who, it was whispered, left the profession with no very high opinion of medicinal drugs, said to me afterwards, that, in his opinion, "the drugs that I used to remove the stoppage, only increased it! as the bowels, being, in such cases, more or less inflamed from the beginning, would be likely to become more so by the introduction of irritants." "But," said I in reply, "are not these the means made and provided by the learned faculty, ever since the days of Galen?" "Oh, yes," he replied, "but the 'faculty' are mortal, and mortals are all liable to err. You did right, young man, according to the book; but I found out, in the latter days of my practice, that the less you did in such cases in the way of drugging, the better."

I put this old man down as one whom "too much learning had made mad."

I missed Eben amazingly—it seemed as if mine occupation was indeed gone, for he had been the ever-ready receptacle of my lancet, my pills, my powders, or anything else that I chanced to wish acquaintance with! I mean to say, that if I wanted to know whether any particular medicine was good for any particular complaint, Eben was pretty sure to have at least a touch of that particular complaint, and none more willing than he to take anything that promised a cure, for Eben had a mortal dread of dying, and a sort of superhuman faith in anything that was physic, especially if it was bad to take, and more especially if prepared in rum!

How he could trust one so young as I was, some will wonder. Well, the fact was, Eben was "desput poor" and not over particular, and any one who called himself a doctor, and dressed in black, was as good to him as Dr. Jackson, or Reynolds, or any of the "guns." Now I, being western born, not only wore black, but—in those days I was more particular than I am now, and a much greater man—very nice broadcloth, "boughten cloth," as they called it; and I think, with the exception of my uncle's go-to-meeting suit, I was the only one in the "hall neighborhood" that ever possessed any such extravagances. All these things, trivial as they may appear to some, have a mighty influence in obtaining favor of any kind. But what is more, I had plenty of brass in those young days, albeit a modest man now am I!

And here let me whisper a word in your ear, gentle reader—next to gold, "brass" is the most precious metal extant! I mean human brass—especially for a doctor. No man will have confidence in another, who does not seem, at least, to have it in himself. Aye, without this "material aid" doctors would "fare slim"—with it, they can line their pockets with gold, without the trouble of lining their craniums!

Every large city has its "Wilson's Lane," where the greatest wonders of modern pharmacy and chirurgery are performed in the "only scientific establishment in this country"—where everybody in trouble, from no matter what cause, can be "taken in and done for" in the shortest possible quantity of time, with great secrecy, and awful cheap withal, by some Dr. Jostlem, "of the learned universities," who turns out to be some accomplished horse-jockey or swindler, whose only pretensions to being anybody lie in his clothes and his brass.

We often hear of Doctor So-and-so being "very celebrated," and you would think, from the amount of business he does, that he was justly so; but, come to look into the merits of the case, and you find that it is the circumstances that make the man—he happens to be good looking, with a gentlemanly address, and extremely elastic principles—never says anything to startle any one from their propriety; loves the "dear people" to distraction, and wonders how each child can possibly be well for a moment, "there is *such* a preponderance of the intellectual and moral faculties!"

Brains, to such a man as this, any more than enough to keep his art and ignorance concealed, are of no use at all. The masses will run after him, and swallow his puked and his flatteries with equal gusto—to the discerning few they are equally disgusting. But, of all the ingenious devices, the little pill scheme is the "shekest." Behind this, it is only necessary to be a foreigner. Suavity, or even common decency, often-times will be dispensed with, if the "Doctor" is only sufficiently "diluted," and comes from the right country. No matter what he was before he came hither—all he has to do is to sink the servant in the "Doctor," and tell them, in a few broken sentences of bad English, that he "was once very much persecuted man in Shermans, and was forced to deprive his own countrymen of his much valuable services, and come to America, the land where the greatest libertee was given for genius to soar, and where the fashionable peeples no more take the great pills and podairs, but do very mooch swallow the leetle vones;" and these same "fashionable peeples," who make so much fuss about swallowing a pill the size of a pea, will swallow this illiterate mountebank, moustache, whiskers and all!

DRIPPINGS FROM A WET SHEET, NO. IV.

BY A. S. A.

A SCRUPULOUSLY rigid investigation is always desired on the introduction of any new discovery. That the people should not believe without evidence, is well; it shows reflection, although it is frequently said that the American people are easily gulled or love to be humbugged. But this is a mistake; it is the peculiar phase of Yankee character, to want to know all that is going on, the cause and effect—the loss or gain—benefit or injury. The inquiring mind will not be satisfied with the explanation of one individual; each must know for himself. It is a self-evident fact, that as the world progresses, man is determined to know his powers and capacities.

In looking over the world's history, we find that three-score years and ten is allotted to man, and when we find that scarcely half that time is attained and quite a large portion of that is a life of misery and wretchedness, it is man's right and duty to inquire into the cause of this great demand upon his vital existence.

He sees his neighbor laid upon the sick bed, tormented with pains of body and mind; he sees the infant laid low in the grave before the bud had blossomed. To alleviate suffering and stay the hand of death, he must know the cause; further, he must know what, if anything, will certainly cure. He has seen experiments fail and theories explode. He wants something tangible, simple, certain.

The system of substituting one disease for another, and removing that by a third, is a little too big a dose; it does not strike at once at the root of disease, or eradicate it. It is imperfect and uncertain. It is like trying to swallow a pumpkin when choked with a potato. He doubts its efficacy and its truth; curing in theory, but killing in practice. But having been educated to believe that a certain system is right—that a class of men know all that is worth knowing on the subject, and everything else is quackery, it is hard to impress such a mind with the necessity of personal reflection and investigation.

Every family having a favorite physieian, it is hard

to believe, or it is hard to try anything contrary to his advice. The lack of confidence in ourselves serves to place the more in others—hence doubt, fear, and ignorance, are sufficient to silence all demands of reason, nature, and common sense.

It is a well established fact to those who have tried both systems of therapeutics, that druggopathy and hydropathy do not work well together. It is true, that but few M. D.'s of the allopathic school know anything about the water-cure, and the system has got so popular that every doctor in the land finds himself closely questioned by his employers upon the subject, and in his endeavors at times to practise it without a knowledge of the great power of his agent, he frequently does great and irreparable mischief, and then would boastingly say, "that water is good sometimes, but not for my patients."

I apprehend that every intelligent mind who has carefully read the Water Cure Journal for two years, is better prepared to administer water treatment in diseases of all kinds, than any M. D. in the country that knows nothing about the treatment except what he has learned in his allopathic medical schools.

Such being the facts in the case, what are we to do in the premises! I answer, keep talking, *talking!* We may be called foolish or insane; no matter, agitate the subject, and "circulate the documents." Tell the people that "the way of the transgressor is hard," physically as well as morally. That they cannot violate Nature's laws with impunity. No matter whether we listen to her voice or not, or whether we *believe* or not, Nature is true to herself, and "what a man sows, that shall he reap."

Let us have more water baptism. A pure and healthy mind cannot manifest itself through a filthy and diseased body.

To be a Christian, is to be a practical follower of the teachings of Christ. As he used no tobacco, neither will his disciples. All the wine he recommended was made of water. As he drank no rum, gin, nor brandy, neither will his followers. As he told the sick to "go wash in the pool of Siloam," and be healed, so should we; we have plenty of those pools all over the country, equally as good as those of old.

Be not disheartened at the apparently slow progress of human elevation. Here you have your authority. Take your commission and go forth boldly to the work of redeeming mankind from the thralldom of slavish fashion and bigoted customs. Let everything that comes under your observation be candidly investigated, receiving the truth wherever found, and rejecting the bad, emanating from whatsoever source.

[Yes—so say we. Let those who would be Christians, eschew evil, and follow the example of the greatest of earth's reformers. And if they would help forward and upward the cause of human improvement and human redemption, let them use the proper means—spread the light broad-cast among the people. In other words, teach them so to live, while they live, as to accord with the laws of nature and of God. Happiness and heaven shall be their reward.—EDS.]

DR. CLOWES VERSUS NERVE KILLING.—Under the head of "Merited Testimonial," in the April number of this Journal, we published a communication referring to the Dental operations of Dr. Clowes, in which allusion was made to a certain "grumbling tooth," that was saved in spite of itself. Since its appearance one of his professional brethren has written us, propounding several questions in reference to said tooth, and desiring answers thereto. They were immediately transmitted to Dr. Clowes, and received from him a prompt reply; but in returning to us (through the penny post) for publication, they mysteriously disappeared. Upon ascertaining these facts Dr. C. kindly furnished us (from his recollection of the questions) the accompanying replies, and as these may be regarded

as the very best authority on so important a subject, our readers should heed them well.

Questions and Reply.

What were the conditions of the case?

A very large cavity in an upper molar; nerve nearly bare; so nearly as to be seen through the thin partition of bone separating it from the air. Its ache was of the *grumbling*, not the *pumping* kind.

The treatment adopted! The cavity having been *thoroughly* cleansed, more especially those parts of it not in immediate connection with the *partition* indicated; and over this a non-conducting substance placed, by way of protection, the plug was applied, as I trust any deserving Dentist would apply it, *carefully* but *firmly*.

Drugs! None of any kind were used; it was simply a Dental operation. I make no use of, but rather have an utter detestation for the following drugs, so much in favor with too many of my professional brethren—viz: *Arsenic, Kie-sale, Nut-galls, Tannin, Chloroform and Ether*. I have used them all, and have discarded them all. Alas! what a world of mischief these have done, and are still doing, to suffering humanity. The name of *Spooner* is rendered immortal by the primal use of Arsenic, as a nerve-killer. As for myself, I have no longings for a fame that is built upon the *death* of myriads of human teeth! Saving the nerve *alive* is a nobler achievement, and its *aim* may well excite our ambition. Let us strive then for its attainment, and may our motto be, now and ever, "preserve and regulate, not destroy" the jewels given to our care.

J. W. CLOWES.

THE DOCTORS OPPOSING REFORM.—A correspondent, writing from Washington County, Tennessee, says: I take the present opportunity of returning you my thanks for the W. C. Journal, from various considerations. I have now been reading it only twelve months, and I have received such material benefit therefrom, that my joy is unbounded. Before I began reading this invaluable Journal, I was afflicted with a Chronic Liver Complaint, so that my digestive organs were so much impaired, that it required physic once or twice a week to keep my bowels regular, and I was so near drugged to death, that it required a double quantity to produce an action. I subscribed for your invaluable Journal, and commenced a course (not without first consulting my medical adviser,) and began to improve from the start, and have continued to improve daily, so that I find no more use for physic. The constipation has entirely subsided. But imagine my M.D.'s surprise when he saw that the disease which had so long baffled his skill, was fleeing before the renovating power of Pure Water; for (mark) at the commencement he had predicted that if I began the water-cure treatment, it would terminate my existence.

I have been endeavoring to give the Journal as wide a circulation here as possible; but find great difficulties to encounter, as the Doctors bitterly protest against it as a humbug, and the most of the people in this section of country make gods of their doctors and bellies.

The Flux has been raging here for some time, and has proved to be very fatal, particularly where the Doctors have been called in. I have had one case of it in my family—a little girl of about 18 months of age. She was taken with a very violent purging and frequent discharges of bloody mucus. I know not how to proceed with the case, as I had never seen the treatment of a case of Flux Hydropathically, and being determined not to have anything to do with an Allopath, I just let the disease and nature have their courses. The disease prevailed for some days, when the child was almost reduced to a skeleton,—it lost the use of its limbs, so that it could not walk alone. I then saw that *something* must be done, so I commenced giving it hip and sitz baths twice a day, and have continued the treatment for some time; the result is, it has entirely regained its strength, and is now running all over the place as hearty as any child.

So much for the WATER CURE.

OUR BOOKS IN THE WEST.—We are in the daily receipt of applications, similar to the following, from

various cities, towns, and villages throughout the West, showing an increasing demand for our Reformatory and useful publications. How shall this demand be supplied? We can publish, and fill all orders, at wholesale prices, giving the profits to those agents who buy to sell again. Our discounts are more liberal than those of other publishers,—our main object being to diffuse, as widely as possible, views and principles which we entertain, and which we alone have undertaken to promulgate in this country.

There are many old-fashioned Booksellers who take no interest in these subjects, and refuse to keep a supply of our works on hand, notwithstanding the constant and growing demand. Hence the necessity of establishing NEW AGENCIES in every town where these Books are wanted, but not yet introduced.

Here is a sample of such applications as are daily received, not only from the West, but from all points of the compass.

Mount Vernon, Posey County, Indiana.

MESSES FOWLERS AND WELLS.—SIRS: The undersigned citizens of MOUNT VERNON and vicinity, (subscribers to the Water-Cure Journal) feeling assured that an agency for your various works in this part of the western country would do a great deal of good, and being desirous that one should be established in Mount Vernon, we have thought proper to recommend to you MR. SAMUEL ANABLE as a trustworthy person to become such agent, and that we are prepared severally and collectively to vouch for the faithful performance of the conditions of such agency.

Our citizens seem anxious to obtain your works, and we have no hesitancy in saying that we believe that hundreds of them might be sold in this part of the country, if there could be an assortment of them kept here, where the people could procure them.

Signed by WM. F. PHILLIPS, SAMUEL JOHNSTON, D. PHILLIPS, WM. F. LARKEN, J. A. MANN.

[Now it must be obvious to every clear-minded, enterprising man, that a great demand awaits these works, wherever the subjects on which they treat are known. Here, then, is a chance for our friends and co-workers—those who are willing to spend a few unoccupied days, during the coming winter, to circulate these works. For complete catalogues of our publications, with wholesale prices, address the Publishers, FOWLERS AND WELLS, Clinton Hall, 131 Nassau Street, New York.]

RIGHT VIEW OF THE SUBJECT.—[An ardent and zealous friend and contributor to the Water-Cure Journal manifests the right spirit in the following note—*not designed for publication.* We sometimes receive lengthy articles badly written and without merit or general interest, descriptive of a particular place in which the writer may be pecuniarily interested, with a request that it may appear “in the very next number,” not so much as saying “by your leave.” Such we never publish. At other times, we may receive several communications of similar character, perhaps on the same subjects, reiterating that which has already appeared in our pages. Under these circumstances, contributors and correspondents will permit us to exercise our own judgment as to *when* and *what* to publish—resting assured, that we shall keep the public good in view, rather than the personal gratification of our warmest friends. Thus, we hope to keep the Journal always free, fresh, unnumbered and interesting.]

DEAR SIR:—In the absence of my last communication for the Water-Cure Journal, [not received,] I herewith send you another.

I apprehend you have very many correspondents who are disappointed in not seeing their productions in print; and this must necessarily be, from the fact that there are many too much like advertisements, others too local, others too poor or too long, to be admitted. Hence, to accommodate as many as possible, short, appropriate articles, on general subjects, are more likely to “see the light.” This is my opinion.

For myself, I claim no merit. I have no desire to be conspicuous. I write merely to cast my mite into the treasury of thought, for the benefit of the race, and I shall never feel bad to know that there is no room for mine, but rather rejoice to find other abler champions enlisted in the good cause of physical re-

form. Hence, when I send you an article, you are at liberty to alter it, clip it, or burn it, just as you think will best subserve the cause we both espouse. I remain your brother in THE WATER-CURE, A.

A GOOD EXAMPLE.—TYPHOID FEVER—A CASE.—[’Tis truly encouraging to receive such words of “hope and cheer”—as in the following “business letter.” It will be an agreeable draught to Hydropaths, but a damper to Drug doctors and doe-heads:—]

GENTLEMEN,—The Water-Cure reformation is still in its minority here, [Washington, Penn.] but we hope—yes, are determined to break the “leading strings” of “medical science,” [falsely so called,] by which the citizens of our fertile and healthy county have been led, and in the dignity of true manhood, assert our right to enjoy life, liberty and health, without the interference of *drug poisons* or *drug doctors*.

THE WATER-CURE JOURNAL was almost unknown here when I came, last May. I stitch a cover of post office paper on each number I get, write my name on it, and with “BORROW and LEND” for the motto, send it abroad to do what good it can. As the result of this, and to obtain a little “material aid” in freeing our community from the oppression of medical “die stuffs,” we send the money for *twenty copies* of the Herald of Reforms, with the names of the subscribers. If each of your subscribers would do the same, *what a flood of light would be spread over the land!*

The darkness in which some of our practitioners grope is truly surprising. Some of our friends a few days since told one of our medical dignitaries how I had treated a severe case of Typhoid Fever, a few miles from here. “Impossible!” said he. “Wrap a fever patient in a wet sheet!! Why ’twould kill him in less than an hour.” It did not kill him though, and with hearty thanks to the system, he sends his name for the *Journal*. Success to your reformation. We do this much for you—for ourselves I mean—now, and expect to do more soon.

Respectfully, W. P. T. COAL, M.D.

[“Impossible!!” say the Allopaths, it is all a humbug, and again “it’s nothing new”—we’ve practised it “a hundred years.”] But it is new, though, to many of them; and they to whom it is *not* new deserve no credit for concealing it, until brought to light by the illustrious Priessnitz, who discovered this consummation of remedies, *without* ever seeing the inside of “a doctor manufactory.” Yes, an unlearned man of the world has completely revolutionized the whole “medical trade,” including “patent medical slop-shops,” pills, plasters, “seventh sons” prescriptions, body braces, and other traps, all of which will be “cast out” as Christ cast out devils—with this difference—we propose to do it by a *natural* process, in a plain, open manner, without rendering ourselves liable to the charge of being in league with Beelzebub, yet none the less effectually.

WATER-CURE IN SHELEVILLE, KY.—J. B. writes us as follows, when ordering a quantity of our publications:

“The pamphlets I am getting to sell to my neighbors. Thus I seek to introduce gradually a knowledge of the Water-Cure. There are some symptoms of its favor among us already. I have found a few disciples, and I think they will increase as they did at Pontiac. ‘Blue devil and nitre,’ do not cure fever *soon enough* to keep people from becoming presumptuously suspicious, and impudent enough to claim the right of thinking for themselves. As Col. Garnett said to other day, to a couple of regular M. D.’s, when he lost his only daughter by dysentery: ‘Gentlemen, there must be a cure for this complaint *somewhere*, but it strikes me that you are on the wrong track!’ Not amiss—a truth, however, which M. D.’s are slow to learn, and slower still to acknowledge. Yesterday I was taken by his father-in-law, Col. Garnett, to see one of said doctors in last stadium of the same complaint, *Dysentery*, and

the other with counsel. Unable to cure or help him, Water-Cure was proposed by my friend, to save the sick and sinking Dr., but the attendant regulars soon showed their hydrophobic symptoms; denounced water-cure, except as they used it, QUACKERY, and not very respectfully declined: wisely determining, however, ‘to give the man no more poison,’ and thus allow him to live if he was so inclined. But I must flatter myself that they will see *who are the quacks* yet, before they die of old age. Another June awaits them.”

SWIMMING.—The New York Mirror has the following in relation to the importance of learning to swim:

“I Cannot Swim!”—This was the agonizing ejaculation of hundreds, as they let themselves down into the water from the Henry Clay. I cannot swim! What a terrible thought to one on board a burning vessel! We can imagine nothing more so. The idea that you must sink down helpless into the dark sullen waters, and have them close over you forever, is the most horrid of all conceivable things. How different from one who leaps in perfect confidence into the deep, sinks beneath the surface, comes up, throws the water from his locks, and strikes out boldly for the shore! He laughs at danger, and saves his life, amid the agony and terror of hundreds, who sink to rise no more.

“Every boy and girl should learn to swim. It costs nothing, not even trouble, and is worth more than all the Latin and music ever learned. A good swimmer is not likely to be frightened out of his senses, and in cases of imminent danger his services are available in more ways than one. By all means learn to swim.”

[In this connection, we feel it our duty to refer parents, teachers, and children, to a handy little book published at the office of this Journal, containing simple instruction in this most useful, healthful, and in our estimation, indispensable art. The book is amply illustrated with engravings—beautifully printed, and sells for a York shilling, viz., twelve and a half cents. It is entitled—

THE SCIENCE OF SWIMMING, as taught and practised in civilized and savage nations: WITH PARTICULAR INSTRUCTION TO LEARNERS: also, showing its importance in the preservation of health and life. By an experienced Physician and swimmer.

“Leap in with me into this angry flood
And swim to yonder point.”—SHAKESPEARE.

Published by FOWLERS & WELLS, 131 Nassau St., New York. Price 12 1-2 cents—postage, prepaid by mail, 3 cents.

SIX HUSBANDS.—A Western editor made an attempt to astonish his readers with the wonderful announcement that a lady of his acquaintance had just married her fifth husband. Well, what of it? asks a Boston man. “There is a goodly dame here, who is living with six husbands. She moves in the best society, although it is known that she sleeps with at least two husbands every night; and the whole six husbands entertain for her and for each other the warmest feelings of friendship. The name of this lady is *Husbands*, and she is the mother of five little *Husbands*.”

OUR EXISTENCE.—The mean general duration of human life is between 38 and 42 years; the natural limit from 80 to 90. Of all new-born infants one in four dies the first year, two-fifths scarcely attain the sixth year, and before the 22d year, it is reckoned that one-half of the generation are consigned to the grave. The number of males in a given number of births exceeds that of the females in the ratio of 16 to 15, but the mortality among male children is at the ratio of 27 to 26.

DR. COMBE.

[Were this great mortality *natural*, it would be an impeachment on the Creator. But it is clearly *unnatural*—a penalty for the violation of the laws of God. But who is responsible for all this premature death? Have Doctors, Druggists, or Patent Pill makers, any hand in this juvenile extinction? Parents, is it not your *duty* to preserve the lives of your children? Is ignorance of the “natural laws” a sufficient apology?]

TENNESSEE ELOQUENCE.—[We extract from a letter the following eloquent passages from a Tennessee correspondent, who dates from Readyville, Rutherford county.]

DEAR SIRS:—I live in the hills where the wild deer roams through the mountain crags, in almost undisturbed quietude—nor dreads the approach of man. All things were flowing on here in a stream of undisturbed pleasure, until the mid-day cry, or noon-day yell of the *Water-Cure Journal*, which reaches our silent retreat, and showers down in thunder tones,

"Ho, every one that thirsts,
Come ye to the waters—and drink."

Just above our house there flows a branch whose crystal waters are as bright as the diamond on a lady's ring.

Our oldest son was very much afflicted. The pill-doctors worked on him until they could do no more for him. We turned them off when your *Water-Cure Journal* reached us. We read it, and thought we might cure our son with water.

[The writer then proceeds to describe the mode of treatment adopted, and effects produced—when he goes on to say:]

"I think it high time those pill-doctors were stopped. We want 'more light.' I think your light will be none the less for lighting mine.

"Yours respectfully,
ALEXANDER H.—"

[Write soon.]

[It is but justice to add, that the writer acknowledges a deficiency in education, and apologizes for the same—while he boldly calls for "light—more light." *Tennessee* is evidently a "great country," and we have no doubt that less eloquent and less worthy men than Alexander H— now grace the halls of our American Congress.—Eds.]

ACROSTIC.

THREE happy am I to see thy face :
How witching thou art, how full of grace!
E'en in thy looks pure water I trace.

Well, thou hast come to us with health and cheer,
A right good heart thou hast naught to fear;
To the aged, afflicted, and lame, and blind,
Enough thou hast to cure all mankind;
Reforms are traced on every line.

Come all ye then who are weary and sad,
Unto the spring, it will make ye glad;
Rush in and take a cooling shower,
Ever and anon, till ye are fresh as a flower.

Join ye then in a temperance band!
Oh young men and maidens, throughout the land,
Unto the world shout a gladsome voice,
Reforms that shall make the nations rejoice;
Now is the time and now is the day,
And naught but pure water shall ever bear away,
Let *drugs* and *dram-shops* be washed away.

A small voice from a Michigan school-girl, KATIE.
[May we not hear from KATIE again?—Eds. W. C. J.]

WANTED IN NEW ORLEANS.—Can you not send us a scientific and energetic *Water-Cure* doctor? The right kind of an establishment could not fail, I think, to do well. The laws against the practising of other than Allopathies have been repealed, and all are now on an equal footing. S. G.

[Don't know, sir. We'll try. But really it is a sin that a city like New Orleans should longer remain without a first class *Water-Cure* establishment. Who will put it up? When? and who will be the doctor?]

WATER-CURE ESTABLISHMENTS.—It will be seen by reference to our advertisements, that a large number now in operation are to continue open through the winter. This is well, for we consider them quite as necessary, and even more successful in the treatment of disease during cool weather than in the warm seasons.

PHYSICIAN WANTED.—[A subscriber, writing from Lacrosse, Lacrosse Co., Wisconsin, says:] This would be a very favorable location for a *Water-Cure* establishment—plenty of springs with pure, soft water. All streams, springs, and even wells, here have soft water. Added to this the level prairies and mountainous bluffs along the river render the scenery grand and majestic beyond description. Perhaps you may ask where are the people to come from to support an establishment? In answer, I would say that the village of LACROSSE commenced its existence one year ago last May, on a prairie three miles wide by six long, situated on the bank of the noble river Mississippi, about half way between Galena, Ill., and Saint Pauls, Minnesota, on an elevation above high-water mark of from forty to seventy feet, with some three or four log houses and a shanty or two, with some twenty-five to thirty inhabitants. At this present time it contains some three hundred buildings, a court house, church, and I am sorry to say that the necessity has come into this county, with its inhabitants, of erecting a jail, and one has been commenced. So you see Satan does not fail to occupy his portion in common with the better spirits. We have at our landing on an average of two to three steamboats a day. These boats will compare well with some of the lake boats, both as to size, convenience, and style. To give you a more extensive account of the business of this place, I will send you "THE SPIRIT OF THE TIMES," a newspaper published in this place. Yours respectfully, JACOB BAYLEY.

SUN STROKE, OR COUP DE SOLEIL.—Washing the head with cold water has averted this malady. A man at Utica delirious by this affection, and apparently dying, was restored by immersing his feet in warm water.

Varieties.

FAIR HAVEN, at Ontario Bay, fourteen miles west of Oswego, and thirty miles north of the city of Auburn, in Cayuga Co., N.Y.—Congress having made an appropriation for opening a new harbor on the southern shore of Lake Ontario, and for bringing into public use a large and beautiful bay, hitherto known only as Little Sodus or Ontario Bay, situated fourteen miles west of Oswego; and the Lake Ontario, Auburn and New York Railroad Company having resolved to commence their railroad at this point, it concerns the public that this harbor shall be generally known.

The principal reason for opening and improving this Bay as a commercial port of Lake Ontario, may be found in its location and natural adaptation to the purposes of Lake commerce. Independently of the Bay itself, there is a recess or indentation of the shores of the Lake at this point which admits the Lake proper to flow into the land several miles within protecting banks, and thus affords a safe entry and anchorage for vessels riding the Lake in high winds. This is an important consideration touching any port on Lake Ontario. Within this indentation, and extending two miles southerly into the town of Sterling, is the beautiful Bay which is to be the *entrepot*, from the Lake, to the depots of the Lake Ontario, Auburn, and New York Railroad Company.

The haven itself, with the wharves, depots, public and private dwellings, bears the name of Fair Haven, and is so distinguished on the maps of the Railroad Company, and will be so noticed on the improved maps of the State of New York. It is now in its infancy, but it is destined to become a large commercial town. Its growth will be commensurate with the extensive business which it will inevitably attract both from the Lake and country around it. It will be what its name imports, a FAIR HAVEN—a thrifty and flourishing town.

It is about 150 miles S. E. of Toronto, Canada, a city of about 29,000 inhabitants; from whence, *viz* Windsor, Coburg, and Colborne, a line of steamers will be established to run in regular trips between the Canada and New York trains of cars. From FAIR HAVEN to NEW YORK and PHILADELPHIA, the distances will be substantially as follows:—

From Fair Haven to Auburn.....	30 miles.
" Auburn to Oswego (not Oswego).....	64 "
" Oswego to Delaware Water Gap.....	116 "
" Del. Water Gap to New York.....	82 "
Total distance.....	292 miles.

And it is about the same distance to Philadelphia; and either city may be reached in about twelve hours by the cars, when the line shall be completed through.

N. B.—The name of the post-office has been changed from Little Sodus to Fair Haven.

[The following Circular has been issued—though not designed for publication. We take the liberty to insert it here:—

"FAIR HAVEN, Sept. 2, 1852.

"The prospective opening of Ontario Bay as a public harbor, and the construction of a railroad southward towards New York, are likely to invite hither men of business and capital. The exigencies of the present occasion seem to render it proper that every non-resident owner of land here should either improve it himself, or make it available to others for that purpose.

"Take Cape Vincent for an example, we shall need at least one mile of dock in our Bay, in order to accommodate the steamers and other craft which will enter here with passengers and freight for the Lake Ontario, Auburn, and New York Railroad, as soon as it shall go into operation; and the grading of that work is under contract to be completed within one year. We are therefore admonished to be vigilant in getting ready for the large business which we cannot fail of having at this point in a very short period of time.

"It has been suggested that the arrangements should be made forthwith for constructing the following buildings here:—

- 2 Large Public Houses.
- 2 Large Steam Flouring Mills.
- 2 Steam Sawing and Planing Mills.
- 1 Steam Boiler, Engine, and Machine Shop.
- 1 Iron Foundry. [There is an ore-bed near.]
- 1 Rope and Cordage Store or Factory.
- 2 Dry Goods Stores.
- 2 Grocery Stores.
- 4 Large Storage and Forwarding Buildings.

"As many structures as are indicated above, ought to be erected immediately, in order to accommodate the business of the Lake and the Railroad; and there can scarcely be a doubt that those who should go forward with these buildings, will reap an early harvest to reward their enterprise.

"But a word to the wise is sufficient. Opportunities like this for investing money are rare in this State. Those who desire to improve the hints above given, will see the importance of moving at once."

[To the above we may add, from our own personal knowledge of the advantages of this place as an opening for business men, manufacturers, and mechanics, we do not hesitate to pronounce it unequalled by any other within the same distance of New York City.

As yet, land is comparatively cheap at Fair Haven, the soil good, with more beautiful points in natural scenery than we ever saw elsewhere. Add to this the healthfulness of the surrounding country; its richness in agricultural productiveness, fruit-growing, &c., renders it in all respects a desirable place to live.

In commercial importance, we regard it superior to Dunkirk on Lake Erie, or any other port on Lake Ontario.

Ontario Bay is a safe harbor, and sufficiently capacious to accommodate all the shipping on the Lake. It is upwards of two miles long, one mile wide, with a deep, hard bottom, and bold shores, with various points and ooves, rendering ample shelter and protection to shipping from any wind that blows.

Young men who wish to plant themselves and grow up in any kind of business, in a place affording the advantages of both city and country, cannot do better than to visit Fair Haven at Ontario Bay.]

[OUR NEW WATER-CURE ALMANAC.—Already orders for this Hydropathic entering wedge begin to come in to us from all quarters, and we are glad it is in our power to furnish them in any quantity, even at the rate of TEN THOUSAND A DAY. All orders for few or many will be promptly filled, at a price barely covering cost for paper and printing. Here is

a specimen of numerous small orders from generous co-workers.]

Spring Arbor, Michigan.

MR. SRS. FOWLERS AND WELLS:—Enclosed I send you two dollars, one of which I wish passed to my credit for the *Water-Cure Journal* for the current year, and for the other, I wish you to send me as many *Water-Cure Almanacs*, for 1853, as you can afford, after paying postage.

I wish the *Almanacs* for gratuitous distribution. The people in this section, strongly influenced by drug doctors, are many of them very conservative, and I can think of no better way to induce them to take the *Water-Cure Journal* than to send the "*Water-Cure Almanac*" among them as a pioneer. This they will read, when, perhaps, they could not be induced to take, or even read any other publication upon the subject.

So strongly are they influenced by their cradle-habit that the constant practice is drug, drug, with a constant violation of the physical laws; and they are most assuredly doomed, unless they can be induced to change, radically, their hygienic and dietetic habits. I therefore say to you, send your "*Water-Cure Almanac*" broadcast over the land; get pay for them if you can, if not, send them—send them, at any rate.—Respectfully,
J. G. C.

Only six cents a copy, or twenty five copies for a dollar, and still cheaper by the hundred or thousand. Friends, how many hundred can you circulate?

THE WATER-CURE AND PERIODOLOGICAL JOURNALS are printed at the low price of \$1 a year. Both these Journals commenced a new volume with the July number. Can we not be enabled to increase their subscription lists in this town?—*The Statesman*, Brockville, Canada.

[Yes, Sir, Mr. Statesman, it can be done, and we will not institute the first objection. Any plan which you may have the kindness to suggest will be duly considered, and if compatible, adopted. Accept our thanks for your kind attention to our Journals.]

Wm. W. C., of Richmond, Wayne Co., Ind., when ordering books by mail, says:—

"I wrote you some time ago for a small book, and sent the amount to pay for the same, including the postage.

"When the book came to hand, it was marked paid, with the word "not" written before it. The postmaster at this place said it was not paid, and demanded payment. This was too small a matter to quarrel about, but I merely mention it as a hint to prevent a repetition."

[The publishers of the *Journal* affirm that they pre-paid the postage on said book, and that they make it an invariable rule to pre-pay the postage on all books sent through the post office by them. And they further assert that the law requires the pre-payment of postage on books, and that they have not violated said law in any instance, but comply, on all occasions, with the post office law. Therefore, should any repetition of such unlawful charge be made by any post master, he should be dealt with according to law.]

TWELVE COPIES OF THE AMERICAN PRESIDENTS, their portraits, developments, and biographies, will be sent, free of postage by mail, for one dollar. The retail price is twelve cents a copy. Enclose the amount in a letter, and direct to FOWLERS AND WELLS, Clinton Hall, 131 Nassau street, New York.

CALIFORNIA PAPERS.—Through the politeness of Messrs. WELLS, FAROO AND CO., we are in the regular receipt of California papers of latest dates. These enterprising men are extending their express business wherever railroads or steamships are known. Success to them.

A MODEL LETTER.—It frequently happens, through inadvertence, that the most classical and perfect "letter writers," when addressing us, omit some important particulars, which not only gives us much trouble, but often causes great delay in attending to their wishes. Perhaps the most common error is the omission to give the name of the State where the writer resides.

He commences his letter thus:—

Madison, Oct. 1st, 1852.

GENTLEMEN:—For the enclosed \$10, please send, by return of the first mail, twenty copies of the *Water-Cure Journal*, one year, commencing with the July number, directed as follows:

[Then the writer gives us the name of each subscriber, together with the name of the county and post-office.

Thus—

Madison,

Madison County,

omitting altogether the name of the STATE, and forgetting



THE WHITE BLACKBERRY.

Of all the smaller fruits, after the Strawberry—we prefer the BLACKBERRY. It is both healthful and luxurious, in its wild native state—but when properly cultivated, it is by far superior both in size, flavor, productiveness, and in every other good quality.

No gardener should be without a stock of blackberries. In New England, they are coming into general use, and the time cannot be far distant, when this excellent berry will be looked upon with as much favor as any other garden fruit.

We copy the following from the *New England Farmer*, in which this new variety is thus described:—

"This engraving is a good illustration of a spur from a stem of the *White Blackberry* bush, handed us by Mr. J. S. NEEDHAM, of Danvers, Massachusetts, the original cultivator we believe, of the plant. It is a luxuriant grower, running up vigorously from six to ten feet. Buds are set on the stem less than two inches from each other, and each bud puts out two spurs, averaging about fifty berries, while the common blackberry has but one spur to a bud, and produces a much smaller number of berries.

"The fruit is large, amber-colored and very sweet and rich. The plant is hardy, we understand, and easy of propagation. The demand for it, so far, has been considerably greater than the supply.

"It is to be hoped that not only this fruit, but that the huckleberry and blackberry will be domesticated and improved in size and flavor by careful cultivation. The common high blackberry is already cultivated in our gardens to a considerable extent. The wild berries are now selling in Boston for from ten to eighteen cents a quart, and the demand hardly supplied even at these prices. Mr. HOVER, in his Magazine, states that the liberal premiums offered for the common blackberry "by the Massachusetts Horticultural Society, have had the good effect of producing very general competition; and so superior have been some of the specimens—so much larger than when first exhibited, evidently showing what care and attention will do for this as well as other fruits—that the society has deemed it advisable to offer a high prize for a seedling, with the hope of still further improvement: for, although what few attempts have been made in this way have not been attended with very favorable results, there is still reason to believe that it will yield to the ameliorating influences of cultivation, as well as the strawberry, the gooseberry, or the raspberry."

[We hope this *White Blackberry* may be widely disseminated. But, until a sufficient quantity may be cultivated to supply the demand, we would advise all fruit growers, farmers, and gardeners, to cultivate and improve upon the *Black Blackberry*.]

the fact, that there are nearly twenty "MADISON" post-offices, and a half-dozen MADISON Counties in the United States.

How then are we to know what particular "Madison" the writer "hails from," refers to, or wishes Journals sent to?

His letter, with its enclosure, is therefore placed on file, to await "a complaint," which reaches us in due time, with, perhaps, the same omission, on his part, to inform us from

what State his letter comes. We are thus kept in the dark until the writer obtains the assistance of his post-master to "hunt up" the (supposed) lost money. The post-master then informs us that "on the first of October, 1852, Mr. Omission remitted to us, through his office, a letter said to contain \$10, in payment for twenty copies of the *Water-Cure Journal*, but that nothing had yet been heard from said letter,"

&c., &c. By this time, the post-master having given us the name of the State, as well as that of the county and post-office, we are enabled to explain the mystery, fill the order, and send forward the Journals or books.

Now, this is a clear case, and lodges the blame just where it belongs, not with us, nor with "Uncle Sam," but with our friend, the writer of the letter.

Other cases which frequently happen, is the singular omission of the writer to sign his own name to his letter. We are thus requested to send Journals or books by mail or express, but it is left for us to "guess" to whom.

Others, not being aware that there are as many post offices with the name of Washington, Jefferson, Lafayette, Mount Vernon, Mount Joy, Mount Hope, and Mount Zion, together with ever so many Westfields, Northfields, Southfields, and Eastons, omit to name the county or State in their letters. Hence, when the time arrives for an answer, the writer is doomed to disappointment.

Now the sure and only remedy against all these errors and omissions, consists in the careful observance of these particulars. For example, take the following:—

Madison, Madison County, Va. Oct. 1st, 1852.

FOWLERS AND WELLS, Publishers,
New York City.

For the enclosed \$40 please send forty copies of the *Water-Cure Journal*, and forty copies of the *American Phrenological Journal*, each for one year, commencing July, 1852, to the subscribers whose names are herewith sent,

And oblige,
Your friend and co-worker,
WILLIAM HOPE.

[Then follows in regular order two separate lists (one for each Journal,) with the name of post office, county, and State, as in our Circular Prospectus.

Should the writer have any other business to be attended to, he should add a

P.S. and write on a separate slip of paper, as that containing the names of subscribers must go through the hands of the book-keeper, while the other part would remain in the hands of the editors, publishers, or be otherwise disposed of as required.

When we consider the fact, that hundreds and thousands of letters, with money enclosed, go annually to the "dead letter office" in Washington, D.C., to be opened, the money taken out, then burned in heaps by the "cart load," and that hundreds and thousands of dollars are thus pocketed by the government, but lost to publishers and subscribers, it becomes the duty of every publisher to point out the causes of these losses, and the privilege of the writer to observe these necessary particulars in the *Addressing, dating, endorsing, and directing* his letters.

Let it not be supposed, however, that no other faults exist in this matter, except such as we have referred to above, for there are numerous others. Mail bags are sometimes stolen, post offices are robbed by dishonest clerks and post-masters. Mail bags are sometimes destroyed by fire, and sometimes by water, and like other matters, sometimes get miscarried and lost. But under judicious management, these latter "mis-haps" seldom occur; while the increased facilities for conveying the mails by railroads lessen the risk, and secure, at the same time, much greater speed and safety.

With these hints, facts, observations, examples, and illustrations, we leave the subject with our readers, trusting that they will profit by bestowing additional care and attention on these things, which give them and us so much PLEASURE or PAIN.

Our post office address is plain and simple, and we rejoice to add, so well known that we very seldom fail to receive all letters properly directed to us, which should be as follows:—

FOWLERS AND WELLS,
Clinton Hall, 131 Nassau Street,
New York.

CHURCHES IN NEW-JERSEY.—There are 807 churches in this State, and among them one Mormon church. This shows that the State is pretty well provided in this respect. The Baptists have 103; Seventh-day Baptists, 4; Christians, 8; Congregationalists, 8; Dutch Reformed, 68; Episcopalians, 50; Free, 7; Friends, 52; Lutherans, 7; Methodists, 312; Mormons, 1; Presbyterians, 148; Roman Catholics, 20; Second Advents, 1; Dunkers, 2; Union, 5; Unitarians, 2; Universalists, 3; Africans, 6; Independents, 1; German Episcopalians, 1; Catholics, 1; Bethel, 1.

[We hope the people of this "peach orchard State" will be equally liberal in providing "common schools" for their children, which, hitherto, they have not done. But *Old Jersey* is "waking up."]

A Beautiful Contrast.



FACT.

From the *Water-Cure Almanac* for 1853.

THIS man, who has taken "ever-so-much" patent medicine, together with any quantities of "pure, genuine cod-liver whale oil," at a cost of many dollars and cents, is so convinced of their fattening qualities, that he is now permanently engaged in the sale of the same. He admonishes all to "beware of counterfeits," none genuine except those with the name of the "maker" blown in the cork of the bottle. Recommendations from five hundred thousand distinguished individuals, who can neither read nor write, but who have "tried" these Methuselah medicines. Only 25 cents a box. No cure, no pay Cod-liver oil, just imported from Cincinnati, only one dollar a bottle. Warranted free from any smell of the swine. They will operate before morning, and relieve the patient from any heaviness in the "trowsers pocket."

A DOCTOR FEELING OF BOTH PULSE AND POCKET.—An exchange has the following. A self-sufficient "regular" who took up the business of a physician, and pretended to a deep knowledge of the healing art, was called to visit a young man afflicted with the apoplexy. Bolus gazed long and fixed, felt his pulse and pockets, and finally gave vent to the following sublime opinion:—

"I think he's a gone feller."
"No, no!" exclaimed the sorrowful wife, "do not say that!"

"Yes," returned Bolus, lifting up his hat and eyes heavenward at the same time, "yes I do say so; there ain't no hope, not the leastest 'nits; he's got an attack of *nikil fit* in his lost frontis!"

"Where!" cried the startled wife.
"In his lost frontis, and he can't be cured without some trouble and a great deal of pains. You see, his whole planetary system is deranged. First—his vox populi is pressin' on his advalorum; secondly, his outcarpal cutaneous has swelled considerably, if not more; thirdly, and lastly, his solar ribs are in a concussed state, and finally, *he ain't got any money, consequently he is bound to die.*"

[Rather hard on the regulars, though the "dear people" will be able to judge how much probable truth there may be in this picture. In the use of "big words" we think "Bolus" an apt scholar, even ahead of the most ancient vocabulary.]

BLOOMER COLONY.—A friend up North closes a letter thus:—"As I was passing up this side the White Mountains, near Conway, I came upon a nest of Bloomers from Boston—some fifteen or twenty young ladies from that city having hired a house there, for the season, and keeping 'bachelor's hall.' They wore the Bloomer dress, to enable them the better to get round here among the sharp and high places, and spend their time chiefly in sporting. I met one with a light fowling piece, another with several woodpeckers or other birds, a third with a basket of berries, a fourth with a string of trout, &c. You would take them at first to be a party of the b'boys, but they are all fine young ladies from the city of notions, who prefer the mountains and streams to brick walls and scorched pavements, during the hot season."—*Lowell Journal and Courier.*

[Well, why not? If this mode of "spending the summer" be appropriate for men, why not for women? There



NO FICTION.

THIS man never took any patent medicine, cod-liver (fish) oil, lamp oil, castor oil, nor any other kind of *lard* oil, but believes in the laws of life and health, as developed by Hydro-pathy, through the *WATER-CURE JOURNAL*. He neither chews, smokes, nor snuffs tobacco. Neither drinks tea, coffee, rum, gin, nor brandy. Has never been sick a day in his life. His father and mother were models of temperance, sobriety, and intelligence; lived to a green old age, and passed away without pain, having avoided both drugs and doctors. The portrait before us is from a living example of cheerfulness, hope, and happiness, with a hearty good will for all the reforms in dressing, eating, drinking, sleeping, living and dying; that is, dying "without pain." A new doctrine, to the inhabitants of the nineteenth century, though well known to our "forefathers." We submit these two countenances to the contemplation of MEN, WOMEN, and DOCTORS.

is too much sickly effeminacy among our fashionable young ladies, and if they wish to invigorate and strengthen their bodies, pray let us encourage them to do so. Then put on the Bloomers, and go into the mountains.]

AN OLD FOY ON STEAM ENGINES.—Twenty-seven years ago, while an eminent engineer was speaking before a Parliamentary committee of the probability of steamships crossing the Atlantic, the present Earl of Derby rose from his seat and exclaimed, "Good heavens! what do you say? I will eat the boiler of the first steamship that crosses the Atlantic."

[Guess 't would give him the "beller-ache," if he should fulfil his promise.]

PRUNING IN AUTUMN.—The late S. W. Cole, who strongly recommended autumnal pruning for fruit trees, says, "Thirty-two years ago, in September, we cut a very large branch from an apple tree, on account of an injury by a gale. The tree was old, and it has never healed over, but it is now sound, and almost as hard as horn, and the tree perfectly hard around it. A few years before and after, large limbs were cut from the same tree in spring; and where they were cut off the tree has rotted, so that a quart measure may be put in the cavity."

Now, October is a good time to trim trees, in the Northern and Middle States.

Timber cut in the spring and exposed to hot weather with the bark on, decays much sooner than if cut in the fall.

A NEWSPAPER has been started, called the Boston Daily Chronicle, "devoted to an open and unshrinking advocacy of the repeal of the Massachusetts liquor law."

[A bad investment. In the first place, it won't "pay." 2d. It will do no good. 3d. The Devil has already run loose his "thousand years," and now he's got to be chained up awhile, so says P. T. BARNUM, and as known. Then, Mr. Chronicle, you can't exhibit the "banimal" any longer.]

THE BEAUTIES OF NATURE—How silently Nature sets about the beautiful process of morning. She wheels the globe a little on its noiseless axles, and there shines the sun! She takes a pure white beam of light, and turns it down into the azure vesture of the air—it opens like a fan; the forests are fringed with gold, the lake is molten silver, the earth is crimson, and the sky is purple and gold. Then all eyes are turned unto it; then a note or two of song from the thicket, and a rustle or two of leaves in the groves, and the bright emblem of everything fresh, hopeful, beautiful and youthful is all abroad.

[Why did n't the writer of the above charming paragraph think to put in a "Shower-Bath" somewhere, just to help along the Water-Cure? Besides, we think NATURE ought to "wash her face" every morning, as well as other folks.]

EARLY MARRIAGE—"Ma," said a little girl the other day; who had scarcely entered her teens, "Ma, mayn't I get married?" "Why, child!" said the anxious mother, "what up on earth put that notion into your head?" "Cause all the other girls are getting married as fast as they can, and I want to, too." "Well, you must not think of such a thing—don't you ask me such a foolish question again. Married! indeed! I never heard the like!" "Well, ma, if I can't have a husband, mayn't I have another piece of pumpkin pie?"

[The mother gave Miss Juvenile all the pie she wanted, and sent her to bed.]

ETIQUETTE—Whistling in company is a peculiarly cockney vulgarity—the noise is offensive and argues a disrespectful annoyance, or at least an unbecoming disregard of the wishes and presence of others—very unbecoming to all men, and especially young ones. Humming tunes, or singing, is equally offensive. It should not be practised at table—nor while others are reading or conversing. Drumming with the hands, or beating time with the feet, is also a reprehensible habit.

ONE hundred and fifty persons died in New York, during the last twelve months, of delirium tremens! There were nine murders caused by rum, and nearly ten thousand five-day commitments for drunkenness during the same time.

ANSWER THIS—Which can smell a rat the quickest—the man who *knows* the most, or the man who has the most nose?—*Deseret News*.

[Well—we guess he kin—that is, if he knows his own nose, *knows* the smell of a rat.]

"Boy, you are not far from a fool." "Well, as we ain't more than three feet apart, I give in to that," was the reply. [Smart boy, takes after his mother.]

AN editor out West has married a girl named Church; he says he has enjoyed more happiness since he joined the Church than ever he did in his life before.

[We presume he will soon become a teacher in the Sunday School.]

"I THINK our church will last a good many years yet," said a wagging Deacon to his Minister. "I see the sleepers are very sound!"—*Hartford Times*.

[Perhaps the application of a new "Balvanic gattery" would "wake them up."]

TOBACCO—Punch says, a man who goes to church to chew tobacco and spit upon the floor, ought to be taken by the head and heels and used as a mop.

To make others confess their faults—confess your own.
To make others respect you—respect yourself.

A MAN complaining of want of exercise, hired a boy to climb a lamp-post for him—What benefit it imparted to the man has not been reported.

THE ILLINOIS RAILROAD, from Naples to Jacksonville and Springfield, use castor oil entirely on their car wheels. How it will operate is yet to be seen. We hope it will not cause the engineers to relax their carefulness. Time, however, must determine.

A WESTERN paper, in describing the effects of a severe thunder shower, says, "A cow was struck by lightning and instantly killed; belonging to the village physician, who had a beautiful calf only four days old."

It is a popular belief that because a girl is weeping when a lover enters the room, that she is crying for him; but it may be that she has just done peeling onions.

WHEN you see a young woman just out of bed at nine o'clock, leaning with her elbow upon the table, gasping and sighing, "Oh dear, how dreadfully I feel!"—rely upon it, she will not make a good wife.

A YANKEE down east has made the grand discovery, that a window glazed with old hats is a sure indication that the occupants have seen a rum bottle.

"MOTHER," said Jimima Spry to her venerable maternal relative, "Sam Flint wants to come courting me to-night." "Well, you jade, what did you tell him?" "Oh, I told him he might come; I wanted to see how the fool would act."

CAUSE OF SICKNESS—A gentleman in this city, being puzzled to understand why there should be so much sickness in his family, a quack doctor accounted for it by ascribing it to their ill health.—*Mrs. Swisshelm*.

To Correspondents.

TUMORS—J. B. Shelbyville, Ky.—"Be so good as to tell us how it is that tumors in the bowels are apt to follow attacks of fever! Also are blisters and bloodsuckers the best means to cure them? Adding pain to pain really makes one sigh for 'a more excellent way,' especially one by which the tumor could be cured and the fever dispensed with. Do tell us how—let us into the secret; won't you!" Of course we will, and glad of the opportunity. Tumors in the bowels, enlargement of the mesenteric and other glands, and indurations or cakes of the liver and spleen, are very common when fevers are treated on the heating and stimulating plan—quinine, pepper, alcohol, arsenic, &c.—and are usually the result of drug-poisoning. They never follow as sequela when fevers are treated hydropathically. As to blisters and bloodsuckers, they are so far from being the "best," that they are about the worst "means of cure" ever sought out by misdirected human ingenuity. Almost all hydropathic books explain the proper treatment of fevers.

BOWEL COMPLAINT IN INFANTS—J. H. S., Aurora, Ill.—"What is the proper treatment for infants, two to three months old, brought up mostly by hand, when they are troubled with wind in the stomach and bowels? Feed the child on pure milk, give it a daily tepid or cool wash, about 70°, and let the wind take care of itself. The sugar test of corn bread, soda cracker and sugar is not good. As soon as the child requires solid food—two or three months hence—fine wheat meal, well boiled, or good mealy potatoes, is the proper addition to the milk. The child will not be affected by green peas and beans eaten by the mother, nor by berries and fruits eaten by her, if these are good and ripe."

DYSPEPSIA—S. P. B., South Bend, Ind.—"Your ease, though a bad one, and rendered more difficult to manage by the great amount and variety of drugs and nostrums you have swallowed, requires the strict discipline of a good establishment for a few weeks. If you must do the best you can with home-treatment, the "Encyclopedia" will prove the most convenient guide. To write you all the details would take a very long letter."

RHEUMATISM—R. B. H. writes: "Mr. Van W. is afflicted with rheumatism in the hips, which confines him to his bed most of the time. A hydropathic prescription, through the JOURNAL, would oblige him." We cannot prescribe specific treatment without knowing the exact history of the disease and condition of the patient. When a person asks us to prescribe for any disease, on general principles, we can only recommend Water-Cure in general. If he wants a prescription for a particular case of any disease, we want a particular description of all the circumstances of that case.

VARIKOSE VEINS—H. A. N., Grand Ledge, Michigan.—The "Encyclopedia" will give you the desired information as to the general management. If your surgical skill is not equal to the case, almost any judicious surgeon of any school could do the mechanical treatment.

COSTIVENESS AND PILES—J. C. D., Rochester, Mass.—"Tell the patient to use a strict regimen of plain, coarse, opening food—Graham bread, fruits and vegetables—would probably cure your eyes entirely. Costiveness must be especially guarded against in all affections of the eyes."

THE TOMATO—A subscriber asks our opinion of this excellent fruit as an article of diet. We have often spoken of it as among the best of our summer fruits. It is pleasantly acid, moderately nutritious, and highly luxurious, after one becomes accustomed to it.

WEAK EYES—S. K., Waterloo, C. W.—"The half-bath, once or twice daily, with a strict regimen of plain, coarse, opening food—Graham bread, fruits and vegetables—would probably cure your eyes entirely. Costiveness must be especially guarded against in all affections of the eyes."

CONSTIPATION OF THE LUNGS—S. J. C.—"We do not agree to answer questions proposed by anonymous persons; but if you have a 'local habitation and a name,' you may find exactly the information you seek in the "Hydropathic Encyclopedia, Chapter, Hemorrhages."

PAIN IN THE BREAST—E. S. B.—"Another inquirer, who forgets his own name, is troubled with pain in the side, fluttering of the heart, &c. See "Encyclopedia," article "Constipation."

CANKER IN THE THROAT—O. L. E., Erie.—"As there is an hereditary tendency to tubercular consumption in your case, we would advise you to go at once to an establishment. This form of consumption can seldom be arrested, unless taken before a large space of the lungs is destroyed by tubercles. The half-bath, followed by the pail douche, foot-baths, the chest wrapper, and a strictly plain and abstemious diet, comprise the best plan for home-treatment."

HYDROPATHIC EDUCATION—Hydropathian, of Baltimore, wants to know where he can study the water-cure system to advantage! At any large and well-conducted establishment. There are several such in this city and vicinity. Dr. and Mrs. Nichols have a department expressly educational at their establishment at Port Chester.

DIFFICULT ARTICULATION—S. R., Cincinnati.—"If the little lumpy matters you spit up are mixed with a lime-like or earthy matter, or resemble bits of cheese, we should suspect tubercles in the lungs, and the treatment should be on the general plan for consumption. Without the above symptoms we should look for the cause in a very torpid liver, or weak abdominal muscles; in either of these cases requiring the wet girdle and frequent sitz-baths."

HEMORRHOIDS—J. C. H., Bridgeton, N. J.—"In some cases external tumors become so hard and indurated as to require excision or ligature. In all bad cases the diet must be extremely strict and plain. Writing letters of special instructions, &c., come under the head of "consultations," which any hydropath would do for the fee of \$5—some for less."

GOOD HEALTH—W. P., Streetsborough, Ohio.—"Will you tell me through the Water-Cure Journal how to get good health and keep it?" We can only answer general questions in a general way. Live in conformity with the laws of your organization. If you would know all the details of a system of living according to the laws of life and health, study such works as the Hydropathic Encyclopedia, Water-Cure Library, &c.

DISEASE OF THE HEART—B. E., Indiana.—"The pain in your left side is no indication whatever of any disease of the heart; and a hundred chances to one you have nothing of the sort. Take a towel wash every morning, one or two cold, but not very cold hip-baths daily, and live on plain coarse, opening, farinaceous food, fruits and vegetables, and the obstructions, which your doctors have mistaken for that disease, will in due time disappear."

LEUCORRHOEA—Mrs. C. A. D., Illinois.—"Exhaustion from over-excitement or great exertion is often the cause of a slight prolapsus uteri, and this is always attended with considerable leucorrhoea. Frequent hip-baths, the abdominal compress, and vaginal injections are indicated."

ASTHMATIC FROM INFANCY—E. C. D., Prospect, Pa.—"When colds continue for several months, and are attended with more or less expectation, distress in the chest or about the shoulders, there is reason to fear the approach of consumption, to prevent which the general health should be at once attended to, and the plan of treatment adopted as detailed in the Hydropathic Encyclopedia, vol. 2, page 154 to 166."

AGUS CAKE—M. M., Richland.—"This affection often follows protracted intermittents, and is probably the trouble you are now experiencing. To reduce it requires the pack perseveringly, occasional hip-baths, the wet girdle a part of the time, and a very abstemious and rigidly simple diet."

RHEUMATISM AND CATARRH—E. B. T., Moriah, N. J.—"Take the pack-sheet for an hour, followed by the dripping-sheet tri-weekly; wear a wet bandage on the affected thigh, and live on a simple vegetable diet."

CATABACT—A. W. D., Middletown, Pa.—"It is utterly impossible to tell, except by personal examination, the exact nature of the affection you mention, or the probability of relief from a surgical operation. From your account our presumption would be that the case is incurable."

Book Notices.

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

THOUGHTS AND STORIES ON TOBACCO—For American Lads; or, Uncle Toby's anti-Tobacco advice to his nephew, BILLY BRUCE. 18mo., 179 pp. Illustrated. Boston: Published for the author. New York: For sale by FOWLER and WELLS. Price 25 cents.—Postage 5 cents.

Never did man engage in a more needed reform, or undertake a more thankless task, than to reform the filthy, disgusting habits of those persons who have polluted themselves with this abominable narcotic, Tobacco.

We have spent much valuable time, some money, and a large amount of patience, in earnest endeavors to dissuade our erring brothers from this habit. We have done more than this. We have held the habit up to public ridicule and contempt through our publications, and, in several instances, lost subscribers for so doing. Thus sacrificing patronage in this labor for reform. But we now have a co-laborer, in the shape of a good book, which we commend to "the whole world," and all other Tobacco chewers.

The book contains several amusing Illustrations, and Letters from Horace Mann, Rev. Mr. Channing, Neal Dow, Rev. Mr. Kirk, Orin Fowler, P. T. Barnum, Gerritt Smith, Rev. Geo. Trask, and other distinguished men. We shall be glad to supply orders to any extent for "Thoughts on Tobacco."

THE NAPOLEON DYNASTY; OR, A HISTORY OF THE BONAPARTE FAMILY.—By the Berkeley Men. Published by CORNISH, LAMPORT & Co., New York.

They boldly assert, that scarcely a generation has passed away since the death of Napoleon, and his name and his history are familiarly known to more men, to-day, than Cesar's. This sounds rash; and it is startling, but it is true. There is no trace of human history that is crowded with so many brilliant and grand events as that which was trod by Napoleon. He strode over the face of the earth with more majesty and grandeur than any human being who has ever stepped upon it. It has been conceded on all hands that his history is the most wonderful that we find in the annals of the race. Whatever he laid his hand on [except his exploits at Waterloo] seemed to have been specially committed to him by the destiny that governs great generals. Other men have risen and mounted brilliantly up the steeps of fame, but they have never flown to those glittering eminences with the lightning rapidity and irresistible power with which this genius of the mundane world went. It is precisely in the spirit of these remarks we have now made that the Berkeley men have written this book. It is the first book, too, we have ever seen on this subject that was ever conceived in such a spirit. The whole work bristles with enthusiasm. Whoever the men or the man may be that wrote it, he or they must have been deeply penetrated with the emotions and sensibilities which Napoleon's history and achievements stir up in the minds of the generous, the brave, and the heroic, or they could not have written as they have. It will not do to measure Napoleon Bonaparte by any common standard that might be applied to ordinary men—he was not a common man. The wing of his genius took a higher and sublimer flight than any other being that has lived. What would be hyperbolic *outré* and extravagant in the delineation of any other character, is only historic verity when Napoleon is the subject. Although, in the eighteen biographies which make up this volume, Napoleon is only one, it is of course the most prominent in the group, and yet it is of necessity brief. It extends over scarcely one hundred and fifty pages, but it constitutes the most complete full-length portrait of the Hero of Austerlitz that we have ever seen. It is followed by a very graceful and touching life of Josephine, and then in succession, come all the brothers and sisters of the Emperor, while the book closes with a very brilliant life of Louis Napoleon, the self-constituted President of the French Republic.

The Napoleon Dynasty is published in the octavo form, with 624 pages, and twenty-two portraits of the members of the family. A large amount of new and interesting information in regard to the various members of the Bonaparte family is introduced, particularly in illustration of the American history of those members of the family who have resided in the United States.

LYDIA: A WOMAN'S BOOK. By MRS. NEWTON CROSLAND, author of "Partners for Life," "Toil and Trial," &c. Boston: Ticknor, Reed and Fields.

We know not why this should be called a "Woman's Book." It betrays no deeper insight into that vexed problem, a woman's heart, than a man may be supposed to possess. Nor has the story, that we can see, any stronger bearing upon woman's interests and happiness than upon man's. If it be true that the phases of life which the author depicts "are regarded from the woman's point of view," then we must think there is no such great distance between the points of observation of a man and woman as she would fain make us believe.

Some one has said that "there exists a free-masonry among women," a sort of intuitive perception of each other's motives and springs of action, which furnishes a clue to guide through the labyrinthine windings of each other's hearts. We do not believe this, nor that a woman necessarily and by virtue of her womanhood, has any clearer intuitions with regard to her own sex than a man may have. This may be a little heterodox—but we cannot help believing that "sex in souls" is more the result of education than of any natural distinction imposed by the Creator.

However that may be, Mrs. Crosland has, we think, succeeded better in describing in the person of Mark Bowring,

the character of one whom "a good woman would consider a good man," than in painting the portrait of a true woman.

Of the other individuals who play their part in the story, we will say a few words. Mr. Bowring is an indifferent old country gentleman, with, we had almost said, no character at all. He allows himself to be prejudiced by Charlton Ridley, a handsome villain, the accepted lover of his daughter, against his only son, Mark, who we think became very nearly what his dying mother wished him to be, "what a good woman would call a good man."

We cannot agree with the London *Critic* in thinking that Lydia, the heroine, "is an exquisite portrait of a true woman." She seems to us a very weak and insincere woman, with good enough natural impulses which her tyrannical lover takes good care she shall never act out.

The Greysons are good, pleasant people, and gentle Ruth Armitage is quite lovable.

There are dark scenes of guilt portrayed in the book, in which Charlton Ridley and his maneuvering mother figure largely. The simplicity, innocence, and purity of the lives of the Greysons, Mark Bowring, and his gentle Ruth, contrast finely with the evil machinations of this mother and her son.

Mrs. Crosland is perhaps better known in this country by her maiden name, Camilla Toulmin. She is a poetess, and in that character has contributed frequently to the pages of the foreign magazines.

THE HEIR OF WAST-WAYLAND A Tale. By MARY HOWITT. New York: D. Appleton & Co., 300 Broadway.

Here we have another of Mary Howitt's charming stories, by means of which she has won her way into thousands of hearts and homes, and made her name familiar as household words. She can never write too much, while she continues to write as she has done. There is a healthy moral tone in all she writes, which makes her books safe reading for the young; and so attractive and interesting are her stories, that many a lesson of wisdom and truth sinks deep into the heart of the reader while he is only conscious of being entertained.

The Heir of Wast-Wayland is a longer, in some respects a more pretentious tale than most others she has written. But the impress of gentle Mary Howitt's spirit is plain upon it, and the characters of good "Christie o' Lily-garth," and "the maister," noble William Elworthy and his gifted wife are such as she loves to draw. There are other characters in the story equally true to the life; Mrs. Dutton, a pattern of sisterly affection so long as there was a hope of her one day becoming mistress of Wast-Wayland and heir to the property of her brother-in-law; noble Mr. Derwent, and even wretched Isabel Garr, are not without their prototypes. It is a pleasant story, and like all Mary Howitt's stories, it will be widely read.

THE NATIONAL PORTRAIT GALLERY of distinguished Americans, with Biographical Sketches; containing upwards of one hundred and twenty engraved Portraits of the most eminent persons who have occupied a place in the History of the United States. WILLIAM TERRY, No. 113 Nassau street, New York, Publishers' agent.

In their prospectus the publishers say:—
The portraits are executed on steel, by the best artists, and from the most esteemed likenesses known, or extant; and each portrait accompanied by a concise, authentic, and characteristic Biographical Sketch of the individual; in the preparation of which, the work has been aided by the ablest writers in the country; and recourse has been had invariably to the most competent and unequivocal authorities in the statement of facts. This work is now publishing in numbers, at twenty-five cents each; the whole to be completed in forty numbers, making four handsome volumes, bound in two. Persons remitting the subscription price, Ten Dollars, will have a copy of the work sent to them regularly by mail.

AN EXPOSITION OF VIEWS RESPECTING THE PRINCIPAL FACTS, CAUSES, AND PECULIARITIES INVOLVED IN SPIRIT MANIFESTATIONS: together with interesting Phenomenal Statements and Communications. By ADAM BALLOU. 1 vol. large 18mo., pp. 256. Price by mail 62 cents. New York. For sale by FOWLERS AND WELLS

Of the *integrity and truthfulness* of this well-known author, there can be no doubt; but is his *judgment* reliable, are his deductions and conclusions correct? To fortify his positions he quotes Scripture thus:—

"If a spirit or an angel hath spoken to him, let us not fight against God." "Are they not all ministering spirits?" "Believe not every spirit, but try the spirits whether they be of God."

In a well-written preface, the author gives his reasons for presenting this book to the public. Of several we quote but two.

1st. "Because he deems the subject worthy of serious consideration, and desires to aid in commending it to public attention. 2d. Because he sees the *extremes* into which *overcredulous believers* on one side, and *pertinacious skeptics* on the other, are running, and desires to guard honest minds against all rash and wholesale conclusions."

Mr. B. belongs to that class of radical reformers who act and think for themselves, quite independent of others.

THE MASTER BUILDER; OR, LIFE AT A TRADE. By DAY KELLOGG LEE. 12mo. pp. 322. New York: J. S. REDFIELD.

A charming book for young men, who are fond of tracing the lives of men, from "the cradle to the grave," through all the phases and spheres which they must pass during a life of usefulness, prosperity, and happiness.

Our author begins with the founding, and follows him on—over a most romantic route, stopping only to take breath, and relate, under chapters, with the following titles, what transpired: The Foundling's Home—Lights and Shadows—The Sewing Bee—The Grief of Grievs—General Training—Parson Dilworth's Sermon—Beginning to Build—The Reading Circle—Falling and Rising—The Feast of May—The Final Affiance—Home, Sweet Home—The Bow in the Cloud—The Sacred Supper—Spring Birds, or Snow Birds—Triumph of Virtue—The Wedding, and so-forth, all of which we pronounce excellent. DAY K. LEE is an author of decided talent. He will yet shine in the literary world. But we must bring him down out of the ethereal elements of imagination, and put him into the field of actuality, utility, and business. We need to cultivate such writers for the *practical* affairs of life, rather than for fancy purposes.

MEN OF THE TIME; OR, SKETCHES OF LIVING NOTABLES. 1 vol. 12mo., pp. 564. New York: J. S. REDFIELD.

We have here a Biographical Dictionary, with the names of some eight hundred and sixty persons, mostly Europeans, who have made themselves known as authors, artists, composers, divines, dramatists, novelists, poets, travelers, warriors, etc., etc., making a very desirable book of reference.

We regret the omission of the names of many distinguished living Americans. Surely, there are hundreds of them far more worthy of a place in a work of such pretensions, than we find in it; while not a few of the foreign names are wholly unknown in this realm, and are, therefore, of no interest to us. When shall we have a work covering, no matter how briefly, the biographies of distinguished AMERICANS, both living and dead? Such a work would be desired by almost every American citizen. Who will bring it out?

BULLETIN OF THE AMERICAN GEOGRAPHICAL AND STATISTICAL SOCIETY. Vol. 1, for the year 1852. New York: Published for the Society by G. P. PUTNAM

An octavo pamphlet, with eighty pages of descriptive matter, and a MAP OF THE REPUBLIC OF PARAGUAY, including the History, Productions and Trade of that interesting country. This Society promises to become most useful and important to all classes of our people; eliciting, as it will, the co-operation of travellers, missionaries, and others, with a view of extending a knowledge of the geography of the globe. Hon. GEORGE BANCROFT, President; JOSHUA LEAVITT, Librarian.

AMERICAN WHIG REVIEW, for September. CHAMPION BISSELL, publisher, No. 120 Nassau street—

Contains Portraits of Hon. William A. Graham, Whig candidate for Vice President, and Hon. George Ashman, of Massachusetts, with Articles on Movements of the Enemy; The Fisheries; The Intelligence and Passions of Animals; Bleak Houses, Charles Dickens and the Copyright, and so-forth. It is published monthly, at \$3 a year.

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 Hydrophathy and Hygiene. An illustrated work, embracing Outlines of Anatomy; Physiology of the Human Body; Hygienic Agencies, and the Preservation of Health; Dietsitics and Hydrophatic Crookery; 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 Hydrophathy 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.

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ECLECTIC MEDICAL INSTITUTE, Cincinnati, Ohio. Chartered in 1845. Total number of Matriculants, 1265. The Eighth Winter Session of this Institute will commence on the first Monday of November, and continue four months.

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This Institute was chartered in 1845, and has been the most flourishing school in Cincinnati, having already had twelve hundred and sixty-five Matriculants. It continues as heretofore, the principal collegiate source of the liberal and progressive systems of the Medical Science, and has recently adopted the generous measure of dispensing with all charges for the fees of its several professors, leaving only a charge of \$15 per session, for Matriculation, and dissection. This amount is required of all who attend a part or all of the Lectures of the Institute. Students will find it to their interest to be in attendance as early as the 15th of October, for the preliminary lectures. Students upon their arrival in the city will call at the office of Prof. R. S. Newton, No. 89 West Seventh street. For further information, address Prof. R. S. NEWTON, or J. R. BUCHANAN, M. D., Dean. Oct. 11.

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BULWER, FORBES, AND HOUGHTON, ON THE WATER-TREATMENT.—A compilation of papers on the subject of Hygiene and Rational Hydrophathy. By R. S. HOUGHTON, M. D. 1 vol. 12mo., with 386 pages. Price One Dollar.

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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 Hydrophatic Physicians to some of the more improved styles, as we are confident their superior merit will ensure their immediate adoption.

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32 NA-SAU 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.

AMERICAN HYDROPATHIC INSTITUTE, PORT CHESTER, N. Y.—The Third Term of the Medical School of the Institute will commence on the first Monday in November, and continue twelve weeks. Lecture fees \$50, payable in advance. Board, \$3 per week, washing extra. The entire expense, books included, need not exceed \$100.

The Second Term of the Young Ladies' Institute of Physiological Education, will commence on the first Monday of June, 1854. Circulars, giving full particulars, will be sent, on application.

Patients will be received at any time, and particularly in the intervals of our school terms, to the extent of our accommodations. T. L. NICHOLS, M. D. M. S. GOVE NICHOLS.

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The Medical department is under the entire charge of Dr. THAYER and Wife, who have had five years' experience in Hydrophatic 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, Hydrophathy 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.

MAMMOTH WATER CURE OF THE WEST, HARRISBURG, KY.—Roland S. Houghton, M. D., Resident Physician.—This is one of the largest and most complete establishments of the kind in the United States. A new and commodious BATH-HOUSE has just been completed, for the more perfect accommodation of the patients, who will find a full description in the July and August numbers of the Journal.

Terms:—\$40 for the first four weeks; \$8 for each subsequent week. Servants, \$2.50 each week. A consultation fee of \$5 will be charged when patients leave before the expiration of the first four weeks. There will also be an extra charge of \$1 per week when extra sheets, blankets, &c., are hired of the Establishment. For further information, address Dr. C. GRAHAM, Proprietor, Harrisburg, Ky. Sept. 11.

CLEVELAND WATER-CURE ESTABLISHMENT.—The above establishment is now commencing its fifth season. The increased accommodations and facilities which have been added from year to year, make it second to none in the Union, and enables the subscriber to say with confidence to all who wish to avail themselves of the great facilities which the Water-Cure system when rightly applied, offers to all those who are seeking restoration to health; that they can here pursue it under the most favorable auspices for the removal of disease. The very flattering patronage bestowed hitherto, by a generous public, will serve but to stimulate the proprietor to increased exertions in behalf of all those sufferers who may place themselves under his charge. Terms—\$7 to \$8 per week. T. T. SEELYE, M. D., Proprietor. July—11.

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CONCORD WATER-CURE.—DR. VAIL'S ESTABLISHMENT, located at the capital of "the old Granite State," has met with an unprecedented patronage during the past summer, and nearly every patient has been benefited or cured. The establishment will be open for winter treatment, and none will be found better located for this purpose. Situated on the principal street of the town, pleasant opportunities for exercise are at all times afforded. The bath-rooms will be kept warm, and patients can have fires in their own rooms if they wish: they will thus find the treatment as pleasant in winter as in summer; and its effects in some cases are more marked. Our water is very superior, and our fixtures excellent. We invite such friends of the "good method" as would like to improve their bodily condition to give us a call. Terms in winter, from \$4 to \$6 per week; in summer, from \$6 to \$5. Oct. 3t.

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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.

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NEW GRAEFENBERG HYDROPATHIC, AND KINYSIATHIC 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 Frankfort Hill, about 5 miles from the city of Utica. Address R. HOLLAND, M.D., New Graefenberg, N. Y. 11.

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THE HYDROPATHIC INSTITUTE at Willow Grove will be in operation through all the year. For particulars apply, post-paid, to the subscriber. City practice attended to. Orders left at Lanson Spr. Baths. Patients giving full statement, may have sent by mail written prescriptions. H. R. MEIER, M. D. Oct. 11.

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"LEBANON SPRINGS WATER-CURE".—This well known Institution is still open for patients. Terms—\$6 to \$8 per week. Address D. CAMPBELL & SON, Proprietors, or B. WILMARTH, M. D. Oct. 11.

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

MRS. M. H. MOWRY, PHYSICIAN, No. 29 South Main street, Providence, Rhode Island. Feb. 14.

DR. BRODTHA'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug. 11.

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