

# THE WATER-CURE JOURNAL

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## Physiology, Hydropathy, and the Laws of Life.

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### Contents.

Glances of Popular Physiol- ogy, . . . . .	105
Experience in Water-Cure, . . . . .	106
Bilious Remittent Fever, . . . . .	106
Water-Cure for Egyptian Oph- thalmia, . . . . .	107
Cases Treated at Glen Haven, . . . . .	107
Chemistry of Life—No. VI., . . . . .	108
The Hair and Nails, . . . . .	109
The Perils of Childbirth, . . . . .	110
Scarlet Fever—A Case, . . . . .	110
Voices from Home, . . . . .	110
Water-Cure in Lockport, . . . . .	111
Letter from Mrs. Gove Nich- ols, . . . . .	112
Experience in Water-Cure, . . . . .	113
Bathing and Swimming, . . . . .	113
By Railroad and Lake, . . . . .	113
Water-Cure in the South and South-West, . . . . .	114
Teeth Destructive—Tartar, . . . . .	115
An Incident in the Annals of Water-Cure, . . . . .	116
Water-Cure in the South, . . . . .	116
Isn't it Murder! . . . . .	116
Prospectus of the Water-Cure Journal for 1853, . . . . .	116
NOVEMBER NOTES, . . . . .	117
Lemon Juice in Rheumatism, . . . . .	117
Aromatic Schiedam Schnapps, . . . . .	117
Holland Gin as a Medicine, . . . . .	117
Bloomerism, . . . . .	118
More Chloroform, . . . . .	118
Rum and Tobacco, . . . . .	118
Constitution of N. Y. Vegeta- rian Society, . . . . .	118
REVIEWS, . . . . .	119
Review of the Water-Cure Journal for October, . . . . .	120

### GLIMPSES OF POPULAR PHYSIOLOGY.

A FEW WORDS IN CONCLUSION.

BY T. L. NICHOLS, M.D.

I SHALL still write for the Journal, more perhaps than ever, for I would not willingly leave so wide a field of usefulness; but I shall write on various subjects, equally interesting, equally important, and often, it may be thought, of more practical utility.

I am under the necessity of bringing these random sketches to a close, on account of engagements which demand all my time, and will task all my energies. I have a book to finish, now nearly ready, and on the first day of this month commences my third course of the Lectures of the American Hydropathic Institute.

This book, I wish here to say, is such an exposition of Physiology, and its collateral and consequential sciences, as has not yet been written. It is too full of truth to publish to the world, and I shall, therefore, only furnish it to those who want it. It is not a book for the centre-table, or the counter, but for the closet. It is a pearl I would not willingly see cast before swine. I have chosen for it a significant title, *ESOTERIC ANTHROPOLOGY*. It will be sent, by mail, only to those who expressly desire it. (See note next page.)

I have neither the wish nor the expectation to supersede other works on Water-Cure. The Hydropathic Encyclopedia, last year adopted as a class-book in our Institute, has a sterling value, a comprehensiveness of plan, and a thoroughness of execution, which make it invaluable as a guide in science and practice. This work should be in the possession of every student, and every practical Hydropathist. The entire Water-Cure Library is made up of works of great value, such as those can best estimate, who have pored over the medical libraries which contain "the accumulated wisdom of two thousand years."

And now, in these last words, while I am speaking of books, let me invite the attention of the studious reader to one more: a book more interesting than Robinson Crusoe to the boy just entering his teens; more wonderful than the various adventures of Sinbad the Sailor; and more important in its facts, and its deductions, than any book of modern date, or within the reach of most of my readers. I mean O. S. Fowler's work on Hereditary Descent. It embodies a mass of facts bearing on human destiny, collected with great research, and of the highest possible interest and value.

This subject introduces, as well as in any other way, what I have to say in this brief article upon the functions of man. All books of Physiology, so far as I have examined them, are dry, hard, mechanical, or

chemical, without soul, or passion, or depth of intuition. The popular works are usually shallow in matter, and involved in method. The best popular work I know of is that of Southwood Smith, which has not been republished in this country. A great popular work of General, Comparative, and Human Physiology, has yet, so far as I have seen, to be written.

In the work now in press, to which I have alluded, I divide the functions of man into three series—the organic or vegetative, the animal or sensitive, and the generative. In accordance with the pressing needs which everywhere exist, I have devoted much the largest space to the laws and action of the last named function. It combines in itself the highest powers of both the other series. It involves the perfected powers of the human body, and the highest and deepest passions of the human soul. Connected with the happiness of the individual, it is still more important to the destiny of the race. It has more to do with the health of man, it enters more into the causes of disease, it is more comprehensively involved in the great problem of his social relations, than any other branch of human Physiology; but it cannot be treated of here, and as it has generally been treated, it had much better have been let alone.

For the most part, the books written upon the generative function have been false in science, absurd in philosophy, mischievous in morals, and mercenary in their motives. In nine cases out of ten, they are the advertising medium of some specious quack, and mean—"Come to me and be cured." There are dozens in this city of New York, who attract victims from all parts of the country, and who plunder them to the tune of two or three hundred dollars apiece, with no good result, but often with great evil, and each of these medical pirates has written, or at least published a book or books, while others have been hired to write for him. Sometimes it is practice that is wanted—sometimes letters of consultation, sometimes a medicine is to be sold; but in almost every case there is some kind of deceit and plunder at the end of it.

From these strictures, the earnest, and in many respects excellent works of Mr. O. S. Fowler, are entire exceptions. He makes no pretensions to being a physician, and if any one goes to him for advice, he need not fear to be robbed. I say this, of course, on my own responsibility, and without the knowledge of Mr. Fowler, but in simple justice to some of his valuable contributions to the literature of reform.

In writing this series of Physiological papers for the Journal, I have been continually impressed with the necessity of saying, in some way, what I wish to say of the functions of man, and especially of the procreative function, and its relations to mind and body,

Men are every year learning how to live without renting their stomachs to apothecaries, and also how to mould and govern their own minds and those of their children with less interference from whips and sonnettes.

Truth, like the lightning, must have free course, or it will make one, and it is the part of wisdom to open our vision upon the wide empire of truth without fear of new light or regret for old errors.

The cars and steamers of reform are onward, freighted with the noblest impulse of humanity, while self-wise conservative bigotry is wind-bound in the old aloop, or making the snail's progress in the antiquated stage-coach of obsolete ideas. May the current year yield a harvest of good to mankind, such as the world has never yet seen.—*PHRENOLOGICAL ALMANAC FOR 1853.*

health and disease, society and the individual. But I cannot say it here; nor can I feel the necessary freedom to say it in any book which is to be published in the ordinary way. I have, therefore, done what I conceived to be best; I have written a book with all the frankness of a private and confidential letter to a patient, and as such, in every case, do I wish to have my work considered. There is in it no "come and be cured." For the past two years we have refused twice as many patients as we have received. We feel that our work is much more to educate than to cure.

Much of this is in conclusion, and in apology. I have done in these papers what I could, at odd hours, and without regular plan or consecutive effort. I have given the student in human nature some hints which he may improve to advantage. I have ventured to turn the light of a great central and positive science upon the mysteries which all men, who dare to think, are seeking to penetrate. I do not claim to understand all the mysteries of life, nor fully to comprehend its laws. I am an humble seeker after truth; but I am not afraid to accept it when it is found, nor to live in accordance with it, so far as truth may be made to harmonize with social discords.

There is one idea, which now, before I close, I wish to impress upon the mind of the reader. It is, that nature is full of harmonies; every part agreeing with every other. God is perfect harmony in himself, and in all his expressions and relations. The universe is the expression of his wisdom, and his love. Man is the highest expression that we know. His true being and his true life must be in harmony with God and the universe. It follows that all nature, including human nature, is governed by a law of universal analogy. All science is to be studied with this law in our minds. Every fact is related to every other fact. No being is isolated. If we know any one thing in the universe, in itself and in its relations, we know the entire universe. If we can comprehend an atom, we can comprehend the Deity. [Port Chester, N. Y.]

\* **FREEDOM AND FREEDOM.** By T. L. NOLAN, M. D., Port Chester, N. Y. A pocket volume of 400 pages, with nearly 100 engravings. A comprehensive and confidential treatise on the structure, functions, and intimate relations of men and women; the regulation of health, physical, social and personal; the true causes and real nature of disease; and the best means of cure. This book is not intended for the physician, but is strictly private and professional. It will be sent, free of postage, on the receipt of one dollar, by the author, and no genuine copy can be procured in any other manner.

## EXPERIENCE IN WATER-CURE.

BY REV. JOSEPH SCOTT,

Rector of the Parish of Dunbar, Canada East.

[New converts are usually somewhat extravagant in the use of language when relating their own personal experience, and old stagers smile at their zealous narration. The following from a clergyman, an accidental convert, will serve to inspire those not yet fully initiated into the glorious principles which we are now developing. The reverend gentleman will in future without doubt *preach* as well as practise Hydropathy.—EDS.]

GENTLEMEN:—If your philanthropic benevolence will allow me, I would, through the medium of your widely circulating Journal, proclaim to the thousands of our fellow-men, whose lives are not only wasted, but almost rendered a curse by the effects of painful and destroying disease, from which they know not whither to turn for alleviation; I say I would proclaim to such, by what simple means I have found the most astonishing relief, and have, in a few weeks, been brought from a state of extreme feebleness and most acute suffering, to comparative strength and comfort.

I have been for many years an inveterate dyspeptic,

from which cause I have suffered all the numberless ills of which, in this age and country, there is, unhappily, so wide an experience; besides having been, at several different times, prostrated by attacks of severe inflammatory rheumatism. In the early part of November last, in consequence of a severe cold, I suppose, I was seized with a profuse hemorrhage of blood from the bowels, which continued, at intervals, during nearly five months, and until I was almost exanguinated, and rendered utterly unable to discharge my ordinary duties, or even to walk about my house. I believe I was favored with as careful and skilful medical counsel as the country affords; and, acting upon the advice of several physicians, I came to this city about the middle of last month, for the purpose of getting a passage for a short sea voyage. But, unhappily, as we should ordinarily say, while I was on my journey here, inflamed hemorrhoids came upon me with such severity, that, upon consulting one or two eminent physicians in the city, I was assured it would be madness in me to think of going to sea.

By the urgent recommendation of a friend, resident here, I visited Dr. Wellington's Water-Cure Institution, and placed myself under his treatment. He told me he fully believed a good effect would soon be manifest; but that my sufferings were so acute, that he dared not excite in me too sanguine expectations of immediate relief. It was a piece of caution on the part of the doctor towards me, which was certainly quite superfluous; for I had hitherto learned nothing of Hydropathy beyond the name; and having regarded it only as one of the thousand humbugs of the day, my anticipations of good were by no means so ardent as that I should have been much disappointed, if it had proved, in the end, an entire failure. But the experience of a few days induced me charitably to hope. In ten days the hemorrhoids had nearly disappeared; the inflammation was gone; and the greatest difficulty I experienced was in restraining, within due bounds, a newly awakened appetite, the indulgence of which, the doctor assures me, retards the progress of my cure. During the last previous eight months, I had not been able to walk the extent of two miles; and, almost leathening food, everything which I took in that character distressed me beyond measure. During the last week, I am sure I shall not exaggerate if I say, I have walked upon an average five miles a day; and almost from the first commencement of the treatment, I have eaten freely of the good things with which the doctor's table is provided, and I have not once sensibly suffered on account of it. I find the whole habit of my system undergoing a rapid, and most favorable change; and were it possible for me to remain, and continue the treatment for two or three months longer, I have the fullest confidence that, by the blessing of God, I should become physically renewed.

Thus much I have experienced in my own person. I have also, in the same time, been an eye-witness to the most surprising efficacy of the water treatment in the case of several other patients who were present in the establishment. Two aggravated cases of dysentery, complicated with serious disease of the lungs, one of whom had profuse hemorrhage of blood from that organ, had been a few days under treatment when I entered the institution. Emaciated and enfeebled as they were, with such active disease upon them, I had no faith on their behalf. But several days ago, to my astonishment, they left us in a state of the most hopeful convalescence, the dysentery entirely cured. A young lady entered the institution immediately after myself, whose short, hacking cough I regarded as a too certain foreboding of a speedy and fatal termination of a pulmonary inflammation;—but in less than ten days after the treatment had commenced, although her difficulty was of more than a year's standing, the alarming symptoms disappeared; and I have now no doubt of her recovery, if she continues the treatment

for a time. A man came in, one day, who told me that he had just been carried through a course of small-pox by Dr. W.; that he had not been confined to his bed, a single day, by the disease; and though he had been covered from head to foot with pustules, there was then no appearance of his having suffered from that disease, except from a few scabs remaining upon his hands. I learned that a lady had had her *couchement* in the house but a day or two before I became an inmate; and to my astonishment, she was at the family table in three days after, riding out, from that time, every day.

His treatment of a case of bronchitis has come under my observation, in which he succeeded beyond the expectation of all. I have seen a lady who, from over-exertion, was taken with hemorrhage of blood from the lungs, with violent palpitation of the heart, and a high fever; all of which were immediately subdued by Dr. Wellington's water treatment. A second attack, brought on by fright, was treated with the same success, and she is now fast recovering. All these cases, with their results, have come under my own observation; learning particulars of them from day to day, as they have occurred and progressed; and taking them in connection with what I have experienced in my own person, can any one fairly charge me with credulity, or with an unreasonable readiness to embrace a novelty, when I say that I have come to a high opinion of the efficacy of the Water-cure treatment? It is true the evidence before me has been all on one side;—for I have not seen a single person who was under the care of Dr. W. who was not most manifestly improving in health. And there is in the system neither emetic, nor bolus, nor blister—it only makes use of water in a variety of modes of application, and of different temperatures, and a rational, though certainly to me, most agreeable diet.

In my opinion, there cannot fairly be drawn any comparison between the value of health and of money, and therefore I cannot tell how much I prize what I have learned here of the culinary art,—an art by which they render the simplest, as well as the richest of vegetables, most grateful to the palate, without the aid of any of those pungent condiments which, though so pernicious, have hitherto been deemed essential; and by which they compound a variety of all kinds of pies and puddings, making them short and smooth enough for an epicure, but still innocuous to the most delicate and feeble stomach. But I am afraid the people will think me mad with enthusiasm in favor of the Water-cure, and I dare only add an earnest solicitation to all who are suffering from the effects of painful or wasting disease to resort to a Water-cure institution and get for themselves the truth of my happy experience.

[What say our friends, the Allopaths, to this? It was a cunning device in them, when they found this patient sinking on their hands, to get him off to sea, where, should he die, they would not be held responsible. But special providence (perhaps) placed this divine into the hands of a Hydropath, who proved himself a physical saviour.]

## BILIOUS REMITTENT FEVER—CHOLERA.

BY T. T. CALKINS, M.D.

[Facts in Water-cure, coming from regularly educated M. D.'s, have a force which cannot be resisted; for, by their own showing, we are on the right side of this question, and shall ultimately either drive them from the field, or bring them to adopt the Hydropathic practice. Here is a confession which speaks no less eloquently for the integrity of the writer than truthfully for the superiority of the Water-cure over drug medication.]

Messrs. Editors:—Having been regularly educated, at a Medical College in New England, and having practised for five years, according to doctrines there taught, for the removal of disease from the human system, I cannot but contrast my former experience with that of one year's practice in Hydropathy.

About one year ago I had placed in my hands a few copies of your Water-Cure Journal, which I gratefully accepted: as coming from a *friend* who had long since abandoned the Allopathic ranks for that of Homœopathy, and who had recently embraced the principles of Hydropathy in preference to either, I felt a desire to peruse them, but had no confidence in the doctrines which they promulgated. I thought "water was good in its place," and in fact one of our remedial agents, and that it was our privilege to use it when we pleased, and that we *did* use it about as much as it should be used. To make it supply the place of drugs altogether, was fanatical enthusiasm. But I read the Journals and thought, and the more I thought, the less my prejudice. I began to think the reasoning philosophical. I wished to know more of the water humbug, as I had been disposed to look at it. All the work I could obtain at that time was "Hydropathy for the People, by Trall," which I read. About this time, I had a bad case of Bilious Remittent, a fever common with us at this season of the year. I had applied my remedies faithfully for several days, but still the fever kept fevering; and there was also a great deal of local congestion. I said to the nurse, "Did you ever see the application of the water treatment?" She replied she had, in the case of her husband, which had good success. I then resolved to try it, and did so, with a very happy result; since which time, I have used very few drugs.

I might relate many cases in which the astonishing effects of water-cure were made apparent, but will forbear relating but one more, which may be interesting to your readers.

I was called at two o'clock at night to attend Mrs. E—, a very respectable lady of English birth, fifty-nine years old, whom I found in an advanced stage of Cholera. Copious discharges from the stomach and bowels had taken place, of a watery character. The extremities of the patient were cold and pulseless; violent cramping of the legs, at short intervals; a wild cadaverous look, in what is usually termed the stage of collapse. In fact, to all appearance, death was about to close the scene.

The family, who were in the habit of using Homœopathic remedies, had tried them; but as the patient sunk so rapidly, they despaired of her recovery. One of the attendants remarked that it seemed that she was rubbing a corpse. Having confidence in nothing but Hydropathy, I ventured to try it, but with very little hope. I at first applied a cold wet girdle to the abdomen, and prepared a *pack*, into which the patient was enveloped for an hour, with a jug of hot water to the feet. The cramping soon ceased, the extremities became warm, and the pulse was discoverable at the wrists. After being unpacked, the patient was sponged over with tepid water, and then wrapped in flannels, and rested quietly for several minutes. From that time, I considered her convalescent. Injections, wet girdle, and ablutions were continued for several days. She is now nearly well, after a lapse of two weeks.

To me, who had seen cholera patients rapidly expire under drug treatment, the recovery was a great triumph for Hydropathy, and no less so to the friends of the patient. Mr. E— had died two years before with cholera; since which time, the family had lost confidence in Allopathy. A lady has also just died in this town, of cholera, treated with drugs. Such results will open the eyes of people to a system of reform. Prejudice, the great barrier of all progress, will be removed, and men will search for Truth. May we not hope that the achievements of water, the purest gift

of Divine Goodness, will soon be heard on every side, and re-echoed from mountain to valley, and river to sea,—and let our response be, "God speed the right!"  
[Lisbon, Wis.]

## WATER-CURE FOR EGYPTIAN OPHTHALMIA.

BY DR. W. A. ALCOTT.

MR. EDITOR:—I am not a Water-Cure man, in the fullest sense of the term, as your readers already know; and yet few men have higher hopes and expectations of cold water than myself. There are many respectable men engaged in what is called the Water-Cure; but there has seemed to me a greater number who are among the veriest humbugs I have known. But as I love to render to all their due, I will give a fact, of which Water-Cure may make what she pleases.

You have some knowledge of the Boston Medical and Surgical Journal—that while its editor was in Egypt a year or two since, came out assailing Hydropathy, by saying it was dangerous to use cold water, sick or well, more than two or three times a week, lest we should wash off the sebaceous matter! The reader should know, by the way, that it was not Dr. Smith, the principal editor, who said this, but somebody of less sense than he, that "held the bag" in his absence. Still the Journal practically endorsed the protest.

Within a short time the editor, Dr. Smith, has come out in a very interesting book of nearly 400 pages, entitled "A Pilgrimage to Egypt." It is a book which those who have any leisure for miscellaneous reading should procure and examine. They will find in it many old things told over for the hundredth time in a sprightly manner, and not a few things entirely new—at least to me.

Among the new things, is a new method of treating the Egyptian Ophthalmia—new, I mean, to the medical profession in the Eastern World. Dr. Smith condemns the old practice entirely, leeches and all, and—gentle reader, will you believe it?—substitutes therefor the pure cold water treatment. But lest you should not believe me, I will introduce you to the good doctor himself:

"The physicians of Egypt sometimes deplete very considerably; but the evidence of their poor success is found in the multitude of blind men, women, and children, throughout all the nomes and provinces of that peculiar country. When leeches—the usual preliminary course—are applied, I have observed that no reduction of inflammation follows.

"Our dragoman, on a particular occasion, had fearful indications of an acute attack of Ophthalmia. He was urged to bathe his eyes frequently in cold water, and to sleep with a pledget over them kept saturated with it. To this simple application he strenuously objected, and brought up the false notion that nobody dare apply water under such and such circumstances, which he mentioned. But I insisted; and on the second day, it was our happiness to perceive a favorable change; and within a week, he perfectly recovered.

"A second case came under my care, in a person connected with a public office in Cairo, who had unmistakable premonition of an attack. He was urged to the same course of treatment. He too had his whims and prejudices to contend with; but the fear of becoming blind secured the use of water, and a speedy restoration followed."

The doctor thus meets an objection that he foresees will be brought against his views:

"The exemption of the Bedouins from Ophthalmia may perhaps be considered as opposed to my theory; for they rarely wash, it being difficult to procure water even to meet the demands of thirst. They, however, wipe their faces, and keep the angles of their eyelids cleanly;" which he says the rest do not.

As I am a pretty strong friend of Hygiene, your readers will excuse me if I direct their attention to a fact of which I am reminded by the manner in which Dr. Smith meets the aforesaid objection. We, who teach the laws of health, are met at every step by objections of just about the same depth. For example, we plead for daily ablution, as a preventive agent. "Away with your nonsense," we are told; "the Irish emigrants, glazed in filth, are healthier than we, who bathe." But it is forgotten that these same Irish emigrants are forced, by their circumstances, to obey many physiological laws which we neglect—quite enough to counterbalance the neglect of cleanliness. So in regard to alcohol. "There is a man more than 70 years old, and yet he has been a drunkard 40 years!" it was once said to me. But it was overlooked that the man had an iron constitution, rose early, was cheerful, ate little, &c.

## CASES TREATED AT GLEN HAVEN.

BY JAMES C. AND L. E. JACKSON.

Continued from the July number. Case 5. Sciatica, or Rheumatism of the Hip Joint. Case 6. Liver Complaint and Dyspepsia. Case 7. Lumbar Abscess.

COULD skeptics see the transformations of bodily condition which human beings are undergoing at the various Water-Cures in the Union, their unbelief in the power of water to change the character of tissues would vanish.

If a record could be by any possibility of means kept, of the persons treated, and the changes from bad to good conditions which they undergo, by means of water treatment and its adjuncts, and such record be laid before the *thinking* public, the days of drug-giving would be at an end.

As far as opportunity is afforded us, we mean to keep such record of our practice, and faithfully and truly give it to the public. We shall give no case to the readers of the Journal without being ready and willing to give the name of the person treated to any person who has the right to inquire of us for the name of such person, and we now proceed to give in somewhat detailed statement the history of some cases. Those who read them may rely on our accuracy, for much as we love *fame*, we love truth and the cause of water-cure better.

### CASE V.—SCIATICA, OR RHEUMATISM OF THE HIP-JOINT.

On the 24th of October, 1851, of a cold damp evening, there entered our sitting room a gentleman, and a lady on crutches. They had rode twenty-five miles that day in a carriage, the lady bolstered on pillows. She was a woman of spare bodily habit, black hair, black eyes and heavy black eyebrows, and a face rather pleasant to look upon. The morning after her arrival we examined her, and satisfied ourselves that she had sciatica. She had had the skill of the best physicians of the Homœopathic and Allopathic schools, but with no perceptible benefit, and they had given her up, pronouncing her disease—some of them—hip-disease. Others, rheumatism with consumption. On examination of the lungs, we gave it as our opinion that the substance of the lungs was untainted, that the distress she suffered in that region was sympathetic. We found that she could not bear the tenth part of her weight on her foot, it creating, at the hip-joint, excruciating anguish. The limb above the knee-joint was smaller than its mate, and below the knee was cold; the foot showed poor circulation. At times the pain in the hip-joint would transfer itself to the side opposite—up and about the *region of the heart*, when doctors who had attended her would look wisely and wag their heads mysteriously. They were not much to blame, for the first time this kind of transfer of the pain showed itself to us, it greatly excited our interest.

We relieved her without great difficulty by fomentations and foot baths.

This lady remained at Glen Haven eight months—after three months left off one crutch, by and bye left off the other, and went about our hill-sides in the enjoyment of good pedestrian powers. The outline of treatment was packs, half-baths, sitz-baths, fomentations followed by cold ablation of the part affected, occasional foot-baths, plenty of exercise, daily injections, and rigid unstimulating diet. The day before she left us she walked nearly five miles, and a happier woman we know not, and a happier man than her husband it would be difficult to conceive. Whilst they live they will bless the Water-Cure.

#### NO. VI.—CASE OF LIVER COMPLAINT AND DYSPEPSIA.

This was the case of a man weighing 190 pounds—with a face as red as a cherry, and with the strength of an ox. He came to us recommended by a physician near the place where he lived, as a gentleman! but one whose case was desperate. The difficulty was exhibited in excessive flatulence—gulping wind sometimes for thirty minutes, with slight cessations only, and occasional attacks of vomiting, which he described as continuing twenty-four hours, and which the physicians found it impossible to check. Two or three times his life had been despaired of, and he left his business and came a thousand miles to see what water-cure could do.

We put him under treatment, and in four days he was taken with one of his "spells of vomiting," which we tried after a little to check—they exhausting him so much. But it availed nothing, so we gave him all the warm water he wanted, or we could induce him to drink. He threw off his stomach vast quantities of ropy mucus, and his flatulence was severer than any case we ever saw. After fifteen hours of vomiting, not intermitted at any time by an interval of more than fifteen minutes, we changed our administration—which had consisted of warm water as an emetic—sitz-baths, cool and cold, with gentle friction over the bowels and dripping sheets—to *enemas* altogether. We injected gallons of water up the rectum—which passed away as colorless as when taken, but after four or five hours it began to be tinged—then colored, and at last black. At the end of twenty hours, during which Dr. Jackson, in connection with Dr. Bush, had given him constant attention, there came from him a substance thick like tar about one and a half pints, and about four hours after as much more. It was as black, and of the consistency of tar. His vomiting ended, he went to sleep with a wet abdominal compress on, and in the morning we gave him a half-bath at 80°, with great yet gentle friction of the hand and a little cool rice gruel to drink. From that day his course was upward. He had a heavy skin crisis, grew pale-faced—hardness of muscle took place of flabbiness, and in seven weeks from the day he entered the Glen, he left a redeemed man. The physician who recommended him to come here, said in a letter to us after his return, "Mr. — is in better health than he has been twenty years, and is 'singing your praises' throughout all our coasts. It must be admitted that the renovation of his health borders on the marvellous."

This man had most wretchedly abused a good constitution, had worked hard, amassed wealth, and drank ardent spirits years ago freely, and up to the time he left for Glen Haven had smoked daily anywhere between forty and sixty times a day. So he said.

He had, after he left us, a magnificent "crop of boils," which he managed to treat and attend to, and is now in "full swing of life," a wiser and better man.

#### CASE VII.—LUMBAR ABSCESS.

This case is that of a gentleman, yet resident in the Glen, but who expects to leave in the course of a month for his home in Northern New York. He arrived at the Glen June 2d, 1852, and when we saw him come from the boat to the wharf, we said, "Do

people expect water-cure physicians to raise the dead?" He was the picture of living death. It was with the greatest difficulty that he could walk at all, and then only by leaning forward on a stout cane could he get one leg before the other. So desperate was his case, that not a single person in or about our Cure thought for a moment that we could cure him. But so urgent were his entreaties, backed up by those of his wife, that we consented to try, and so examined him. He had had for a long time an abscess on the right limb, originating in the lumbar region, and finding its outlet in the thick muscles of the thigh on the outside. This had run profusely, and had formed a pipe from the outer edge up back over the hip-joint, and so to the seat of the disease. But this was nothing. On the opposite side above the fleshy posterior parts was great soreness and pain, extending forward on the point of the hip-bone and down the outside of the thigh, midway to the knee, all the parts were much swollen, and the great muscle constituting the posterior or seat was on the lower edge much swollen and greatly sensitive. He had a hard cough, dry, but hacking. He sweat like "rain o' nights," he could only lie and sleep with comfort on his face, with pillows on his abdomen. He urinated excessively, his pulse was up to a hundred most of the time, and no cheering indication could be found in his case except that he was determined to live. O ye poor desponding sick ones, I wish you could have seen this poor man, who at all hazard sought health with such courage and such sacrifice. He parted from loving friends who mourned him as dead—for the whole neighborhood concluded his case, declaring that if we cured him we could perform miracles. Well, we put him under treatment, and his left side gradually ripened an abscess, which broke at the under part of the muscle called *gluteus maximus*. However, before it broke, about it and along the outer part of the thigh, blood abscesses formed, which we were compelled to open, and out of which from one spoonful to fourth a saucer full of blood came. When the abscess on the under posterior part broke, it discharged profusely. Poor fellow! how through July and August he could have lived unless he could have had his baths, is hardly conceivable. We gave him wet sheets, packed him as well as we could and let him lie easy, gave him a sitz-bath daily in a tub constructed for the purpose or adapted to it, bandagings, foot-baths, &c. We gave him rigid diet—keeping him not to variety, but to articles few in number and homogeneous in quality. For some time we saw no improvement; at last it came—but like Elijah's cloud in the sky—almost inconsiderable. By the most careful watching, the gentlest treatment, and untiring solicitude on our part, and by the most manly fortitude, patient endurance and lofty faith, this man stands up to-day a saved man, and has walked within the last twelve hours nine miles and a half, is fleshy, almost entirely free from stiffness of muscle, and will pass anywhere for a healthy man, so fleshy and agile is he. O, brothers and sisters, O, men and women, O, human kind, cursed and ridden by disease, will you never believe? We beseech you not to close your eyes against constantly increasing evidence, and from a great variety of sources of the divineness of this way of healing. Read, make inquiries, satisfy yourselves that what the friends of the water-cure claim for it is true. For ourselves—and we presume we may speak for our compeers—we challenge investigation. We solicit appeal to the person treated, in all cases reported by us, for the truth of our statements. All we ask is not for ourselves, but for the Philosophy we love, for the faith we cherish, for the principles which underlie our practice. We may have more or less skill. It is of minor consequence to the assumption we in common with others of the "BROTHERHOOD" set up, that over and above all other methods of Healing, the Hydrothatic method stands pre-eminent. And now, farewell till the next Journal

finds its way to your table, when, with God's blessing on us, we will set you thinking again. Meanwhile, please to bear in mind that all the renovations we are enabled to establish are wrought without the agency of one particle of medicine.

[Glen Haven Water-Cure,

## CHEMISTRY OF LIFE.—NO. VI.

BY T. ANTISELL, M.D.

We have previously shown that pure air or oxygen diluted is pre-eminently necessary to support life; and the amount received at each inspiration, as well as the alteration which the air has undergone, have been indicated. In the words of Lavoisier, it may be said that "respiration is nothing more than a slow combustion of carbon and hydrogen resembling in all respects that which takes place in a candle or lamp which burns; and that, in this point of view, animals which respire are true combustible bodies which burn and consume." We do truly burn away a portion of our body every time we breathe; we give it off in the gaseous form, just as the smoke and gases of the fire pass up the chimney; and we are warmed at the same time by this burning of our bodies. "In respiration, as in the burning of bodies, it is the air of the atmosphere which furnishes the oxygen and the caloric; but, as in respiration, it is the substance of the animal itself, as it is the blood, which supplies the combustible matter. Did not animals repair habitually, by their food, the loss they sustain by respiration, the lamp would soon be void of oil, and the animal would die, as a lamp goes out when its oil is consumed. The air of heaven is the first source of the fire within us. This fire stolen from heaven, this torch of Prometheus, does not only present us with an ingenious and poetic idea; it is much rather a faithful picture of the operations of nature. We may therefore say with the ancients, that the torch of life is lighted when the child begins to breathe, and that it is not extinguished until death."\*

Food is to the body what the oil or fat is to the lamp; and the animal has to be fed in proportion to rapidity of burning. Where much bodily exertion is required, more food is demanded. To those who live sedentarily, where the muscular frame is not called into action, less is needful to be supplied. This is a physiological fact which ought not to be lost sight of, for there is an error on both sides in practice—one portion of the community eating more than their easy mode of life requires, which leads to a plethoric condition; the other portion working laboriously and living on Graham bread and water, thus scarcely supplying the body with a sufficiency of nutriment, and producing that attenuation of frame which is not compatible with vigorous muscular exercise; and in cases of long-continued sickness, as in fevers, does not allow of any supply being called on to feed the lamp of life, when no sustenance can be swallowed by the mouth. For lack of *stamina*, as it is termed, the patient sinks, and no amount of artificial stimulus is able to prolong existence.

The food which we take for the purpose of supplying the waste of our tissues, is thus indirectly the source of the heat of the body. The change is produced thus: Of food is made blood; of blood is made muscle, fat, and bone; these latter are gradually removed by respiration, and produce heat; the body loses in form and substance, and an additional supply of food is taken to make up the deficiency.

Food may be defined to be "all substances capable of digestion and assimilation in the stomach;" and food is nutritious in proportion as it is easily digested and assimilated. The articles employed in different

\* Lavoisier's Memoirs.

countries for the support of animal life are almost infinitely various, and it might be supposed that the nature of food was equally diversified; but it is not so. The proximate principles or elements which can afford nutrition are but comparatively few. Among these are gluten and its modifications, starch, gum, sugar, oil, and wax, and lignin or woody fibre, among the vegetable substances; albumen, gelatin, and fibrine, among the animal bodies; and fats and oils, which are common to both animal and vegetable bodies.

It often happens that the really nutritious part of food is so combined with or protected by indigestible matters as to escape the solvent action of the gastric juice, unless prepared and modified by mechanical and chemical processes. The philosophy of cooking depends upon this fact.

Chemical research has shown that the albumen of animals and the gluten of vegetables is the same substance; so also is the fibrine of vegetables and animals alike. The casein, or principle of cheese, is found in beans and almonds in quantity; and so of the other principles, as oils and fats; so that, these elements being present in both kingdoms of nature, it might appear indifferent which of them we would select as food, and that the propriety of an animal or vegetable diet was a question of little importance. But it should be remembered, that if both kingdoms do possess these elements, they do not possess them equally in great proportion. In the animal kingdom, they abound; in the vegetable, they are buried in a mass of crude and indigestible matter. If equal weights were taken as food, either too much nutriment would be taken in the animal food taken, or too little in the vegetable. In the one case, too much blood is made; in the other, too little. Habit, it is well known, will do much in accustoming the stomach to particular descriptions of food,—many persons living almost, or wholly, exclusively on vegetable food, and others on animal substances; and even particular articles of diet are forced on the inhabitants of many regions of the globe; but as far as man is concerned, a due mixture of animal and vegetable food is not only most palatable, but most conducive to health. Our alimentary canal is not so short as that of the lion or other purely carnivorous animals; and while our canine and incisor teeth are but moderately developed, the molars or grinding teeth are strong, implying the necessity of a vegetable diet. Our alimentary canal is much shorter than that of those animals which are purely herbivorous;—the shortness of the canal shows that man was not intended to live solely on vegetable diet. It seems, therefore, that while vegetables contain the same nutritive elements as animal bodies, they do not contain them in any large amount in a given space, and hence they are unfitted as food for a large class of animals who are not provided with the apparatus for separating the essential from the unnecessary substances. The cereal grains are excepted from this description of vegetable food, as they approach flesh very closely in nutritive value. It is now an ascertained fact in physiology, that an animal creates no organic matter. This is not the function of an animal frame, whose office is to consume, to burn away organized matter. It is the vegetable only which can create. By the aid of sunlight and a few vegetable cells it forms out of water, air, and carbonic acid, those highly nutritive substances which contain nitrogen, the herbivorous animal eats these in large amount to obtain a limited quantity of these principles. It separates them from the indigestible matters, and then assimilates them, or appropriates them, to its frame by first forming them into a fluid mass, blood, and then by circulating the fluid through the whole system deposits them out of the vessels into the various organs and parts of the body where they are required,—the herbivorous animal being thus intermediate between the vegetable and the carnivorous animal. An animal cannot then create his food. He is limited

to assimilating it, or to expending it by burning. Digestion is but a process of absorption and assimilation, and it is useless to look for mysteries and hidden processes where none such exist. The soluble substances pass into the blood for the most part without alteration: the insoluble substances make their way into the chyle, having been divided sufficiently to be imbibed by the lacteals. The passage of these bodies is, by endosmosis, a physical action.

One object of digestion is to restore to the blood a substance which can supply respiration with less than half an ounce of carbon, or an equivalent quantity of hydrogen, which each of us burn in the course of an hour. To effect this, the starch of food is converted by the stomach into gum and sugar, and these are then absorbed. In the laboratory, we can convert, by the aid of a dilute acid, starch into sugar, and into gum by heating. This property of the stomach, therefore, is a purely chemical and not a vital one.

Animals thus receive and assimilate almost unchanged the neutral azotized substances which they find ready formed in the vegetables or other animals upon which they feed. They receive fatty substances from the same source; and they receive amylaceous or saccharine substances which are in the same predicament.

These three grand divisions of substances, the origin of which must always be referred to vegetables, may be divided into assimilable products—fibrine, albumen, casein, fat—which serve for the growth or renovation of organs; and into combustible products—sugar and fats—which are consumed or burned in respiration. Digestion introduces these substances already prepared into blood; assimilation appropriates those that are azotized; and respiration burns the rest.

The presence of fat in the bodies of animals is produced in the same way—namely, by its creation in the vegetable, and by the animal assimilating it from the plant. Oils and fats are produced by plants, and they pass ready formed from them into the bodies of animals, that there they may be either burned immediately in order to supply the heat which the animal requires, or that they may be laid up in the tissues to serve as a reserve for respiration. Liebig conceives that starch, gum, and sugar, may be converted into fat in the blood itself. This is a doubtful position; but if it does occur, it must be by a true process of fermentation, analogous to that by which we have long been known to be able to produce wax from sugar. This is a process which the vegetable occasionally performs; for in fruits, at times, the sugar disappears and becomes changed into fatty matters. So it is with animals: they are found laying up in reserve with the same purpose and by the same means, under the form of fat, the saccharine and amylaceous matters which they have not consumed in their respiration.

In this and the foregoing chapters, we have given an outline of the mode by which some of the important processes of life are carried out—means which, in themselves, are purely chemical or physical, and which do not invoke the aid of the hidden agency of any unknown vital principle. The more these and other functions of the animal economy are studied, the more is it felt that the laws of life are in accordance with, and perhaps identical with, the laws of matter, the laws of physics, and chemistry.

**THE NEW CAR VENTILATOR.**—The Hartford Register says that not only is the dust excluded by this ventilator, but the constant outward current of air prevents the noise coming in, and passengers are enabled to carry on conversation in an ordinary tone of voice.

By this improvement a vast saving will be made in the wear and tear of throat and lungs. Success to the New Ventilator

## THE HAIR AND NAILS.

BY F. PALMER.

It is a question with some, whether it be right to curtail or destroy any part of the person which nature produces and causes to grow; whether it is demanded for our health and convenience, or whether it is a violation of nature's laws, and causes ill-health and suffering, as a consequence.

Undoubtedly, there are those who are candid and honest in advocating the doctrine of no interference with nature's course; and not only so, but those who are very conscientious in reference to their duty and the consequence of disobedience. It is a matter of some importance as it regards health and convenience, and of no little importance in reference to the customs of society, which, in this case, probably govern more men than does principle.

I wish to say a few things which may throw some light upon the subject. I say them as a friend of true reform and improvement; as a firm believer in the necessity of obeying nature's laws; as a believer in pain, suffering, and a hindrance to the elevation, progress and expansion of the noble powers of man, as the inevitable result of disobeying the laws of our being; as one who deplores many of the customs and the ignorance of society, which procure immense wretchedness to the human race.

These appendages to man's person, I consider both protective and ornamental.

By the office they perform, and their peculiar structure and slenderness, they are more liable to be mutilated and destroyed than other limbs of the body. Every person knows that his hair often falls out; that it is frequently mutilated or broken off, and sometimes presents anything but a natural, comely appearance; he knows, also, that his finger-nails are frequently mutilated, and are especially liable to be when they are allowed to become long. Now, suppose that nature did not cause a constant growth of the hair and nails, when they are broken off or marred so as to destroy their protection, and produce disfigurement, they would always remain so; we should, of necessity, have to suffer the deformity and inconvenience caused by our misfortune, through the remainder of our lives, with no hope which now so often cheers the youthful mind—that nature will soon restore our original beauty and perfection. The constant growth of these limbs I suppose to be a provision of nature to meet the wear and the frequent accidents they are subjected to, which, if unprovided for, would speedily destroy our beauty, health and usefulness.

Then, do these things ever demand cutting off by design? If nature would produce them to just a becoming and convenient length, and then cause them to stop there; and were they of so firm and permanent a character that they could not be mutilated, marred or disfigured any more easily than the other limbs of the body, there would be no necessity of cutting them, nor propriety in doing it. But if they are so fortunate as to escape the wear and accidents until nature shall cause them to exceed the convenient and suitable length, I think it proper and necessary to curtail them by artificial means; that nature demands it. In summer, our comfort and health demand a light head of hair; in winter, perhaps, a greater quantity is needed. If so, we see that there is no standard rule for the amount of hair, and, as we do not, like brute animals, shed it annually, the arrangement is left to our own care.

The preceding philosophy looks to me to be rational, and a pretty satisfactory explanation of the question which has engaged the attention of many honest men.

The beard I have not mentioned. I will honestly confess that it is a matter of doubt with me whether we should or should not shave or cut it off. The reasoning in reference to the hair and the nails will not so well apply to the beard, as it is the custom to remove



the *whole* of that portion of the beard that we shave at all, by our practice saying, that it is an uncanny and useless incumbrance, and that we shall cut it down as fast as nature produces it. If it is right to remove the beard as fast as it appears, and remove the *whole* of it to the roots, it would be hard to say that it is right for nature to produce it. Perhaps, if men never shaved, there would not be so much need of it as there is after doing it for many years. If the beard were never cut it would not become so heavy, and, perhaps, not so long as shaving causes it to grow.

I leave the question with reference to shaving the beard for others to decide, remarking, however, that it is not in accordance with my own practice, taste, or sense of beauty, convenience or cleanliness, to permit the beard to grow unshaved. [Centreville, N. Y.]

[Well, we don't see as Mr. Palmer has made out a case, one way or the other. It is not a supposable case, that nature would not reproduce or continue the growth of a finger nail, nor has Mr. P. given any reason why they should or should not be cut; so of the beard; he does not seem to realize the fact, that the entire human body changes once in every seven years, and that it is just as natural to continue the growth of one part as another. There is no better reason why we should shave the beard than the head. To do either, is clearly unnatural, no matter whether practised by Christians or pagans. Nor is there any occasion to suffer inconvenience from too abundant a crop. We have judgment, Animal's instinct, and we may gratify our taste without doing violence to nature by wearing too much or too little hair or beard.]

## THE PERILS OF CHILDBIRTH.

BY MRS. F. S. L.

I DESIRE, most earnestly, through the medium of your excellent Journal, the publication of a few lines, giving my experience to those who are anticipating the severe baptism of maternity. I would say to them in the fulness of my gratitude, *there is hope*: even these pains can be, in a measure, assuaged, if they will pursue, with unceasing diligence, the Hydropathic treatment—the sitz bath, wet girdle, &c., and a strict attention to the quality and quantity of food. Practising these things, I am convinced, has been the benign cause of my speedy recovery from this great trial of strength and constitution. It was through the agency of this wonderful, revivifying element, I believe, that I could endure, in a few hours after the birth of a strong, healthy boy, to be well washed, and on the second day, to have a bath, and receive company in my room. On the third, my usual bath again. The milk came flowing in at the call of nature, without the slightest flush of fever. On the fourth day, I took a pleasant ride with my husband, and a heart brim-full of holy joy and thanksgiving to my heavenly Father, for his unspeakable gifts. On the fifth day I rode again, with my kind nurse, and little babe; my mother's heart was renewedly sensible of the great favor I enjoyed, in being able to take with me this sweet bud from the Father's hand, into the pure sun and air. Since trying the effect of this new and salutary system, I feel such a desire that *all* may "go and do likewise," that I could not refrain from sending you these lines, hoping that others may be benefited—that some desponding spirit may be revived, and look forward with brighter hopes to the consummation. In less than a week my nurse was unexpectedly called away, and the care of our "little stranger" devolved upon myself. I may further remark: I had no doctor present at the birth, not even a female doctor, and what was considered quite unusual, the after-pains, which are so dreaded, never appeared. I had the wet bandage immediately applied. The doctor now informs me their absence was owing to the sitz baths, perse-

vered in so long before hand, that the uterus was prepared for a gradual and easy contraction. This certainly is more consistent with the benevolent character of the Creator, that there should be less pain and danger attending the performance of one of Nature's holiest duties. With hopes for your success, and the ultimate triumph of this *great reform*, I am your friend and well-wisher.

## SCARLET FEVER—A CASE.

BY ERASTUS C. PEASE.

I AM just getting up from a very severe attack of scarlet fever, and as pure water figured largely in the case, I am disposed, with your consent and approbation, to give the readers of your invaluable Journal the benefit of my experience. I am about forty years of age, of slender constitution naturally, but rendered still more so by excessive drugging. A few years since I abandoned all drugs, tea, coffee, meat, &c., and since that time have seen rather better days; but still, not an hour of my life have I been free from pain. I have been more than three times given up by physicians, declared in a confirmed consumption, liver complaint, heart disease, &c., &c., but I have stemmed the tide, and in spite of the combined influence of regular allopaths, and galleons of patent medicines, I am yet alive. For some two weeks previous to the first of September, I found it difficult to remember some things; for instance, I would start out to go to some part of the city to make a purchase, and forget where I was intending to go, or for what purpose. The first day of September, I awoke in the morning with a very sore throat; this increased through the day, but I continued about my ordinary business until three o'clock in the afternoon, when I was obliged to give up and go home. By the time I reached the house I was in the most excruciating pain, in every part of my system, and my neck and throat, especially, had become so sore that it literally raised me from my seat when I attempted to swallow. I took a warm hard bath, as my excessive chilliness seemed to forbid any other application, and retired only to roll and tumble for the long, long night. For twenty-four hours my wife applied water according to her best judgment, which, in water treatment, is excellent; but the fever continuing to rage, she thought she must have counsel. And now what was to be done? The question was long ago settled with regard to Allopath, Homoeopath, Botanic, or any other Druggingpaths, and no Water-Cure physician in the city in whom we had the least confidence. A kind Providence finally directed us to a gentleman who, notwithstanding he makes no pretensions to any skill, yet is by nature pre-eminently qualified for a Water-Cure practitioner, Samuel Ashley, Esq. He kindly consents to go when requested, and do the best he can, and I verily believe he is worth more than all the "doctors" in the city. He came September 2d, in the evening, and had me packed forthwith, and when I came out of the "wet sheets" you may be assured there was unmistakable evidence of the nature of the disease. A drip-sheet followed, and during that night and the next day the treatment was followed up most vigorously. Applications of the coldest water were made constantly to my head and neck, and the pack and drip sheet alternated as often as there was a return of the fever. The evening of the 3d Sept. I fell into a kind of stupor, with not much apparent fever. Mr. Ashley, who had been with me a considerable part of the time, remarked that it was a condition he had desired to induce, and suggested to my wife that I must have good care that night, as it would be the decisive era in my case. She chose to remain with me herself, and did so. Precisely at 12 o'clock the fever came on with tremendous violence, which was instantly discovered by her, and promptly met with applications of the coldest ice-water to those parts which

seemed hottest. For two hours the fever raged, and wife fought it; at two o'clock it gave way, and I fell asleep. Mr. Ashley remarked in the morning, that at this point, viz., 12 o'clock, I should have been packed, but as it was, I was very well treated. Sept. 4th, very weak, but quiet, and free from pain; in the evening, some slight return of the fever, but a pack and drip dispersed the whole affair, and I had a quiet night, comparatively. Sept. 5th, a sloughing commenced in my throat, and what had previously been so sore peeled off, and passed away. Sept. 5th I left my bedroom and walked into the kitchen. Sept. 6th, sat up two hours, and rode out. Sept. 7th, retired one hour in the forenoon, and one in the afternoon. Sept. 8th, sat up all day. To-day, Sept. 20th, is the fourth day I have been in the shop about my business, and I am better in every respect than I have been before for many months. I am still pursuing a regular course of water-treatment, and intend to continue, until what remains of a constitution shall be renovated.

[Providence, R. I.]

## VOICES FROM HOME.

EXTRACTED FROM LETTERS.

[FROM our fifty thousand subscribers, we are in the daily receipt of numerous letters, containing that which gives us strength, hope and cheer. From our central stand-point we are enabled to survey the States, and to feel the pulse of the Nation, that is to say, with reference to the physical condition of the people. The system of cheap postage, by which we are favored, enables us to correspond frequently with those residing in the most remote sections of our Republic. So that, instead of once, twice, or thrice a year, as formerly, we may now communicate with our friends as often as we please, without being burdened with an exorbitant expense.]

Hence it is, our correspondence has increased four-fold within the past five years; and letters come pouring in upon us, to gladden our hearts, by every mail that arrives, from land and sea.

Our readers will thank us for presenting them with these brief extracts, from all sections of our vast country, showing the progress and advancement which is being made in the various reforms to which this Journal is devoted.]

From Rome, Ashtabula County, Ohio.

[We are permitted to give publicity to the following, including name in full, for which we are obliged. It should be read by all who labor for a living, and who have no money to spend on doctors.—Eds.]

Truth and duty demand that I should make some grateful acknowledgments for the blessings that your Journal has bestowed on myself and family. Being the mother of nine children, my husband has paid a great deal of money every year since our marriage for doctoring. One year my own sickness cost about one hundred dollars; and for many years after, I am sure that I was more like an old mill that had ground roots and minerals until it was cankered through, than a mother, or a housekeeper; but thanks and praise to the Water-Cure, we saw a light afar off through H. C. Wright's six months at Graefenberg, when at length it began to shine upon us from New York; and since which, about four years, my husband has been a subscriber to the Water-Cure Journal, and I think he has not paid a shilling for medicine since that time. And more than this, I can sing praises to Mrs. M. S. Gove; for by the dictates of her valuable article in your March No. of 1851, my last confinement was but ten days; and for that year, I did not fail but two weeks of doing the washing for my whole family. My husband and I now proclaim Water-Cure to all the sick wherever we go, and we invite them to take the Journal and read for themselves. E. BROCKWAY.

[This is such testimony as cannot be refuted. But we have more of the same sort.—Eds.]

*From East Cleveland, Ohio.*

GENTLEMEN:—With some exertion I have been able to raise a club of twenty subscribers to the Water-Cure Journal. Our post-masters had said that there was not a person in the place that would subscribe for it again. I felt pained and mortified at this report, and determined that if its truth could be tested by travelling a circuit of nine or ten miles on foot, I would know how the matter stood; and you see the result.

No less than three Allopathic physicians have located themselves in our little village within the past year, and there is more sickness here than there has been in thirty years. What can be the reason?

You will recollect my name, as the one who was anxious to attend a course of medical lectures. I have been practising as a physician in an adjoining county during the summer, and have the best of recommendations from those who have patronized me; still I am not satisfied to give up the idea of attending lectures. I still hope the friends of medical reform will devise some way to assist me. J. A. A.

*From Oregon City, Oregon Territory.*

I send you twenty-three subscribers for the Phrenological Journal, and eighteen for the Water-Cure, with a check on Adams & Co.'s Express Company for the amount.

I have done what I could here at present, but hope to do more in future. I also send you in the check two dollars and fifty cents for books; I did intend it for the Encyclopedia, but the charges for getting it here are almost intolerable.\* I would prefer it above all others in the world, but I shall have to wait until I can get it brought by private hand.

[Our correspondent then relates his own experience in disease and its treatment, closing with the following.]

"I use neither tea, coffee, tobacco, nor whisky, and never did. Never took any medicine except one bottle of ague syrup, when six years old, three doses of quinine when thirteen, and since I have been sick here from exposure I have, fool like, drank two bottles of Ayers' Cherry Pectoral; and I sincerely believe if I had taken another I would have been a cripple. I threw it away three weeks ago, and commenced using water. I now take a general bath every day, am free of all pain, and able to work." J. W. C.

*From Rockford, Ohio.*

GENTLEMEN:—I have for several months perused the commendable and instructive contents of your Journal with growing interest and pleasure. When I began receiving them I was teaching a school in Ohio, with upwards of fifty pupils, which was a very laborious occupation. Many wondered how I could endure so much fatigue and exposure to the weather; I told them I was greatly assisted by using cold water freely. They thought me imprudent. In April, I had an attack of bleeding at the lungs, and was obliged to abandon my avocation, but I resisted all endeavors to have me dose with pills and powders, and am now in usual health, and intend to commence teaching again soon. God speed you in your worthy battle against dosing, and may the day soon arrive, when every family may come under the benign influence of Hydropathy. A. G.

*From Hinsdale, Massachusetts.*

For several years my attention has been directed to the study of medicine, upon the old Allopathic plan, but from what I have seen and known of the effect of the remedies used in that practice I am satisfied that there is, and ought to be, "a better way," and for the

same reasons I believe that better way to be the Hydropathic. Two years since, I was suffering with that most distressing of all diseases, neuralgia, and under the care of two old school physicians, took iron, quinine, colchicum, arsenic, belladonna, &c., without any perceptible benefit, and probably with great disadvantage. I have since adopted the Hydropathic treatment with great advantage, and now I begin to feel like myself. It requires perseverance and patience, and with a judicious use of water I hope yet to be a well man. H. H. S.

*From Marion, Louisiana.*

[The subscriber had missed a couple of numbers, and hence the letter.]

GENTLEMEN:—I would like to know why I do not receive my paper, viz., the Water-Cure Journal; is it because I live in the backwoods of Louisiana, or have you found out that I am an allopathic physician? If the former, I must overlook it; if the latter, I must beg you to overlook that. I have been a practising physician, in this country and Europe, for over twenty years, and let me assure you, it is hard for a man to lay down even the prejudice of his early education; yet, allow me to say, I see the need of REFORM, and although your truly valuable Journal gives us some rules that are rather rough, yet I know it will be well in the end, for pure gold is none the worse for washing, especially if still in the rubbish. I sent you my subscription money to pay for the present volume; yet it is not the money I care about, I would willingly pay five dollars before I would be without it. Receive my best wishes for your prosperity, and the success of your laudable undertakings. A. A., M.D.

*From Huron, Ohio.*

GENTLEMEN:—I have the pleasure of sending you twenty new subscribers for the Water-Cure Journal, with the requisite sum enclosed. I have received the Journal only one year, yet its blessed precepts are woven in with my very heart-strings, and it has become really necessary to my happiness. Why, I could almost as soon do without my cherished Bloomer dress, or the inviting morning bath, as without this dear and ever welcome visitor. For it comes like an angel visitant, bearing healing on its wings. Last year my own was the only copy taken here. That has been loaned and circulated, and has converted many to the glorious principles of the Water-Cure. Even one of our Allopathic M.D.'s has joined our club, and I sincerely hope he may gain instruction from the perusal of the Journal. C. B.

*From Muscatine, Iowa.*

I beg leave to introduce myself to your acquaintance, by forwarding an order for twenty-six copies of the Water-Cure Journal; I have been a subscriber to the Journal for several years, in Ohio, and on my arrival in this city I found an extra copy in the hands of our mutual friend, P. Jackson, which I took. Having been for several years a practitioner in Water-Cure, I commenced the practice here, about three months since, and have met with good encouragement and success. A few days since I thought I would take two or three hours and see if I could raise a club of twenty subscribers: the following is the result (a list of twenty-six subscribers). Respectfully yours,

R. PRITCHARD.

P. S. I may again do something more in the same way; I have no doubt but one hundred subscribers might be obtained in this city and vicinity. R. P.

[We hope to hear from our old friend frequently.—Eds.]

*From West Boylston.*

[A self-sacrificing co-worker writes from this place as follows:]

I have spent considerable time and some money here to introduce the Water-Cure into families where

I believed the people ignorant of the frauds practised upon them by death-dealing drug-doctors. Of course I found opposition. It is human nature. When you come to root out long-established though deeply injurious "habits," then comes "the tug of war." Thus you see the AGENT's task (if his heart be in the cause) is not so easy as some suppose. The good work, however, goes bravely on; it *must* progress. A. D.

*From Quincy, Illinois.*

The glorious cause goes on finely here in the West. The masses are of free and liberal minds. All that is wanted is an uncompromising advocate of truth—one that is not afraid of the *whole* truth. Here the harvest is truly ripe. In every village of 2,000 inhabitants, there is a plenty of business for a well-qualified Water-Cure physician. Who will help save the world? Gentlemen, can't you send some one to St. Louis? A good one will do well there. Yours in haste, E. P.

*From Monongahela City, Pennsylvania.*

Every new subscriber is a good omen. That strange condition of the human mind, which seems that it should long exercise itself in error before it dare approach the truth, I think is more plainly marked in this region than elsewhere, but let us not be discouraged. I will soon send my order for a quantity of books, for sale. Western Pennsylvania must be redeemed. Washington County shall be rescued, or die with the truth in flaming capitals before her eyes. I am in for it. T. T. W.

*From Chelsea, Vermont.*

My family are late converts to "Water-Cure" by reading your Journal, that I was induced to subscribe for, by a neighbor, who has professedly been saved from death by a proper course of water treatment. Will you stir up some good practitioner to look to the eastern part of Central Vermont, as a location? We want just such a one in this region, and the sooner the better. C. W. K.

*From Raysville, Indiana.*

The Water-Cure principles are steadily gaining ground in this region. They only need to be understood practically to be believed and adopted. I shall continue to make efforts to increase the circulation of your excellent works. W. D.

## WATER-CURE IN LOCKPORT.

BY H. KNAPP, M.D.

I TAKE up my pen to inform the readers of the Journal, and through them everybody else, of my whereabouts, and what I am doing. Well, then, I am in Lockport, Niagara County, New York. It is situated on the Erie Canal, thirty miles from Buffalo, and contains twelve thousand inhabitants. It is the shire-town and principal business place in the county, and is rapidly increasing in wealth and population. We are only seventeen hours' ride from New York city. The people are of the reform cast, hence the Water-Cure takes first rate.

There are near one hundred and fifty Water-Cure Journals taken here, which has well-nigh ruined thirty doctors, who are dependent on drugs for their bread and butter. Since I came here I have been giving them the practical part, which, in connection with the Journal, has so affected their nervous system that some of them are troubled to tell the truth. Yet the good cause is progressing, notwithstanding it has strong opposition, if numbers of drug-doctors can be considered as such.

There are some thirty drug-doctors here, who leave no stone unturned so that they can injure the Water-Cure. They feel that their future prospects are anything but flattering. Some of them, in view of the certain overthrow of the drug-system, or more prop-

\* The postage has since been reduced by the passage of the New Law.

erly death-system, begin to talk Water-Cure quite briskly. They assure the people that it is a good thing, and that they know all about it; and at the same time they wish clandestinely to send to New York for books that contain the rudiments of the Water-Cure. One physician of the place who says he has read the Journal *some*, has advertised himself an Allopathist, Homœopathist, and Hydropathist. At any rate, he is bound to doctor people as they would like. Now that is very convenient for some people who like to have a man blow hot and blow cold as they bid him. Perhaps the people of New York city may know him, as he is quite celebrated, if we are to credit all he says, being, as he tells us, a graduate and member of the University of New York city. How far such men are honest and are to be trusted with the public health, let a candid public judge. The "regulars" here think the Water-Cure good in *some* cases, so they tell the sick, but never forget to add that it would not do in their case—that it *would surely kill them!*

It so happens that they *never* find any case for the Water-Cure, as that would not be for their interest. But I find as many cases as I can attend to. Having told where I am, I will now tell you what I am doing.

I am healing the sick, casting out devils, and giving feet to the lame, as you will see by the following. One of the first cases to which I was called, was that of Mrs. C., who has been an invalid fifteen years. At times she has been confined to the house and bed six months. She had exhausted all the medical skill in this vicinity, and had been given up by all to die. She had been confined to the house, and a good part of the time to the bed, for the last eighteen months. I found her past speech, and her friends expecting her to die in a few days. Her principal difficulty was ulceration of the womb, which had arrived to the worst stage. She was so nervous that shutting a door or walking ordinarily across the room would throw her into spasms.

In eight weeks' time she was about house, and walked and rode out at her leisure, notwithstanding all the doctors and old women to the contrary; and in ten weeks she thought herself quite well. Her treatment consisted in washing in almost warm water at first, two or three times a day, with much friction with bare hand; fomentation of bowels once, twice, or three times daily, as she had pain, and cold wet compress over them all the time; hot and cold sitz baths as the case required, and cold vagina injections three times a day.

This cure astonished the "natives," as they were sure it was a miracle. They would have as soon thought of raising the dead.

The next case that I will give is that of Mrs. S., aged 50 years, who has had an ulcer on her ankle for 20 years. She has been repeatedly assured by many doctors that it could never be cured, so that she had long since given up the idea of relief. In less than eight weeks, under the Water treatment, the ulcer was healed, and her health greatly improved. She is still under treatment, and will continue it for some time to come. After bringing the ulcer to a healthy state, which was done by fomentations and cleansing, no more attention was given it save keeping it bandaged with narrow strips of cloth, which were kept wet in cold water. She was then treated for scrofula; which consisted in sweats, wash-downs, wet sheet packs, and a strictly Water-Cure diet. As her head was much affected, and had been for years, she used the derivative baths freely. This cure, like the preceding one, is astonishing to all, as there was no medicine given, not even bread or "Water-Cure pills."

Another case is that of paralysis of the lower limbs, and partially of the whole body. The subject is Miss S., aged 22 years. It commenced five years ago, and came on gradually. For the last four years she has had no power over the lower limbs, not even to raise

her toes from the floor. She and her friends had long since given up all hopes of relief, as they had been assured by many physicians that there was no help for her. She has now been under treatment two months, and can walk from one to two miles a day very well. Her treatment consists in wash-downs, douche to spine, sweats, and pail-douche on coming out, warm and cold douches on limbs, and cold half-baths, with much hand-rubbing. At first, limbs were bandaged with narrow strips of linen cloth, which were kept wet all the time. Her stomach was fomented occasionally, and a wet compress worn over it all the time covered with dry cloths, as it was in a bad state. Her diet is purely Water-Cure. This, if possible, seems more wonderful than either of the other cases.

I will give one more case, and I am done for the present. This is a case of sciatica of long standing, which, like the above cases, had been pronounced incurable by the best medical men. The subject was Mrs. B., who had not been able to walk for a long time, and she had suffered indescribable pain most of the time. I was told if I could cure her, my fortune would be made. Being anxious to make my fortune—as who is not?—I set about it, and in two months she was well;—yet I have not seen my fortune. No doubt it *must* be coming—for which I look night and morning, like the old man for his warnings. The treatment consisted in fomentations to the hip, followed by cold wet bandage all the time; hot and cold sitz baths; douches, hot and cold, to hip and limb; sweats, and pail-douche on coming out; and a Water-Cure diet.

The above cases, with "a few more of the same sort," together with the triumph of the Water-Cure in typhus fever which prevailed here last spring, has done for the system what time and *slander* can never efface. Seventieths who had the fever and were drugged, died; while none died under the Water treatment—although it is acknowledged that I had some of the hardest cases in town.

Great is the good already accomplished by the Water-Cure; but still greater is reserved for the future, which the new truths yet to break forth on the subject will enable us to perform. Let us go on to perfection. Leaving the past, let us reach forward for whatever light and truth that is yet to be shed upon the world. While we would not be too radical, we would shun conservatism—the rock on which all reform and progress split. [Lockport, N. Y.]

### LETTER FROM MRS. GOVE NICHOLS.

MY DEAR SISTERS—I have an earnest word to say to all those who pray that the kingdom of God may come, and who believe that their prayer can only be answered through the doing of his will. Words cannot save us; faith cannot save us. We must do every duty that we see, and then we shall see every duty that we ought to do. The first duty that we owe to God, to ourselves, our children, and the world, is to have Health. Whether we eat, or drink, or whatever we do, we are to do all to the glory of God. Do we know what this means? Is it for God's glory to have a race of moral, intellectual, and physical cripples on his earth? People who cannot redeem themselves, or the earth? Men and women who struggle with disease and sin, made not very tolerable by doctors and ministers, through a weary life, which they are afraid to resign, lest a worse thing should come to them.

A Christian Father has said, "Evils to man, and evils only, are sins against God." Now we should have courage, true devotion enough to put away all evils. Whatever is an injury to our moral, intellectual and material nature, and we cannot hurt the one without harm to the others, we should put away.

I am convinced that one of the greatest evils woman has to contend with at this day is absurd and wicked fashions in dress. Woman cannot take a step farther in the field of Industry, or of Art, till she emancipates herself from some portion of this thralldom. Many have set free their lungs; these have another duty now. They are to lighten the load resting on the spine, and make all weight depend from the shoulders, and give up sweeping the path with the hem of their garments. I know that many would wear the short, or "Bloomer dress," if it were not for public prejudice. Be assured this fight against the Bloomer dress has a deeper significance than appears. Consciously or unconsciously, it means that woman is to remain an appendage—a parasite—property—and whilst we go the weary round of "duty," often of destroying toil, with the badge and bond of servitude upon us, which the long dress assuredly is, we shall remain parasites and property. There may be exceptions, but as a mass, we must be owned, because we cannot take care of ourselves.

I do not speak now to the mass of women—they cannot hear me. To the city wife who has servants to do everything, who is carried up and down stairs, and who rides when she goes out in an easy carriage, a mile or two daily, the short dress seems no necessity, but a great vulgarity. I know one of these women who never dressed herself, or combed her hair, and who, when pregnant, was always carried up and down stairs, and in an easy carriage when she went out; she bore a child nearly without feet, and besides greatly diseased. After the birth of this child she became a true water-cure disciple, and bore a healthy child. The short dress would have been Greek to this lady before her conversion. I say, then, I do not speak to the mass of women, but I speak to those who have strength to bear the burden of this great reform in health. You who are convinced that a change of dress is imperatively needed, that it is indeed a first step to great blessings, I ask you to live the truth you see. If you feel that you have not strength enough, think of the weakness and misery of women, and ask humbly of Heaven the needed power to enable you to do what humanity requires of you. It is now nearly a year and a half since I have worn the "Bloomer dress." I do not consider it the best dress that can be worn, by any means, and I have seen many so ugly that they made me shudder, but this dress has more advantages and fewer evils than any that the women of this day can be allowed to wear. Let us earn the liberty of wearing this, and in mercy let us make the dress as pretty as we can, and in time we may get the liberty to make improvements. A limited monarchy is better than a despotism, and the Bloomer dress is so great an improvement on the long dress, that none can know its comforts till they have worn it. I have suffered much from wearing this dress, for I was born a coward, and was never well a day in my life, and only keep in tolerable health, by being as good as I know how to be. I have been mobbed more times than I can remember in New York City, and in the good State of Connecticut I had a stone thrown at me by a woman, which by a strange chance hit me, and hurt me badly, because I dared in "Free America" to wear a dress comfortable and healthful. Thank Heaven, I am too great a coward to surrender the Right—to dare to do wrong, and so I have worn my dress, till I can walk the respectable streets of New York in peace, and I recently went to Connecticut and forgot I had the dress on, and when I saw some city women laughing in a stage, I did not at first understand what they were laughing at. Still there is a great deal to conquer, and we want all who have courage and conscience in this matter, to give their influence on the side of truth.

I am convinced that Reform in Dress is one of the most important gospels for woman now. Mrs. Meritt's book on the subject is most worthful, and ought



to be circulated. I have bought copies for gratuitous circulation, and think it one of the best "Tracts for the times." Persons wishing to do good with this book, and unable to buy, may send to me for a copy.

I am well qualified to sympathize with those who wish to change their dress and are too weak to conquer circumstances. I can pray for those in bonds, as bound with them. God help and strengthen you, my sisters.

## EXPERIENCE IN WATER-CURE.

BY CHARLES E. PIERCE.

I AM now in my twenty-third year; up to my tenth year I was sickly; I came very near dying with typhoid fever in 1834. When myself and parents, three brothers and four sisters, immigrated from New York to Dupage Co., Ill.; soon after our arrival two full-grown brothers, and a sister, twelve years of age, died with the same fever. I then had fever and ague, which threatened to take me away. About this time, a sister who was studying COMBES' PHYSIOLOGY, published by you, requested me to read it, and practise the rules of Bathing, Exercise, Diet, &c., &c., therein recommended, as she had received much good from the same. Although young, I had a great fondness for reading, and Physiology pleased me. After reading it, I commenced bathing, three times a week, in tepid, then in cold water, which I have continued to do ever since, at all seasons of the year, until a year ago, (August, 1851), being twelve years, during which time I remained in perfect health—had not so much as a day's sickness—until I changed my occupation. At this time it became necessary for me to travel, and consequently to forego my usual habits of bathing while among strangers, where no conveniences could be had, not even so much as a dish of water in some places, for a hand, or towel bath. About a year ago, after crossing a long prairie, (twenty-one miles), in Illinois, I had a fever which lasted fifteen days, caused by exposure to the hot sun, so said the doctor, as I had no umbrella, and a very hot day it was. He said I came very near being sun-struck. I had, for a long time, a dizziness in my head, when exposed to the sun. I started about ten o'clock, A. M., and reached the opposite side of the prairie about three o'clock, P. M.—was much fatigued, got no dinner, put up, called for supper, but could not eat—went to bed, my bones ached, could not sleep. Next morning was worse, sent for a Hydropathic physician, but he was away from home; but they got a young quack in the drug line; I refused to take any of his poisons for a time, thinking I should die soon enough without. I had seen the injurious effects of taking calomel and quinine, in a great many cases, while travelling. By earnest persuasion I concluded to let him prescribe, *providing* he would leave no calomel or quinine, (for I told him I would sooner die than take it). To this he assented, said I did not need any; but whether he did or not, I cannot say; at any rate, his drugs did me no good, although I followed his directions to the letter. He called three times to see me, and leave medicine, or rather I should say, to run up a bill; but, getting no better, I determined to leave off his medicines and apply the water, as best I could; so in the doctor's absence, I ordered a tub of cold water, and a couple of coarse towels, which the people remonstrated against, said it was presumptuous, would kill me, &c., &c., and even refused to assist me in a bath. This was hard, but I determined to venture. This was about two o'clock, P. M., had a high fever, took a bath, went to bed, and covered up warm. The result was, in a few minutes I commenced sweating very profusely, which continued until two o'clock next morning, so that nearly the whole covering was wet through, and, thank God, my fever was broken up. I was quite easy after I commenced sweat-

ing, and slept most of the time until morning, and, by being careful, sparing in diet, bathing, using bandages, wet sheet, injections, &c., I was able in a few days to ride home, a distance of fifty miles. This was my first attempt to treat disease, and I assure you, I was very much pleased with the result, and the more so because the people looked upon it as being so very wonderful. I got their consent before I left to become subscribers to the Water-Cure Journal. But you ask, what did your doctor say? I will tell you. At his next visit, two days after my bath, he was surprised to see me so well. "Why, you are improving very finely," said he, "you will need but little more medicine; I will leave you a powder or two, which you will take," &c., &c. By this time the folks of the house began to laugh. Then I told him of my bath, which raised his anger considerably, said it was a great wonder it did not kill me outright. But he saw he was fairly caught, so cooled off, and made the best of it. He left no more medicine, however, but made out his bill and I paid it. That is the last doctor's bill I ever intend to pay, to one of his practice.

Soon after my return home I had the ague, but it fled before the water-treatment. Have had no sickness since, except diarrhoea, which was easily managed, by injections and sitz baths.

To the use of water, I confidently believe I owe my life; can attribute my good health to nothing else. And to you I offer my thanks; to you I am indebted for the valuable information your Journal contains. I like them so well that I intend to continue a subscriber as long as I live. There are many here who are advocates of Hydropathy; [but we have no physicians, wish we had]. There have been several clubs made up in this town and vicinity, for the Water-Cure and Phrenological Journals. That God may give you health and strength to continue in your good works is the prayer of the writer. [Terre Haute, Ind.]

## BATHING AND SWIMMING.

BY C. A., OF GLOUCESTER, N. Y.

[We are glad this subject is being brought forward by the newspaper press generally. We hope the suggestions contained in the following article, (evidently by a lady), which we copy from Arthur's Home Gazette, will be generally adopted.]

The preservation of health and life is the first subject that engages the attention of mortals. Much has been written upon this topic; still it is not exhausted, and never will be while man is subject to decay and death. At the present day, frequent bathing is universally admitted to be conducive to health; and it is presumed that this exercise is practised in some way, by all—therefore it is not the purpose of this article to urge, in a general manner, the importance of bathing. But it is feared the bath is too restricted, especially for ladies; the hand bath is not sufficient—why should it not be so extended as to admit of swimming?

I have been looking over the advertisements, for the purpose of ascertaining the locality of a bathing establishment for ladies, but have found none—if there are any in this vicinity, they are not brought sufficiently into notice.

Gentlemen are daily crowding the beautiful retreat of Point Airy, where they enjoy a cool bath, a delightful promenade beneath the shading willows, and return to the close atmosphere of the city, very much refreshed. But ladies, I am told, do not go there. Where then do they go to bathe and learn to swim? For it must be obvious to all, that ladies should learn to swim, in order to preserve health and life. Schools are established for the purpose of teaching ladies the art of horsemanship—is not a knowledge of the art of swimming of as much importance? Is not the exercise

quite as healthy? But the greatest reason why ladies should learn to swim, is for the preservation of life.\*

Ladies, probably more than gentlemen, prefer travelling by water—and on board almost every steamer that traverses our large rivers and lakes, hundreds of females take passage; but if an accident occurs, and all are precipitated into the yawning deep, probably not one in a hundred can swim; and, of course, many are lost. At the burning of the 'Henry Clay,' if all had been acquainted with the art of swimming, not one life need to have been lost.

At the Western Avenue Bath House, Boston, I have gazed with delight upon the joyous sports and graceful evolutions of the young ladies, who were engaged in this healthful exercise. Perhaps a brief description of that house would not be out of place here.

It is situated nearly opposite the public garden, on the Charles river. Passing over a long board walk, our party came to the lady's office, who takes the admission fee, which is twelve and a half cents; or, if the visitors bring their own bathing garments and towels, only six and a quarter. Then we were immediately ushered into a large square, with a canvas covering, where fifteen or twenty ladies were swimming, and as many more stood leaning against the railing looking on. Small closets are ranged on all sides, where they prepare themselves for the plunge. And a novel sight indeed it was to me, to see them stand upon the steps and dive under the water: coming to the surface at some distance, they would turn with a calm and easy motion, their white arms bearing them across the cooling flood.

It is hoped that ladies, generally, will attend to this very important branch of education.

## BY RAILROAD AND LAKE.

NOTES BY THE WAY.

GENTLEMEN OF THE WATER-CURE JOURNAL:—On the fourth of September a letter was put into my hands from the Hon. A. N. Buell, of Toronto, Canada, and one of Her Majesty's Judges in Chancery for that province, requesting me to visit his wife, who was very ill. Having fifty patients at the time, I called them together, laid Mr. B.'s letter before them, and submitted the question of complying with his solicitation to them for decision. They voted unanimously that I should go.

Thinking that it might not be disagreeable to your readers to have a little miscellany, I send you some of my annotations "by the way" side, as they were gathered up.

The railroad was reached about half-past 5, P. M., and at 6, P. M., I was comfortably seated in the cars en route for Rochester. Here I was compelled to lie over till half-past 6, A. M., for a train to Niagara Falls, and so went to Congress Hall, a fine hotel, kept by H. P. Stevens. This house is diagonally across the street to the depot, and by its side stands the Waverley, apparently another fine house. From the air of comfort, quietness, neatness, spaciousness, and promptitude exhibited at Congress Hall, whilst there; from the cleanliness of the beds, their pleasant arrangement, the good ventilation of the rooms, I judge the house is entitled to high reputation. Its prices are like all the first class hotels, \$2 per day, and it has one fault, a bar, though that is evidently intended to be a close bar—the liquors hidden. Rochester, though priding itself on its morals and the progressive character of its people, is greatly behind Albany, Syracuse and Buffalo, all of which cities have fine Temperance hotels: the Delevan, the Onondaga, and the Phelps House.

At half-past 6, A. M., I took seat in the car of the

\* For practical instruction in this art, see "THE SCIENCE OF SWIMMING," an illustrated manual, published by Fowlers and Wells, New York.—Price only 151-2 cents, in which ample directions are given.

Rochester and Niagara Falls Railroad, a new road just fairly under way; the road is finely and firmly built; the cars are of modern make; the Conductors gentlemen, and the transit through the beautiful village of Brockport, Albion, Medina, Middleport and Lockport, to the Falls. The train on which I was carried me from Rochester to its terminus in two hours and ten minutes, and I had the curiosity to look at my watch during our passage between two stations, a distance of five miles, and they run it in six minutes. Gentlemen, "Western New York is a great place." It is doubtful in my mind, whether, on the face of the globe, another such population, for wealth, for morality, *real* Christianity, and sound radicalism, can be found. Surely, I know not their equal. True, they are indebted in good degree for these fine qualities to the excellent soil on which they dwell, but not altogether. The Western States have as good soil, but not such an aggregate people. There are less of "snakes," misers, mean men, ignorant persons, hypocrites in religion and politics, untaught children and uncultivated women, than in any society of equal numbers the world can produce, I venture to say. They are not excelled in generosity by the people of the West, whilst they greatly excel them in general cultivation of manners, arts, and science. Western New York is the salt of the State of New York. The Whigs of that part of the State are better than the Whigs of any other part of the State; the Democrats are of higher grade than Eastern Democrats, the free democracy ranks high, and Hunkerdom is less conservative than elsewhere; religion is seen through her drapery, rather than suffocated by it; Philosophy has a geniality in it worth regarding; wealth is cherished for its uses, and character makes its way without velvet and cloth of gold, on to the highest seats in our courts and synagogues.

Niagara Falls had passed its season climacteric at the time I was there. The International, the Cataract, and the Falls Hotels, had hanging to their outskirts remnants of their recent glory; but the rush had passed southward. I wandered for an hour among the magnificent doings of the Almighty, and then took stage for Lewiston. The old road from the Falls to Lewiston is taken up, giving way to the teachings of good common sense in a plank road, over which, in connection with the coach in which I was a passenger, there went fifteen four-horse coaches, each having at least twelve passengers. I went aboard the CHIEF JUSTICE, a British boat, plying between Lewiston and Toronto. We were four hours in passing from one to the other place. The boat is old, has been many years on the lake, and is surpassed by the American boats in fleetness and gorgeousness of structure, and perhaps in the display of table, but it would be pretty difficult to excel the British captain in all that marks the gentleman. I have seldom met with a more gentlemanly man.

Toronto I visited in 1840, and was disgusted with it. It was different from Toronto in 1852. Then, no such thing as responsible government was appreciated by the population; now, its blessings are everywhere seen and felt. It then had about 12,000 inhabitants, now it has about 30,000. In some respects it wears the air of a very beautiful city. I saw no private dwellings in it of as costly architecture as I can find in Buffalo, Rochester, or Syracuse, but there is great taste and beauty displayed in their grounds. In no city in which I have been, has there been preserved the number of original trees, trees springing from the soil independent of human aid and culture, as in Toronto. The soil is sandy, and the white and yellow pine are among its growths; the white, yellow, and black oak also are among the trees of its forest. Ascend the cupola of its market and one gets a view of the city, and is there struck with the great number of trees that have been preserved. One of the finest avenues in the world is to be found in this city. No city in our Union has anything to compare with it. It is five rods wide, four

rods width of track, and on either side a border eight feet wide, made up of all the trees indigenous to the province, and is straight as an air line, and three fourths of a mile in length. The inner edge of this border is trimmed like a thorn-hedge and kept with great care, and close to it, outside of the carriage track, is a promenade for foot passengers. It is worth going to Toronto to see.

This avenue runs through grounds of the UNIVERSITY of Toronto, or rather of the province. This institution is exceedingly richly endowed, having a fund 218,000 acres of land, the best in Canada, at its disposal. The building, at present erected, cost £16,000, or \$64,000. It has a large number of Professors, most of whom are able men. Immediately in connection with the building are fifty acres of land in high state of grass culture, and about the building are heaps of huge stones, cut in all shapes and dressed after all patterns, reminding one of signals at Washington City, or along the Erie Canal in former days. The Trustees or Board of Directors laid out a plan for a building that would have cost, if carried into effect, at least half a million of dollars. The University has, at present, between one and two hundred students. I visited, in company with Mr. Buell, the market, and Osgood HALL. Toronto may well be proud of its market—so spacious and so nicely kept. The meat department I went through, but without any longings; but its vegetable department I was much pleased with. The occupants of the various stalls were uniformly kind and neatly dressed to their callings. The market building is a fine specimen of architecture, for the purposes designed by it. It has a spacious hall, in which Jenny Lind sung. Mr. Buell described to me the *fiava* which was awakened in the bosom of John Bull when the day for the sale of tickets came. It equalled, in impassioned action, our Yankee impulsiveness. Great speculations on a small scale were enacted by them.

Osgood Hall is a beautiful building, erected by means furnished by the legal profession. I visited the Law Library and the Law Society's rooms, in which were portraits of their most distinguished judicial characters, one of which as a specimen of art, pleased me highly. As a portrait I think I never saw it excelled. In Toronto there is an Insane Asylum with a large number of inmates, the building for which is a fine specimen of architecture.

A Railroad is now nearly finished from the city to Lake Simcoe, and its steam-whistle was to play to the delighted ears of the people on the 22d of this month, on which occasion the great Provincial Exhibition was to come off. Great preparations were in progress. The Governor-General, Lord Elgin, was to be present. The administration of this gentleman has been very popular. He has consulted the *will of the people*, and has allowed that will to be carried out. He is much beloved, and has either originated or aided to give impetus to many of the measures which has made Canada *alive*. I see by the latest dates from abroad, that the Derby ministry have recalled him. The people of Canada will greatly regret his absence.

There are able papers edited in Toronto, of which perhaps *The Leader* stands pre-eminent. I had letters of introduction to the gentlemen connected with and conducting that office, but professional duties prevented their presentation. The LEADER is a liberal journal, devoted to progress and the interests of the people. Judging from its perusal, I should infer that its fealty to Queen Victoria was from a sense of gallantry, rather than from conviction, whilst its devotion to the rights of man sprung from a deep, instinctive, as well as intelligent sympathy with the rights of humanity. It is ably and candidly edited.

The great trunk railroad, from Nova Scotia to Detroit, which, when finished, is to be between one and two thousand miles in length, is to pass through Toronto; already there are under way, or in process of

preparation to be put under contract in Canada, quite or over four thousand miles of railroads.

The question of annexation to the United States is a debated question. If the thing could be done peaceably, from all I could learn, I think the people would consent, may be I should say, like to become an integral portion of our Confederacy. One thing is certain, the Home Government will have to let the Colony have its own way in its internal management, or it will take its way.

On my meeting with the gentleman, at whose request I visited Toronto, to give his wife the benefit of my skill, and to aid in her restoration by means of Hydropathic appliances, I found him a true specimen of the English gentleman, of cultivated manners, great legal and general knowledge; holding a high and responsible judicial post under the Government, he had found time to make himself acquainted with the philosophy and merits of our system. He has been an attentive reader of the Journal, as had been his wife. He is much attached to the Journal—spoke of it in high terms—compared the talent it displayed, in and through its contributors, with other journals of a different cast, and admitted that it was among the first periodicals within the scope of his reading.

He repeatedly expressed a wish that a man of ability could be sent to Toronto to establish a *Cure*, was sure that an institution would do well after a little while, and wished me to mention the fact through the Journal.

Aside from my anxiety to be the means of giving to his wife protection against the disease which was wasting her, I spent two or three days very pleasantly as his guest, and feel very grateful for the confidence expressed in his invitation, and in the great pains shown by himself, and his daughters, and his wife, as far as her strength would permit, to make my tarrying with them pleasant. After five days' absence I reached the Glen to find that my sick ones had been watched over by Him in whose hands are the issues of life; and that in voting me leave of absence, they had shown a disposition to do good, and had therefore taken a philosophical method to get good.

Kindly your friend, JAMES C. JACKSON.  
Glen Haven, Sept. 24, 1852.

## WATER-CURE IN THE SOUTH AND SOUTH-WEST.

BY JNO. R. HOWARD.

I HAVE, almost since its first appearance, been a friend and admirer of the Water-Cure Journal, which, I am glad to find, is making its way into every part of our country. Its beautiful typography, great cheapness under the clubbing system, and above all its *valuable matter*, will recommend it everywhere. I frequently meet with it, and would be a regular taker of it were it not for my peregrinating life at present, which prevents a residence at any one place for any length of time. I hope, however, in a year or two to be settled somewhere; and then to have it, and the Phrenological Journal also, on my table. The Student, to which I occasionally contribute, comes to my son now at school.

But I sat down to write you on the subject of water-cure establishments in the South and South-West. I have been intending to do so for some time past, and am now reminded of it by an article in the September No. from a gentleman of Clarksville, Ten., on the subject of having one there. I am well acquainted there, and can say that it is a most excellent location for one. There are several other places also at which they are much wanted and greatly needed, and where they would be well patronized. I will here name some of the principal places: Paducah, Hopkinsville, and Russellville, Ky.; Nashville, Knoxville, Murfrees-

boro', Columbia, Paris, Jackson, and Memphis, Ten.; Little Rock, Ark., and Clarksville and Galveston, Texas; Holly Springs, Jackson, and Columbus, Miss.; Huntsville, Montgomery, Marion, and Mobile, Ala.; Baton Rouge and New Orleans, La.; besides other places. But it is particularly at such places as Nashville, Memphis, Little Rock, New Orleans, and Mobile, that water-cure establishments are most needed, and would do best. And I hope that ere many years elapse, they will be in operation at all the above-named places, and others too. They are also needed at all the principal watering places, and would be a great adjuvant to the waters in the cure of disease. The proprietors of these places would, I have no doubt, find it greatly to their interests to procure Hydropathic physicians, and have them. I see that there is a mammoth establishment at Harrodsburg. And one would perhaps do well at the Mammoth Cave. At all places of great public resort, they would do well.

The *water-cure* is to be the great *panacea* for the diseases of man. It has already shown what it can do in diseases of almost every class and character. It has reached and cured cases that, I am convinced, nothing else ever could, or ever can reach. And it is particularly in diseases in which medicine has for ages been failing, for the cure of which the *materia medica* has been ransacked in vain, as those of a scrofulous diathesis or character, that it has proved most triumphant. And what is better suited than *water* for curing disease? It is abundant, cheap, wholesome, refreshing, invigorating, cleansing, purifying.

[*Christian Co., Ky.*]

[Our friend and correspondent accompanies the above with some remarks on the use of drugs, and on animal food—subjects already treated at length in our pages. Therefore we omit his remarks on those points. We hope to hear from him frequently during his perambulations through the "mighty West."—Eds.]

## TEETH DESTRUCTIVES.

### TARTAR.

BY J. W. CLOWES.

THE veritable specimen of tartar, here respresented, formerly belonged to Mrs. Smith. It occupied, for a long time, Mrs. Smith's mouth, kept company with her tongue, was the stepping stone to her meals, bathed in the old lady's tea, felt the warm inspirations from her pipe, and was, in short, almost a part of that which she called self. What should have been a Tartar-*emetic* to Mrs. Smith, (and doubtless would be to many of my tidy readers) was her constant companion, night and day, sleeping and waking, so that, wherever she went, it might be said of her that her presence was not only seen, but *sm*—felt! How was it possible to be otherwise? I make a point, in matters of this kind, never to be *personal*.

The Smith family is known to be large—so large, that a mention of the name may be considered as slightly personal, as that of Mrs. Woman. But suppose some of this extensive family should still insist that I intend to be disrespectful (and I confess the name and circumstances are real), ought they not to be satisfied, when I declare that (in the tartar line) I can say *as much* of Mrs. Jones as of Mrs. Smith? certainly. The proverbial reasonableness of the family admits not a doubt of it. TARTAR is a calcareous deposit from the saliva. It is found, to greater or less extent, in all mouths. It is of very ancient date. A sample, to be seen on the teeth—in my possession—of one of father Adam's domestic animals (the Mastodon) attests this fact. Its *hurtfulness* depends upon its *amount* and *quality*. We seldom see it much in quantity, except

in very diseased mouths,—such as have been subject to mercurial action, neglect or mechanical abuse. Mercury produces an inordinate and diseased flow of saliva. The greater this flow, the more abundant is the accumulation of tartar. In healthful conditions of the mouth this deposit has certain peculiarities of location; but in salivation its ravages are general, clinging to and enveloping every external portion of the teeth. Look at the specimen represented by the cut. Behold! what a mass of matter encloses, circumscribes, conceals the crown, body, neck and almost roots of this *tri-pronged modar*! It seems almost incredible that such an accumulation could occur on one tooth, and more wonderful still, that a *lady could* wear it in her mouth and touch and taste it with her tongue! But facts are none the less facts because developed in the human mouth. This specimen is undoubtedly the result of salivation, and the tooth which it envelops needed no professional aid to remove it from the mouth. It was extracted by the *weight* of its superincumbent burden. It fell a prey to calomel and dirt! The cut exhibits only about two-thirds of the original mass, a portion having been broken off and lost.

Mrs. Smith parted with all her teeth in this way, and the good old lady, in her *innocence*, called upon me to know what made her teeth "*grow so*." Why," said she, "they grow so large that every now and then one drops out of my mouth. I wonder what can be the cause of their *growing so*." Here is a paper full of them, which I keep as *curiosities* to show my friends." I begged one of them as a *remembrancer*, and I treasure it still. TARTAR when first deposited, principally upon the sides and necks of teeth, is very soft, of a creamy consistence and color, easily broken up or dislodged by the brush or *quill* tooth-pick, but when allowed to remain undisturbed for a length of time, becomes by chemical process a hard and stony incrustation. Like many other physical evils, tartar has nothing frightful in its incipency. A slight cold does not terrify us; but we may not forget how often, when neglected, it ends in a malady as grasping as the grave, as terrible as death! The *practice of cleanliness*, commenced early and continued habitually, is the only means by which the teeth may be preserved from the desolating effects of this salivary concretion. In its beginning, a soft, thin, almost impalpable *skin* upon the teeth, Tartar attracts and adds to itself layer after layer,—these layers by time deepen into masses; the masses, imperceptibly, but surely, are extended in the direction of the gums. The gums feel their encroachment; a strife now ensues for *possession*. The offender is stoutly resisted; flesh and blood are active in the contest. The whole *vis nature* of the system is brought to bear in the defence. The strife waxed warmer. Flesh and blood avail naught. The aggressor advances! The gums—the inflamed and *lacerated* gums give way, they retreat before the *gathering* might of the fell destroyer. They cease to resist. Their forces are all scattered. Their poor *dumb mouths* have spoken to deaf ears. The progress of desolation is still onward! The membranes, those delicate lining and covering defences, yet remain to offer a feeble resistance. Nerve and artery and vein! tuned to harmony! pulsating joyously! coursing silently! handiworks of the Great Creator! wonderful and fearful! ye are thrilling now with pain! ye are throbbing with anguish! ye are boisterous with obstruction now! your beautiful harmonies are all given over to the confusion of disease. Aye! battle on, ye tiny, but valiant defenders of the right! Ye resist well, but vainly! your enemy is not of flesh, but *stone*, hard, hard stone! Give over then, surrender up, as eventually you must, the *jewels* placed in your keeping by the Great Giver. The battle is ended; every power for the defence has succumbed; gum, membrane, artery, nerve, and vein, have relaxed their hold, all, all, upon *thirty-two teeth*! Oh! man, oh!

woman! are you mad! have you gone "clean daft," that you should permit this great wickedness—allow this sacrifice! Have you looked on and seen, unmoved, this foray upon the works of the good God himself? Have you seen that once healthful, well-arranged and beautiful set of natural teeth, pass through all the grades of disease herein faintly depicted—have you witnessed all this, and like a stock or stone, with no sentence or heart to feel, or think, or act? If you have, the loose dead bones which now rattle in their sockets, that are an ever present torment and reproach to you, sleeping or waking; that are utterly worthless for purposes of mastication; that are a loathsome, hideous nuisance to yourself and to all who approach you; *then the curse is yours*, which Nature, kind, indulgent, just, but deeply offended, entails upon the transgressor of her laws. [No. 7, Eighth Avenue, New York.]

## AN INCIDENT IN THE ANNALS OF WATER-CURE.

BY OLIVIA OAKWOOD.

In my travels through a neighboring county, the following incident was related to me by a lady of the strictest veracity, and one but little acquainted with the extent of Water-Cure principles. I think it so well adapted to illustrate the benefits of the Hydropathic system, that I here offer it for record in the annals of Water-Cure triumphs.

My friend stated that she resided in M— County during the ravages of that terrible disease called by some the Black Tongue, by others Erysipelas. A remarkably healthful state of the atmosphere had always been ascribed to this locality; but with fearful suddenness this awful epidemic appeared, striking terror into all hearts, and consigning its victims to the arms of death with a rapidity only equalled by the dreaded Cholera. Whole families were taken from their homes, leaving "the places which had known them to know them no more." Through a large extent of country, parents "would not be comforted because their children were not," and children were suddenly made orphans. The aged and the young were stricken down alike, and the strong man in his prime bowed low in the grave, while with a mournful truth came home the poet's tender wail—

"There is no flock, however watched or tended,  
But one *dead lamb* is there!—  
The air is full of farewells to the dying,  
And mournings for the dead!"

Amid these scenes of distress wandered the bewildered physicians, all their skill unavailing, and their daily and nightly visits productive of scarce any benefit. Some were saved; but the same medicines were followed by widely different results. Finally, an individual who happily proved to be the last victim, expired, and a group of them who had been consulting on his case were gathered in a room by themselves, one of them spoke out in the accents of despair, "We have entirely mistaken this disease. Its character is in all points unlike anything we have ever seen." Too late their error was discovered; too late was Allopathy believed to be powerless.

Among those who were delivered from the grasp of death was the lady above mentioned, and her two daughters. All had been prostrated at the same time, but the eldest daughter most severely, and her recovery seemed the result of an accident; not one of chance, however, but an event seemingly marked by the finger of Providence. This daughter had become *entirely blind*, and her face so swelled that her features could scarcely be discerned, and she was besides unconscious of anything around her. The distressed father being spared amid the general prostration, watched day and night over the lambs of his flock, his hours overshadowed with the darkest forebodings. But for his wife and youngest daughter, he was again made happy in their convalescence, while despair

seemed closing over the fate of the eldest. Addressing himself to the physician, he inquired, "Is there any hope? If you think not, be candid; and if you have done all in your power, call in another, that at least we may feel that we have exerted our utmost." With one hand encircling the wrist of his patient, and the other pressed to his breast, his eyes raised to the ceiling, he stood in the most solemn dignity of thought, while meditating a reply. This "tragico-comic" attitude was usual with him in cases he deemed *hopeless*: the father had often seen it before, and understood well its meaning; therefore the announcement was scarcely needed—"All has been done that medicine can do; she will live but a few more hours. Cease giving medicine, and merely endeavor to make her last moments as comfortable as you can. *Apply water to her head*, and keep her quiet."

Despairing now of any earthly help, for he felt almost unlimited confidence in the physician, the father resigned himself to soothe what he believed the last hours of his dying child. First, cloths were wrung out of cold water and laid on the bleated and livid face and forehead; then the head itself kept well bathed; and finally seeing in a short time the soothing effect of these applications, they decided to sponge her whole body. Some one present suggested the addition of *saleratus* to the water, which was accordingly added; and after one season of sponging, the sufferer sunk into a calm slumber. The intense fever soon dried up the cloths, and they were then renewed; and on awaking, her improvement seemed so great, that, animated by hope, they again bathed her entire frame, and with the most tender care removed her sheets and made up her bed cool and clean. This had been done many times before, but now it seemed more than ever refreshing to the patient. She was returned to her bed, and again sunk into a long and sweet sleep. After removing once more the cloths from her face, to the surprise and delight of the father, he found the swelling much abated, and the countenance less discolored. He resolved unremittently to persevere in the course thus happily begun, and by the next day was rewarded by receiving from his daughter a request for "something to eat!" "Can you see me, dearest?" "No, papa, all is *black*; I can't see anything but black." Thus partially rescued from the grave, the father continued on in the application of the wet cloths, sponging, very light diet, and admittance of fresh air, until his daughter was restored to health, and *sight*, slowly, but surely; and is now living to bless her father for rescuing her from the grave by the administration of COLD WATER.

[New Lisbon, Ohio.]

## WATER-CURE IN THE SOUTH.

BY J. D. SPEARS.

I HAVE received your Water-Cure Journal now for upwards of twelve months, and think it worth many, many times its cost, to all who would lend a listening ear to truth and reason, and abide their dictates. If every person would be governed by the principles of health, as advocated by this Journal, there would indeed be "but little need of doctors of any sort." But it appears there are many who prefer to give themselves up to sensuality, get sick, and be doctored, than to deny themselves of hurtful things, and avoid sickness, doctors, and all the troubles connected therewith. Well, I suppose all have the right to enjoy themselves according to the dictates of their own consciences.

You need not at all wonder if you have opposition to the principles which you advocate; for if the people generally would be governed by the health principles you contend for in the Water-Cure Journal and in your other publications, a great and serious mischief would befall the medical profession—the doctors would have but little to do, and the medical colleges would remain empty.

According to direction, you sent a copy of the Water-Cure Journal to a friend of mine in Alabama, who, I was well aware, had a great deal of sickness in his family. Under date of June 26th, after having taken the Journal six months, he writes to me as follows: "The Water-Cure Journal comes regularly. Please accept my thanks for it. I like it, that is, the principles of it. It is more than worth its cost. It has had its influence on me. Since taking it, I have discontinued the use of half my coffee per day, and all my China tea. I see in my accounts for last year, that I bought one thousand nine hundred and fifty cigars. This year I have bought none. I have now abandoned the use of tobacco altogether. This far, I am a Water-Cure convert. Judge ye what I think of its merits."

I heartily recommend the Water-Cure Journal to every lover of health in the community. But I would warn all against reading your publications who wish to enjoy the pleasures of sensuality, wish to get sick, feel pain, pay doctors' bills, and finally not to be pestered with health any more. For by reading and heeding your publications, they will be pretty certain to miss the enjoyment of all these pleasures. May you live long, and prosper as lights in a benighted land; for all Christendom is yet too much benighted on this subject. [Dimeville Co., Va.]

P. S. I have furnished my neighbors with about one hundred and thirty of your publications, and am still ready to procure others for them. I have some on hand now. I have obtained from you more than fifty dollars worth.

[This is the right spirit. With such co-workers in every neighborhood, it would not be long before our people would be as distinguished for health as they now are for disease and drug-taking. But there is a "good time coming."]

## ISN'T IT MURDER?

BY E. POTTER, M.D.

A FEW days since, a little child about two years old was sacrificed on the ALTAR of CALOMEL in this vicinity, after this wise: Up to this time, the time of its death, the little fellow had enjoyed constant and uninterrupted health. The child was attacked, in the afternoon, with dysentery; the doctor called—a portion of calomel prescribed, and directions given to work off the calomel with salts. The salts were given at the prescribed time; soon after which the child commenced vomiting a dark fetid substance, and continued so to do, growing weaker and weaker, until about twelve hours from the time of taking the (poison) calomel, "death closed the scene;" and the parents were left to mourn the loss of their child, ascribing said loss to a "mysterious providence."

Oh! when shall these things cease to be? When will parents learn that *poison* is not MEDICINE? When will physicians act consistently, and give innocent remedies, or none—assisting nature when necessary, or do nothing? Echo asks when.

Dr. Graham says, "There is a circumstance, in the operation of mercury, which ought to engage the serious and attentive consideration of the profession, as well as all those who are in the habit of giving it to their children—I mean the permanency of its deleterious effects."

"It affects the human constitution in a peculiar manner, taking, so to speak, an iron grasp of all its system, penetrating even to the bones, by which it not only changes the healthy action of its vessels and general structure, but greatly impairs and destroys its energies."

I might quote Dr. Graham at considerable length on this subject; I might quote Dr. Chapman, Dr. Eberly, Dr. Harrison, and a host of others, each having said and written enough on the use and effects of calomel to make it a CRIMINAL OFFENCE for any man who prescribes it as a medicine. Yes, sir, it ought to condemn the man, professionally, who, at this day and age of the world, prescribes calomel as medicine.

## PROSPECTUS

OF

## THE WATER-CURE JOURNAL

FOR 1853.

ONE OF THE GREAT DEMANDS OF THE AGE is supplied by the WATER-CURE JOURNAL. So urgent is this demand, and so satisfactory the supply, that the JOURNAL has attained a circulation beyond all example in periodicals of a similar character.

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While the achievements of the PAST are the best promises for the FUTURE, we may intimate that it is our intention to give, in our own works, an example of the PROGRESS, REFORM, AND IMPROVEMENT, which we would promote. In our writings and illustrations of PHYSIOLOGY; in our articles on the PRINCIPLES AND PRACTICE OF HYDROPATHY; in the promotion of HYGIENIC REFORMS in food, exercise, cleanliness, ventilation, clothing, education, occupations, pleasures, social relations, and whatever else belongs to that complex thing called LIFE, we shall endeavor to make our progress correspond with that of the WONDERFUL AGE in which we live.

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New-York, Nov. 1852.

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No. 131 Nassau street, New York.

## NOVEMBER NOTES.

BY R. T. TRALL, M.D.

OUR ALLOPATHIC FRIENDS.—Notwithstanding "hopefulness," among our phrenological protuberances, towers skyward like a mountain peak among ordinary hillocks, we are brought down to the very brink of despair, in the matter of ever being able to please our bleeding friends of the blistering school. We lament this disagreeable predicament exceedingly. But how to escape it without encountering a worse—there's a dilemma. We are all laboring in the same philanthropic cause—the promotion of the public health; and with the same benevolent end in view—the ruin of our own business. We have, however, such various and even opposite methods of working out the common desideratum, that we present to the world the unchristian spectacle of "brother warring against brother." They stand on a platform whose principal planks are—1. Nature is all wrong; 2. Common sense is never to be trusted; 3. Science is everything as we understand it; 4. Disease can only be prevented by certain uncertain agents and processes, and the natural use of a host of unnatural stimulants; 5. Disease is only to be cured by a judiciously selected, regularly prescribed, and scientifically compounded, aggregated, and conglomerated medley of animal, vegetable, and mineral poisons. And all of these planks are spiked together by a "the less said about it the better, *except on our side*."

Now the planks of our platform severally declare—1. Nature is about right; 2. Common sense is the most trustworthy of all the senses; 3. Science, when understood, never contradicts nature and common sense; 4. Diseases accrue from the infraction of natural laws; 5. And are to be cured by such hygienic influences as replace the body under organic law. These are all held firmly by the apophorisms—"poisons are not medicines—free discussion is what suits us."

Our readers will perceive at a glance the intrinsic difficulty of combining, compromising, or in any way adjusting, the incongruous elements of these fundamentals of our respective systems; nor will they fail to notice the fact which presents itself in unmistakable capitals on the surface of both, viz., the adoption of either one platform implies the destruction of the other. It is therefore a question of life or death, not only as regards the contending systems, but with many of the people, who, perchance, consider themselves merely as lookers-on in this controversy. But we are diverging.

Some Allopathic physicians who are subscribers to the Water-Cure Journal, and who therefore assume to be its patrons and offer to be our advisers, complain that we refuse to publish articles on their side; they seem to presume that because they have adopted some of our doctrines we are bound to advocate some of theirs, on the principle probably that "one good turn deserves another." To the first clause of the complaint we have to say that, although they are the patrons of this Journal and have relinquished their subscriptions to their own periodicals, they get their money's worth ten times over; and to the second branch we reply that, if there are any matters in issue between us on which they desire a fair and full discus-

sion, they have only to bring on their Philistines and Goliaths, and they will find a David or a Samson in readiness. To publish Allopathic cases, or Allopathically reported cures in which the treatment was a mongrel jumble of water, drugs, eclectics, and infinitesimals, would only confuse and mislead the public; while the insertion in these columns of drugopathic arguments without note or comment, would be simply converting this Hydropathic into an Allopathic journal; and that would be, like an overdose of antimony or colchicum, speedy death—a fate it would be difficult to make us believe awaits either the Water-Cure Journal, or the system it advocates.

LEMON JUICE IN RHEUMATISM.—The "fallacies of the faculty" are like the sands on the seashore: it would take more than a single generation to enumerate one half of them. Every medical periodical we take up contains a greater or less number of original fallacies, or new editions of old ones. In fact, the regular medical science of the day is like unto a sort of ever-revolving chain, each link of which is a fallacy of greater or less dimensions, which appears to-day to disappear to-morrow and re-appear next day,—and so around in endless circumlocution. Just now the medical journals are full of learned saws and testimonies about the extraordinary virtue of lemon juice in cases of chronic rheumatism. It is said to be a recent discovery; it has been tried by eminent physicians in London, and its employment is at present very general in the hands of practitioners in the United States. This experiment is said to establish the fact that it is one of the best medicines for this complaint, and far more successful than those which have been usually administered.

We admit the fact, and propose an explanation very different from the Journals aforesaid. It is pretty extensively understood that the ordinary treatment of chronic rheumatism in all its forms, tortures and poisons and depletes the body with blisters, leeches, calomel, opium, arsenic, hydriodate of potassa, antimony, bleeding, &c. Nine-tenths of the patients at least suffer more from such medication than they would from none. Many persons are crippled for life by the drugs given to subdue some slight attack of this disease. It follows, therefore, as a matter of course, that the nearer the medication approximates to no treatment at all, the more efficient will it seem; that is to say, the sooner and better will the patient recover. Now it "stands to reason" that there is nothing very bad in or about lemon juice. Its effect in the drugopathic sense is almost a negative; hence while it is put forward as the leading remedy, and other active drugs laid aside, nature has a decent chance to cure the disease. Thus it is that lemon juice is so great a remedy in Allopathic hands. A Hydropathist would find the same wonderful virtues in an equal quantity of pure soft water.

AROMATIC SCHIEDAM SCHNAPPS.—We have often deplored and sometimes animadverted upon the fact, that the medical profession seem destined to be the last refuge of that destroying angel, intoxicating drink, which the temperance people are toiling so philanthropically to exterminate from earth. The use of alcoholic tinctures, bitters, &c., tends to keep up the morbid craving in those who have once been intemperate, while the prescription of some form of alcoholic stimulant or cordial, by the family physician, has often been known to rekindle the dormant passion of the reformed drunkard, send him back to revel in his cups again, and soon end his career in the drunkard's grave. We cannot charge physicians who persist in the common every-day employment of alcoholic medicines with inconsistency or dishonesty, so far as the said medicines are used in the way and manner of other apothecary stuff, for if one poison is good in one case, another may be in another, &c., &c. But in behalf of suffering humanity and the temperance cause, we claim that medical journalists—those

who take upon themselves the task of leading and educating the public mind—should never lend nor sell themselves to the work of recommending, directly or by implication, the use of alcoholic beverages.

An advertisement is going the rounds of the papers, extravagantly puffatory of the virtues, for both medicinal and dietetic purposes, of a particular brand of gin, alias "schnapps." The New York Medical Gazette, a semi-monthly periodical of the drug school, which professes to have the dignity, honor, usefulness and regularity of the profession in its especial keeping, thus bepraises the "schnapps," and its laudation is copied into other papers as the testimony of the faculty that "schnapps" is good. We transcribe it in full, so that the proprietor of the "schnapps," the editor of the Gazette, and the profession at large, may have the benefit of our circulation.

[From the "New York Medical Gazette," October 1st.]

## HOLLAND GIN AS A MEDICINE.

In our last number we accompanied the publication of a circular on this subject from our fellow-citizen, Udolpho Wolfe, Esq., with a brief commentary, expressive of our own views. Since then we have been employing this agent, and thus far with favorable results. But we are in the receipt of several communications on the subject from medical men, which serve to show that Mr. Wolfe's Aromatic Schiedam Schnapps is very extensively in use, and, in the hands of physicians, is proving itself as a stimulating diuretic to be eminently successful after other medications with this intent had been tried in vain. In one of the cases thus reported, abdominal dropsy has been cured, and the necessity of tapping averted; and in another, a distressing case of gravel, so called, has been entirely removed by the passage of a calculus of considerable size, which is ascribed to the use of only two bottles of this article.

We know not the object of Mr. Wolfe in designating his preparation by the singularly unepithetous name of "Schnapps," nor of his denominating it in his advertisements, the "Concentrated Tincture of Juniper," instead of perpetuating its ancient title of Holland Gin. It is true that he admits it to be nothing more than the latter article in its pure state, unadulterated by noxious drugs, and hence he contra-distinguishes it from Gin of commerce, nearly all of which, as is well known, is manufactured here and elsewhere from inferior whisky and refuse drugs. The name he has given it, however, may serve the purpose of designating his article, as prepared exclusively for medical purposes, and thus commend it to physicians for whose convenience it is on sale only by reputable druggists and apothecaries.

As respects its medicinal and curative effects, we understand him to claim only that it is a pure and reliable article of Holland Gin, and as such worthy of the confidence of physicians, in those diseases for which they are wont to prescribe it, and have hitherto only been restrained, by finding it impracticable to obtain the article in a pure state. Nor should any prejudice against alcoholic medicine deprive the afflicted of the benefit of this article, which from time immemorial has held its place among the remedial agencies of the Materia Medica, if it be found worthy of confidence by continued experience. At all events, those who persist in the employment and toleration of other alcoholic medicines, as tinctures, bitters, &c., and especially those who prescribe Gin under any circumstances, must all unite in giving the preference to a pure article over the manifold adulterations so rife in the market. Mr. Wolfe liberally supplies physicians with a sample bottle for analysis and trial, as set forth in his circular, and stakes the reputation of the remedy upon the innocence, safety and efficiency of his Holland Gin, when used under medical advice; and pledges his own character in business that the article will not disappoint any who use it.

In the advertisement which accompanies the above medical endorsement of the virtues of the "Schnapps," the gin-seller thus commends his panacea:—

DR. WOLFE'S SCHIEDAM AROMATIC SCHNAPPS, manufactured by the Proprietor exclusively, at his factory, at SCHIEDAM, in HOLLAND, by a process peculiar to his own factory. It is flavored and medicated, not by the common harsh berry, but by the choice botanical variety of the aromatic Italian juniper berry, whose more vinous extract is distilled and rectified with its spirituous solvent, and thus becomes a concentrated tincture, of exquisite flavor and aroma, altogether transcendent in its cordial and medicinal properties, to any Hollands Gin heretofore known.

IN GRAVEL, GOUT, and RHEUMATISM; in OBSTRU-



**TIONS OF THE BLADDER AND KIDNEYS, and DEBILITY OF THE URINARY FUNCTIONS,** its effects are prompt, decided, and invariably reliable. And it is not only a REMEDY for these maladies, but, in all cases in which they are produced by DRINKING BAD WATER, which is, almost universally, the cause of them, it operates as a SURE PREVENTIVE.

The distressing effect upon the STOMACH, BOWELS, and BLADDER of travellers, new residents, and all persons unaccustomed to them, produced by the waters of nearly all our great inland rivers, like the Ohio, Mississippi, and Alabama, from the large quantity of decayed vegetable matter contained in them, in a state of solution, is well known; as is also that of the waters of limestone regions, in producing GRAVEL, CALCULI, and STONE IN THE BLADDER. The AROMATIC SCHIEDAM SCHNAPPS is an absolute corrective of all these injurious properties of bad water, and consequently prevents the diseases which they occasion. It is also found to be a cure and preventive of FEVER AND AGUE, a complaint caused by the conjoint effects of vegetable malaria in the atmosphere, and vegetable putrescences in the waters of those districts in which it principally prevails. The AROMATIC SCHIEDAM SCHNAPPS is consequently in great demand by persons travelling, or about to settle in those parts of the country, especially; as well as by many in every community where it has become known, on account of its various other remedial properties.

In all cases of a DYSPEPTIC tendency, it is generally the only remedy required, when adopted in the early stages of the disease. In DYSPEPTIC MALADIES, when taken in proper quantities, as a Diet, Drink, and especially at dinner, it is found, by uniform experience, to be eminently efficacious in the most obstinate cases, when even the best of the usual remedies have failed to afford more than mere temporary relief. In cases of FLATULENCY, it is an immediate and invariable specific; and it may be administered in diluted and proportionate quantities, even to young infants, in all those paroxysms of griping pain in the stomach and bowels, to which they are especially subject, as well as in the colic of grown persons.

Its judicious adoption in connection with the principal meals, or when a sense of exhaustion dictates its use, never fails to relieve the debility attendant upon protracted CHRONIC MALADIES, LOW TEMPERAMENTS, and EXHAUSTED VITAL ENERGY, by whatever cause induced. These are facts to which many of the most eminent medical men, both in Europe and the United States, have borne testimony, and which are corroborated by their highest written authorities.

The AROMATIC SCHIEDAM SCHNAPPS is put up in good strong bottles, neatly covered and labelled, accompanied by an Essay upon its properties and uses.

It will be seen that the remedy, like all other arrant humbugs, covers all the ills that flesh is heir to. It is good for the child in its cradle, the youth in his hot blood, manhood in its prime, and old age in its decline. It is infallible at meals, indispensable between meals, and super-excellent at all times. It is an infallible antidote to all possible poisons, and renders all otherwise noxious influences harmless. Bad water may be drank, infectious miasms inhaled, and any amount of gluttony indulged with impunity, if the bottles of "Schnapps" are purchased with judicious frequency. Surely, it was a shrewd stroke of policy in the "Schnapps" man, to prostitute the profession by advising his customers to drink the gin by the advice of their physicians. Physicians can always be found who will give professional advice in view of the great commercial interests of the country. There is, however, one consolation left to the friends of sobriety and the advocates of reform. No medical journals but those of the school which the Gazette represents, will ever prostitute themselves to the infamous business of pandering to the drinking usages of society, and the influence of journals of that ilk is rapidly, thank God, growing "small by degrees, and beautifully less."

**BLOOMERISM.**—We can hardly credit the evidence of our senses that an "old school" doctor has spoken in favor of this innovation; yet the fact appears as plain as black and white can make it. Medical journals and writers, and lecturers of the drug system, have unbudgeted themselves of any amount of ridicule against the "American costume." But we have before us the "Transactions of the Belmont Medical Society," Ohio, which contains an essay from the pen of Henry West, M.D. The Doctor imputes a great proportion of the

cases of consumption, so alarmingly on the increase in our country, to improper dress, and says—

"How is this matter of dress to be remedied? By adopting the new costume, to some extent known as the 'Turkish costume,' 'Bloomer dress,' or 'New female costume.' We contend that it is much healthier, more convenient, and can be made fully as modest, and as for economy that will depend upon the wearer.

In using this dress, in the first place, the material used can, with much more facility, be changed to suit our variable climate, than can be used with the present dress; for instance, calico might give place to merino, and this to cashmere, and this again to silk, &c., and in the shortest notice at all times, suit themselves to the weather. Instead of our beloved ones, when it becomes necessary to attend their out-door visits, either in attending church, or parties of pleasure, dressing in their light silk, lawns, or calico, they can dress in cassimeres, cloths, or such articles as will make themselves comfortable, and still be in the fashion. Hence the wearer will be much less liable to catarrhal affections, which in many cases lay the foundation for consumption. Again, it will be healthier. On this account there will be no more necessity for stays, whalebone, staves and cords. With this new dress, all these paraphernalia will be dispensed with, and nature, with all her beauty, will be left to herself, and then we will have, I will venture to say, not one half, perhaps not one fourth, the cases of consumption to blight the hopes of relatives, and destroy the warm attachments of fond lovers. To conclude.

1. It is healthier. As to dispensing with those ten or fifteen pounds of skirts above referred to, and by that means, to get rid of all that terrible train of diseases with which to suffer, death would be preferable. Again; damp skirts hanging, as is often the case, about the feet and ankles, would be done away with. Whilst the feet and ankles would be clad in a good comfortable boot, instead of a thin kid slipper, the ladies would be as independent as the "lords of the soil." No good reason can be urged why females shall not wear boots. Need anything more be said on this head?

2. It is more convenient. In the opinion of your reporter, nothing could be better contrived to prevent locomotion, than the present female costume. Hence, no doubt, depends the inability and unwillingness of the female to take exercise, the want of which, it is well known, is the fruitful source of disease.

3. It can be made fully as modest. Modesty and virtue are two of the noblest qualities of the female character; if the costume be constructed right, no dress can be more so, than the new dress."

**MORE CHLOROFORM.**—Dr. Charles T. Jackson, of Boston, one of the claimants of a bonus of \$100,000 that ought to be awarded to the original discoverer of this anesthetic agent, accounts for the sudden deaths so frequently resulting from its administration, in the following manner:

"I have long had a strong suspicion that the very sudden deaths resulting from the inhalation of chloroform must have been produced by the presence of some poisonous compound of anyle, the hypothetical radical of fusel oil, or the oil of whiskey; and I began a series of researches upon this subject several years ago, but was called off from my work by unexpected persecutions. This work I have resumed, and will now state what facts and inductions I am able to lay before the public.

1. When chloroform, and the alcoholic solution of it, called chloric ether, was made from pure alcohol diluted with water, no fatal accidents occurred from its judicious administration.

2. When chloroform is made, as it now too frequently is, from common corn, rye, and potato whiskey, deaths began to occur, even when the utmost care was taken in its administration."

Notwithstanding the plausibility of the doctor's hypothesis, we have not a particle of faith that any degree of purity in the alcohol will prevent death from occasionally occurring, suddenly and unexpectedly, so long as chloroform is employed to produce insensibility. The danger does not, in our judgment, depend so much on the effect of any given element taken into the body and acting as a chemical or physiological poison, as upon the degree of relaxation induced in the muscular system. Carried to a certain extent, this relaxation causes the respiratory muscles to act with extreme feebleness, and when a given point of relaxation is produced, a very little increase may cause the respiratory motion to stop entirely, when death is the

inevitable result. It is too powerful a relaxant, and can never be regulated with certainty or safety.

**RUM AND TOBACCO.**—The Cincinnati Physio-Medical Recorder inserts an argument in favor of Boston Rum, Holland Gin, Schiedam Schnapps, "the filthy weed," &c., in the following laconic style and unanswerable manner:

"How on earth did people live before they learned the value of 'rum and tobacco'? Why, they lived a long time, some of them nearly a thousand years, and were scarcely ever sick! Doctors, lancets and poisons were unnecessary and almost unknown, as they should and might be now."

## CONSTITUTION OF N. Y. VEGETARIAN SOCIETY.

**President**—R. T. TRALL, 15 Laight street.  
**1st Vice President**—JAMES MORAN, 5 Tryon Row.  
**2d Vice President**—J. MORTIMER HALL, 91 Wall street.  
**Corresponding Secretary**—C. B. LE BARON, 63 William street.  
**Recording Secretary**—EDWARD BEEBE, 245 Pearl street.  
**Treasurer**—WILLIAM HUNT, 40 Day street.  
**Executive Committee**—R. T. Trall; C. B. Le Baron; C. C. Many, 99 Bowery; John S. Boyden, 254 Pearl street; E. D. Stark, 131 Nassau street.

**PREAMBLE.**—The undersigned, believing that Nature, Revelation, Science, and Experience teach that man is in no sense a carnivorous or omnivorous animal; that his highest development of body and mind is only to be attained on food derived directly from the vegetable kingdom; that the practice of killing animals for the purposes of food is demoralizing in tendency, the cause of numerous diseases in the world, and the source of immense waste in time, talent, and labor, as well as chief among the circumstances that bring about plagues and pestilences, wars, famines, and intemperance; and that great ignorance exists in the public mind in relation to the right cultivation of the earth and the proper preparation of vegetable aliments; do form themselves into a society for the purpose of promulgating a knowledge of these principles, and of exemplifying in practice their truthfulness, and adopt the following Constitution:

**ARTICLE 1.—NAME.**—This Association shall be called the New York Vegetarian Society.

**ARTICLE 2.—OFFICERS.**—The officers of this Society shall be a President, First Vice President, Second Vice President, Corresponding Secretary, Recording Secretary, and Treasurer, who shall be elected annually.

**ARTICLE 3.—DUTIES OF OFFICERS.**—The President shall preside at all meetings, appoint all committees not otherwise provided for; approve all proper draughts on the Treasurer; and call special meetings when in his judgment it may be necessary, or when requested by the Executive Committee, or any ten members in writing. The Vice Presidents in their order shall perform the duties of the President in his absence. The Corresponding Secretary shall perform the correspondence of the Society, and collect facts and statistics for information and publication, and receive for the Society such donations as the benevolent may feel disposed to bestow for the benefit of the cause. The Recording Secretary shall keep a list of the members of this Society, and a record of its proceedings. The Treasurer shall receive and keep all moneys of this Association subject to its draughts, approved by the President, and attested by the Recording Secretary.

**ARTICLE 4.—EXECUTIVE COMMITTEE.**—There shall be an Executive Committee consisting of three members, to be chosen at the annual election, and the President and Corresponding Secretary, who shall have power, and whose duty it shall be, to make arrangements for publications, public lectures, festivals, demonstrations, &c., between the annual meetings of the Society, and to call special meetings whenever in their judgment the cause can be advanced thereby.

**ARTICLE 5.—MEMBERSHIP.**—Any person may become a member of this Society on signing this Constitution and paying the sum of one dollar: provided that all members, after the Society shall have received ten members, shall be proposed at a regular or special meeting by a member, and balloted for; and if two thirds of the members present vote in favor, he or she shall be entitled to membership.

**ARTICLE 6.—DUES.**—The regular dues of the members of this Society shall be one dollar annually, as a fund for defraying its ordinary expenses.

**ARTICLE 7.—QUORUM.**—Five members shall constitute a quorum for the transaction of business.

ARTICLE 8—LIFE MEMBERSHIP.—Any person may become a life member of this Society on the payment of ten dollars, having been proposed and voted for as above.

ARTICLE 9—ANNUAL MEETINGS.—The time and place of each annual meeting shall be determined upon at the preceding annual meeting.

ARTICLE 10—AMENDMENTS.—All additions to or amendments of this Constitution shall be proposed in writing at a meeting preceding that in which the vote is taken, and a two-thirds vote shall then be necessary.

## Reviews.

By R. T. TRALL, M.D.

THE PHILOSOPHY OF HUMAN LIFE; WITH ESPECIAL DESIGN TO DEVELOP THE TRUE IDEA OF DISEASE; ITS NATURE, IMMEDIATE OCCASION, AND GENERAL REMEDY. By J. JENNINGS, M.D. JEWETT, PROCTOR & WORTHINGTON, Cleveland, Ohio: FOWLERS AND WELLS, New York. Price 75 cents.

Dr. Jennings is widely known as the advocate of the "orthopathic" plan of treating diseases—a plan whose details mainly consist in placing the patient under organic law, and there leaving him to the *vis medicatrix nature*. From the dawn of creation down to the year of our Lord eighteen hundred and fifty-two, this method of medicating the infirmities of the vital machinery has been "eminently successful;" and the personal experience of the author of the work before us, demonstrates the reasons of its superior efficacy over the drug-shop appliances, so widely and so fatally popular.

With a mind well constituted for critical observation, and the right opportunity for calling its powers into action, Dr. Jennings, after having received a thorough medical education, commenced the practice of the healing art drugopathically. But his zeal to relieve his fellow-creatures of their maladies, *secundum artem*, was not rewarded by the results he had been instructed to expect. He noticed, also, in consultations with his more experienced professional brethren, that old doctors, as a general rule, gave much less medicine than young ones. The former trusted more to nature; the latter trusted all to drugs. This led him to doubt the prevalent ideas of the utility of medicine; and further observations induced him to discard them altogether.

While enjoying an extensive practice in Derby, Conn., some thirty years ago, he changed his manner of doctoring the people to an extent little suspected by his patrons at the time. Laying aside the well-filled saddle-bags, he furnished one pocket with an assortment of bread-pills; another pocket was stored with a variety of powders made of wheaten flower, variously scented and colored; and a third pocket held a quantity of vials filled with pure soft water, of various hues. With these potencies in the healing art, he went forth "conquering and to conquer." Disease vanished before him with a promptness unknown before. His fame spread far and wide. His business extended over a large territory; in fact, no other physician could live at the trade of pill-peddling in that place.

Such was, such ever has been, and such ever will be the consequences of substituting innocent placentos, or the do-nothing medication, for that which consists in sending a score of physiological devils, in the shape of apothecary stuff, into the stomach, blood, bones, and brains. Dr. Jennings, before removing from Derby to Oberlin, Ohio, disclosed the secret of his remarkable success; and, although his customers were generally still inclined to "stick to the old doctor," it is hardly probable that at this day there are many who have not fallen back into the slough of despond, medically speaking, so difficult it is to induce people to think and act rationally for themselves.

The general plan of the work is sufficiently expressed by its title. We commend it to the general inquirer

after truth; more especially the medical man. It seems to us impossible that any candid physician of the old school can peruse its pages without getting some of the dark and foggy delusions, and musty, unphilosophical theories of that school, driven out of his head, to run, like the swine of an ancient parable, down to the sea of oblivion, and be there drowned out of the recollections of men.

MIDWIFERY AND THE DISEASES OF WOMEN. By JOEL SHEW, M.D. Published by FOWLERS AND WELLS, New York and Boston. Price \$1; postage, 25 cts.

This is a comprehensive, practical work on the subject of which it treats, and is emphatically the "Woman's Own Book." It is written in a plain, common-sense style, so that it can be easily understood by any one of ordinary intellectual capacities; and if it were in the hands of every young lady in the country, and its instructions carefully attended to, it would be the means of saving a vast amount of trouble, anxiety, and pain—aye, even of life, not only of mothers, but of infants—while it would improve the health of the next generation at least a hundred per cent. Older females will derive great profit from its perusal, as all who have suffered will be eager to get hold of any knowledge that will smooth the path of life. This work is just what every married lady has sadly felt the need of, and we recommend all husbands to purchase a copy of it for their wives, at the earliest possible moment. Every humane husband will do so.—*New York Weekly Day-Book*.

[So far as we can judge, from both the editorial notices which this work has received and the commendations of others who have read it, we are satisfied that it will meet the views, wants, and necessities of every woman.]

LOVE vs. MARRIAGE. By M. E. LAZARUS, M.D. New York: Fowlers and Wells. London: J. Chapman. Price .

There are subjects in this world that will be discussed. Slavery seems to be one, and Marriage certainly is another. In every contest some must be foremost, and those who occupy this position are the ones who suffer. The author of *LOVE versus MARRIAGE* was created expressly to be the leader of a forlorn hope, in moral contests. He marches up to the "imminent" deadly breach with inimitable *sang froid*; and when the magazine of conservatism explodes, he takes his blowing-up with the coolness of the Dutchman, who said that, in a steamboat explosion on the Mississippi, the last time he saw a friend of his, was when he was going up, and met Hans and the smoke pipe coming down.

Dr. Lazarus has not simply put his foot in it; he is inextricably in for it all over. Not content with assailing the outworks of the conservative citadel, he has thrown himself into its central stronghold, horse, foot, and dragons; he has penetrated to the *sanctum sanctorum*, and a nice time he is likely to have of it. We claim no gift of prophecy; but our impression is, that he will be treated like some bold intruders into a bee-hive; first stung to death by the whole swarm of critics, and then covered over with wax. Or he may be nailed to the barn-door, like some luckless intruder upon a hen-roost. It will be all one to Dr. Lazarus. He is prepared for any fate; and if utterly demolished, he will stand by, and watch the process with imperturbable and philosophic gravity.

Mr. Greeley, in the Tribune, once bravely said that there was no subject connected with the happiness of man, which should not be freely and fully discussed in that paper. There is surely no subject more intimately connected with human destiny than this of Love. Whether love can exist without marriage, or marriage without love; whether monogamy or polygamy is the law in love relations; whether the social evils that surround us exist in consequence of, or in spite of our

present marriage relations; whether monogamic marriage and the isolated household are the true conditions of human progress and happiness, or the prolific sources of a thousand evils; these are questions that will be discussed, in conversation, in novels, histories, sermons, and philosophical, and even in medical treatises. Conservatism may draw up her aged eyebrows with holy horror—she may purse up her wrinkled lips, and frown through her dusty spectacles; she may stamp her decrepit feet, and gnash with her decaying teeth, or mumble through her withered gums; still the discussion must go on.

If conservatism is in the right; if the monogamic legal marriage is in harmony with nature, and therefore a Divine Institution, it will be so decided; but it is not to be so presumed upon any authority. The case is to be tried. The case, as stated by Dr. Lazarus, counsel for the plaintiff, in his opening plea, in *Love vs. Marriage*, must go to the jury. The defendant, Marriage, must come into court, and plead to the cause in action. The court will give no non-suit, and take no demurrer. The jury must decide the case upon the law and the testimony.

A vast amount of evidence is to be taken. Much of it is embodied in the recent work of Dr. Nichols, entitled, "Woman in all Ages and Nations." This will constitute a portion of the historical testimony. The scientific and medical may be found in his "Esoteric Anthropology." O. S. Fowler will be called on, with his array of facts relating to Hereditary Descent. S. P. Andrews has been summoned, and is preparing to give his evidence on the actual state and results of the marriage relation. We shall have Milton and Luther, Swedenborg and Fourier, Owen and Warren, as witnesses or advocates.

There is no question in our mind that there exists some cause of action. Love has certainly been ill treated and outraged by Marriage, in various ways and on many occasions. It is high time that the matter were brought to the issue of a full, fair, impartial trial. The court must decide upon what terms these parties are to live together, or grant a divorce. In any case, Marriage ought to give bonds to keep the peace. We hope that Dr. Lazarus will press this point, or insist upon a separate maintenance. The trial will doubtless be a protracted one; and fully as interesting as the Forrest case, or that of the Rt. Rev. Bishop Onderdonk. Silence in court. Let justice be done, though the heavens fall; and may we all have a good deliverance. O yes! O yes! O yes! T. L. N.

THE NATIONAL TEMPERANCE MAGAZINE.—This is the only one of our many monthly magazines in which the advocacy of the temperance cause is a leading feature, save one or two, of limited circulation, which are the special organs of some particular organization. For this reason alone, other circumstances being equal, it is deserving the patronage of the temperance community. Several of the ablest writers of the day are contributors to its columns, and, while the nature, causes, and cure of the great curse of intemperance, the constitutionality, morality, and policy of license laws, the necessity and justice of prohibitory legislation, &c., are thoroughly discussed, its readers are kept well posted in all the historical data of the movements of individuals and progress of societies throughout the world. Its contents, as a literary periodical, independent of its reformatory feature, will compare favorably with the best magazines of the day. Each number is embellished with a likeness of some distinguished champion of the temperance reform. Published by P. S. Sherlock, 86 Nassau Street, at \$2 a year.

THE AMERICAN TEMPERANCE OFFERING FOR 1852.—This is a superbly bound volume of 800 pages, published by P. S. Sherlock, 86 Nassau Street. It is embellished with excellent engravings of many distin-

guished leaders in the temperance reformation, and of several prominent members of the order of the Sons of Temperance, besides pictorial illustrations of various subjects. Its reading matter is sound and progressive on the great question of temperance, and varied and instructive in its general literary character. As a gift-book or keepsake it ranks among the most ornamental in appearance, as well as among the most unexceptional in the moral tone of its articles, that have emanated from the press during the current year. The price is \$3.

#### REVIEW OF THE WATER-CURE JOURNAL for October. By A CRITIC.

[An up-country reader, and self-constituted critic, sends us the following review of our last number. We have rejected several previous communications from this source, regarding them as wrong in philosophy, and not adapted to our pages. But we presume our able contributors will not take offence on reading this review, while subscribers may be amused, if not instructed.]

GLIMPSES OF POPULAR PHYSIOLOGY. By Dr. NICHOLS. We cannot endorse the views therein advanced. They are fatalistic. For, if a man is born with a certain fixed unfavorable conformation of head, how is he to change it? and how can he be held responsible for misconduct? Besides, it has not yet been proved to my mind, that the brain is the organ of the mind, nor that a "big head" contains more wisdom than a little one.

One other point. The idea of treating criminals as therein recommended seems preposterous. To convert our jails and prisons into "asylums," may be a pleasant reflection for thieves, robbers, and murderers, but it would never satisfy those who have been their victims. No; let such wicked wretches be punished. "He who sheddeth man's blood," &c.

[It may be that "A Critic" has not informed himself on the subject of phrenology; and if not, his opinion is good for nothing. The manifestation of mind must depend on organization, and this theory is now adopted by learned men of all nations. In our own country, by such men as Professor Silliman, Professor Hitchcock, and others. But we shall leave Dr. Nichols to defend himself; remarking, however, that we prefer not to devote this Journal to a discussion of that subject. Those who wish to peruse it further, will find the "pro and con" in numberless volumes long since published.—EDS.]

PHYSICAL DEBILITY TRANSMISSIBLE. By J. GEARDE. —Tinctured with the same doctrines which we have just opposed. It seems horrible, indeed, that a child should inherit the diseases, deformities, and evil tendencies of its parents. Yet it cannot be denied that "it is natural for children to take after their parents." This subject is a very important one, and we hope to see it further elucidated.

WATER-CURE IN FEVERS. By Dr. FREASE.—There can be no doubt of the superiority of hydropathy, in all cases of fevers. What is fever, but an access of heat? And what will cool it sooner than water? Certainly not drugs, nor leeches, nor the lancet. In this disease does our system "work like a charm."

THE INTERNAL PROCESS OF TAKING COLD.—More true philosophy is contained in that article than has come under my observation in all the medical works I ever read; and I have been a careful reader for more than twenty years. Give us more of the same sort. There must be more where that came from. It must be exceedingly gratifying to the publishers and advocates of this comparatively new system, to receive such hearty commendations from the leading and most influential body of public men—viz., the editorial endorsement. The Encyclopædia seems to find favor with every one who reads it. "A friend of the cause" has circulated some thirty copies in this neighborhood.

CAUSE AND EFFECT.—We have no taste for this sort of machine-poetry. It may be well enough to point a moral, yet truth needs no adornments. Perhaps I have not the "phrenological bumps" to appreciate the "ideal." ["Critic" does not seem to realize the fact that there are "many men of many minds," and that the most powerful argument may be conveyed in rhyme.—EDS.]

VOICES FROM THE COUNTRY.—This is what I like;—but why not publish names of writers in full? [Because we are not authorized to do so, and it might be annoying.—EDS.] It is well to let those in one section of country know how the cause progresses in other parts. Then, too, it is strengthening to read those thankful acknowledgments for benefit received by reading the Journal.

SCALDS AND BURNS.—A good case. But the "nub of the joke" is, that the writer had made such a saving to his purse, in his family of thirty, by reading the *Water-Cure Journal*. Such facts as this seem to tell as well "down South" as "down East."

AN AGEE SORE.—A good challenge for the "regulars;" which, by the way, will never be accepted, and never can be successfully defended.

REASONS FOR BECOMING A LECTURER. By Mrs. TORRETT.—A sad experience has been hers, yet it has been the same with countless thousands who have populated graveyards with human buds, which never blossomed. How deep must be the anguish of that mother's heart when compelled to suffer such bereavement! Surely, under such circumstances, it is a relief to charge it upon a "mysterious providence." Her reasons for becoming a lecturer are ample. May she be sustained and rewarded.

DRESS, DISEASE, AND DOCTORS.—Worthy of attention,—especially by those things who pride themselves on doing nothing, and knowing nothing but to dress, spend money, flirt, get co't, when setting a trap for some dandy dither. Let sensible women manage this matter of dress to suit themselves; but if they must go to Paris for their fashions, why, then, they must suffer the consequences and penalties which are inevitable—small waists, and premature death.

THE TRUE BALM OF GILEAD.—A desperate case; and, if not overdrawn, most remarkable. The lady evidently owes her life to the water-cure.

PHYSICIANS vs. REFORMERS.—An unfortunate truth. "Old school doctors" will not give up their practice until compelled to do so. They have paid too much for their education to let it go without a struggle. But "the people rule" in this as well as in all other matters. All reforms must begin, and be carried on by the people, not by the professions. This is in accordance with the nature of things. Old "trades" must be abandoned, when new inventions introduce a more excellent way. Allopathy old; hydropathy, new.

OCTOBER GATHERINGS. By Dr. TRALL.—Some capital hits. "By their own words shall they be judged." The allopaths are evidently losing ground, nor can it ever be regained. It may be counted as so much "lost time." But Dr. Trall shows no mercy, not even to a vanquished foe. He seems determined to "drive them out" with "hammer and tongs." I do wish he could engage some regular champion of the old school in a steel-pen combat, and use the *Water-Cure Journal* for the fighting ground. Such a battle would settle the matter; and, if Saddle Bags should get the better of Wet Sheets, we would be content to wear a blister plaster the rest of our life. But we guess Saddle Bags would get a "soaking."

PUBLIC LECTURES.—Yes, give lectures in school-houses. Why, it is a fact, but not generally known, that this is the only natural and proper way of communicating information. No other process can be compared with this. Look at New England: there they lecture the people on all subjects of general interest, from agriculture, horticulture, and architecture,

down to raising chickens. Every subject worthy of attention is lectured upon, and everybody likes to hear lectures: so bring out your water-cure lecturers, male and female. There is a growing demand for them throughout the country.

EXTRACTS FROM THE DIARY OF A NEW ENGLAND PHYSICIAN. By NOGGS.—Vivacious and pathetic. Poor old "Sam," who had his tooth extracted, and poor "Webber,"—it is a wonder he did n't "settle Noggs's coffee," after being salivated almost to death. But, poorest of all, was "Eben." He was a martyr; and Noggs should, even now, prepare to adjust his final account, for when he meets Eben in the spirit world, he may have to answer for the deeds done here in Eben's body. But we shall leave Noggs to answer for himself, as all other doctors will have to do, in the dreadful time coming. Glad we have got through giving medicine; should prefer to be a sheriff, for then the law would be in our favor.

As for the balance of the Journal, there can be but one opinion. Very sober people should not read the "VARIETIES," for it would make them "laugh," and that would be a "bad example."

WHITE BLACKBERRIES are a "down-East" production. It would not have been so singular if they had produced "blue" blackberries, or black blue-berries, for they are fairly entitled to anything "blue."

THE CONTRAST.—Evidently more "truth than poetry" in those two pictures. They convey most vividly the principles of life, health, and happiness, advocated in the *Water-Cure Journal*.

## Miscellany.

### GOSSIP FROM OHIO.

BY A PLOUGHBOY.

[EASTERN Lecturers have a "call" in the following, and we hope many will respond. Ohio is a ripe, full-grown State, inhabited by intelligent and liberal-minded people, who are, for the most part, well provided with all the necessities of life; and is, in all respects, ready for all the Improvements and Reforms. But hear the PLOUGHBOY:]

A "poor man," an inveterate tobacco-chewer, and his better-half, a three-times-a-day coffee-drinker, who subscribed for the Journal a few months since, has lately cast the foul trash to the dogs; and his wife is "trying" to dissolve partnership with the coffee—has about succeeded—and her cranium shadows forth her ability to "stay quits;" thus they'll save \$10 a year by eschewing these worse than useless articles. They think the W. C. J. "pays," or rather saves, expenses.

MR. HINE, of Cincinnati, is lecturing on "Buckeyes" on Land Reform, puts a powerful "shoulder to the wheel" of Progress, and hesitates not to "call things by their right names." But we haven't got "stumpers" enough out here; "the harvest truly is great, but the laborers are few." Can't "you Eastern folks" send a lot of real lively, earnest, thoroughgoing spirits to give us a general waking-up on the subjects of Hydropathy, Phrenology, Physiology, etc., &c.? For we understand there's plenty of them in Yankeedom.

I will give you a few "cases" which have come under my notice.

CASE 1ST.—FEVER: Patient a young married woman; treatment allopathic. Case lasted several weeks, when Death stopped in and closed the scene.

CASE 2D.—TYPHUS FEVER: Patient a young woman of good general health; treatment allopathic. Case lasted three weeks. Termination, death.

CASE 3D.—BILIOUS FEVER: Patient a young man aged 20, of strong constitution, and good general health. Three weeks' allopathic treatment; but as he kept getting "weaker and worsor," he dismissed

the doctor and his medicine; gradually recovered, and in two weeks was well again.

CASE 4TH.—**TYPHUS FEVER:** Patient a young woman, of rather slender constitution; treatment allopathic. Termination, death.

CASE 5TH.—**AGUE FEVER:** Patient an elderly lady of weak constitution; system racked with "many maladies;" treated quite superficially with a mixture of grannyo and hydropathy. Convalescent in three weeks.

CASE 6TH.—**CROUP:** Patient a child. Treated two days with the hottest of the hot things from the hot laboratory of Thomson; kept "getting no better very fast," when the treatment was changed, and Hydropathy was given a thorough trial, and effected a cure in less than 24 hours!

CASE 7TH.—**CHILLS AND FEVER:** Patient a girl aged 9; treatment, Hydropathic; case lasted three days. Termination, DEATH—not of the patient, but of the DISEASE. [Ohio, U. S. A.]

### OUR CAMPAIGN DOCUMENTS.

INSTEAD of flooding the country with political documents, with a view of giving office and the spoils of office to ambitious or corrupt men, we prefer to put every one in a way to legislate "for the real good of the public," rather than for the aggrandizement of personal office-seekers. Give a community the following conditions, and the millions of money now wasted, and the immense loss of time worse than wasted, might be saved. But what are those conditions? We answer, HEALTH, INTELLIGENCE, AND MORALITY.

By securing the first of these conditions, an immense saving would be made in several ways. The millions annually paid for drugs, leeches, and other doctor stuff imported from foreign countries, together with all the pills, plasters, powders, the sarsaparillas, sodas and slops, liverworts, lotions, and lozenges, castor oil, croton oil, and cod oil, not to mention an endless catalogue of other new medical inventions, got up by unscrupulous swindlers, with no other motive than to rob the innocent, ignorant invalid of his money, even though it may cost his life. We repeat, here is a vast loss to the world, all of which grows out of that unnatural condition, called sickness, which might, in the main, be avoided.

Second—Every child should be made acquainted with **PHYSIOLOGY**. It should be the first lesson at home—the first in school. The effects of over-eating should be pointed out. The first symptoms of illness should be explained—the causes given—(not charged to a mysterious providence)—and the child would be guarded against a repetition of similar wrong-doing. Add to this a knowledge of the civil law, and you place the child, the youth, and the man beyond the reach or necessity of doctors or lawyers. What a boon! what a blessing!! And it may be secured.

Third—Teach the child to be honest, just, and generous. If well organized, he will be devotional, without being whipped to say his prayers. Teach him his duty to himself, and his duty to others. Prove to him that it is "more blessed to give than to receive;" that selfishness is low, mean, and contemptible, and that generosity is high, holy, and honorable. Teach him to forgive an injury, and seek to do good in the world.

We may approach these conditions, if we cannot realize them in fulness. Good men act from higher motives than fear of the common law. They have no occasion to defend themselves before a court of justice, though in the present state of things they are sometimes compelled to this course by unjust and designing men. It will not be denied that ignorant people are advised to "go to law," when it must necessarily result disadvantageously to themselves.

Then let us strive to make the people of our community HEALTHY, INTELLIGENT, AND MORAL. Industry, prosperity, success and happiness will follow.

This is our political platform. This is the interest we shall labor for, vote for, and elect if we can. Who will join our party? Men and women of all nations, of all religions, of all conditions, are invited to join our ranks—subscribe to, and circulate, "OUR CAMPAIGN DOCUMENTS."

ON THE ANXIOUS SEAT.—[We cannot withhold from our readers the following good-humored strictures on the Water-Cure Journal, from a "Regular," who has not yet become a convert or a subscriber. But the candor and good feeling which he exhibits induces us to believe he soon will become both. But here is his letter:]

Air-mount, Clarke Co., Alabama.

GENTLEMEN—I am a "regular physician," (one of the much abused regular physicians. I am not a subscriber to your Journal, (the Water-Cure), but some numbers of it have fallen into my hands. I have read them with much interest. Indeed, your Journal is more than spicy—to call it thus, would be but faint praise: it is decidedly *peppery*, too much so, I think, for a Cold Water Journal. But to speak seriously, I think more of Hydropathy than I do of any of the exclusive systems of the day. I admire your Journal in some respects, and would subscribe for it, if you would rely more on the intrinsic merits of your cause, (for it certainly has merits), and become less abusive; but I have no idea that I will be able to "reform" you in this respect, and must therefore withhold my patronage. I must say before concluding, that you give it to the steamers and the patent medicines so handsomely, that it almost reconciles me to my share; still I am only almost persuaded. But what care you for this? Still I predict that you will yet learn that you are not pursuing the best plan to advance your system.

Enclosed I send you 25 cents for your work on Chronic Diseases, especially the Nervous Diseases of "Women." The 25 cents will, no doubt, be more acceptable than my strictures. JNO. S. WILSON.

[Now we cannot engage to let the "regulars" alone, on any conditions whatever. We neither seek nor expect their patronage. Our object is to overthrow, break up, and destroy their practice; that is to say, the practice of dosing with poisonous drugs. We shall make no compromises, show no quarters. Calomel and Co., as well as Patent Pills and Blood-suckers, are our natural enemies. They have invaded our homes, impoverished our pockets, depleted our bodies, and destroyed the happiness of our families. They must be exposed. Have they not had a fair trial? and have they not been proved guilty? Then why should they not be driven out from the face of the earth, and from among men?

Our friend and adviser, J. S. W., whom we quote above, thinks the Journal "*peppery*." Now we plead not guilty to that insinuation. We never use the article. Our ammunition is produced by a process quite different from that used in allopathic Journals. Ours is "*purely vegetable*."

Again, J. S. W. thinks we are not "pursuing the best plan to advance our system." Indeed! perhaps he will have the magnanimity and condescension to tell us wherein we may more effectually upset his "theory and practice." But that would be asking a little too much.

Hoping he will excuse us for the liberty we have taken with his letter, we remain most thankfully and hopefully his Friends.—EDITORS.

P. S.—When he writes again, may he relate his experience, acknowledge his conversion, enclose a remittance, and become a life-subscriber, for the WATER-CURE JOURNAL AND HERALD OF REFORMS.]

WATER-CURE FOR HORSES.—[THE AMERICAN VETERINARY JOURNAL, published in Boston, by GEORGE H. DADD, M.D., has the following notice:—

The Water-Cure Journal and Herald of Reforms' Devoted to Physiology, Hydropathy, and the Laws of Life. Published by Fowlers and Wells, No. 131 Nassau Street, New York. Price \$1 per annum.

The perusal of a few pages of this *Simon Pure* monthly has just cured us of the blues. In hydropathy we have great faith, and would rather submit to be *packed* in a mountain of sheets for one month, if it were necessary, than swallow a dose of "good old-fashioned doctor's stuff"—calomel. A little more water, and less physic. "Them's our sentiments." The principal objection urged by a witty fellow against hydropathy is, that at the time of the Deluge it killed more than it ever cured. But then its friends urge that all were saved that were worth saving. Hence they have the best of the argument.

In the practice of veterinary medicine we have, in the treatment of strains, recent muscular lameness, laminitis and superficial inflammations, resorted to cold water by bandage and otherwise, and generally with good effect. We have applied it (water) to the head in phrenitis; to the throat, in laryngitis; to the eye, in iritis; and to the bowels, (internally per rectum, and externally, per abdomen,) in enteritis, and in many cases we have thought that it afforded relief. Hydropathy is not so well adapted to veterinary practice as it is to human. Yet very many diseases, to which horses and other animals are subject, might, no doubt, be cured under a judicious system of hydropathy.

We perceive by the present number of this Journal that "*water-cure*" establishments are multiplying throughout the length and breadth of these United States, and also that a growing interest is manifested in the science.

The Journal is conducted with ability—abounds in valuable information; and friend and foe to the principles it advocates will be benefited by its perusal.

GOOD LOOKING.—It has been said that "good looks" have much influence in producing a favorable impression on the minds of strangers. And we are charged by our opponents with an excess of this quality, while we are commended for the same by our friends. We refer, of course, to the "good looks" of the Water-Cure Journal, when compared with many other publications. We do not, however, sacrifice the merit of solidity, life or vitality, to mere external appearance. "A sound mind in a sound body" is our motto; and we think it proper to clothe sound thoughts and principles with a good, clean, becoming dress—such, for example, as pure white paper, clear plain types, bright black ink, and a trim, tidy, comfortable and well-arranged suit. With these fixtures and appurtenances, we are not ashamed or abashed when we appear in public, as we should be had our dress a slouchy, slovenly look.

Of our conversations, discussions, statements, poetic, theoretic, and practical lucubrations, emanating from divers minds, we have nothing to say—leaving that matter with our antagonists and admirers.

In the main, our efforts have been, and will continue to be, for the instruction, reformation, and improvement of our readers and the public at large. But while we do this, we shall, at the same time, "study to please." Our engravers are now at work, preparing a series of COMIC ILLUSTRATIONS, with which to "shake the sides" of our subscribers and the pockets of the doctors, and drive home with a heavy hammer some truths which will "show up" the absurdities of those who make a trade of the healing art. This matter will be served up with suitable fixings, and a "jolly good time we will have."

We consider it justifiable in thus availing ourselves of every honorable means to bring into disrepute every evil with which mankind are, have been, or may be afflicted; and it is our fixed purpose, with the co-operation of our fifty thousand subscribers, to break

up and clear out the dangerous and destructive drug practice. Then look out for our forthcoming PICTORIAL COMIC LIFE OF DR. FORCERER SKOLIC, M.D., which will appear in the course of two or three months.

**GRAPES.**—We have been favored with a neat little box full of delicious grapes, from the vineyard of the NEW LEBANON SHAKERS, Columbia county, New York, sent to us by EDWARD FOWLER and PHILEMON STEWART.

The early royal Muscadine, of the three varieties received, Sage's mammoth, and Lowel's imperial, we regard the Muscadine the best. It is thus described by our Shaker friends:—

"This grape ripens nearly a month earlier than the Isabella, is perfectly hardy for this northern latitude, and very productive, being a sure bearer; the fruit high flavored, and very delicious, pronounced by the most competent judges fully equal to the Isabella, when ripened to perfection."

The roots of this variety are sold at a dollar each, and may be obtained as above.

**SAGE'S MAMMOTH** is a magnificent looking fruit; but we do not think its quality at all comparable with the Isabella, Catawba, or Muscadine. The sample sent us of the mammoth was not sufficiently ripe to enable us to form a correct opinion of its quality.

We shall endeavor to test all varieties of the grape, and point out to our readers the peculiarities of each; and, at the same time, give them a dissertation on the medicinal effects of this fruit on the human system. The subject is full of interest and importance.

Mrs. Elliott, of Jersey City, a few days since, gave birth to her twenty-third child! Both are doing well. The age of Mr. Elliott is 55, and that of Mrs. E. 50. They have been married about 30 years.—*The Papers.*

So much for living in obedience to the natural laws. Now suppose Mrs. Elliott had been "fashionably educated," at a fashionable ladies' boarding-school, and had adopted the latest Paris fashions, including tight lacing, long, heavy skirts, a big bustle, thin shoes, with all the accompaniments, who believes she *could* have become the mother of TWENTY-THREE live babies! and that, too, without the aid of patent pills, or "pure genuine cod-liver lard oil."

But women have other duties to perform in this world, besides "multiplying and replenishing the earth;" and we think over-doing may be quite as disastrous in some cases as *under-doing*.

DR. PRESCOTT has opened a beautiful Water-Cure Establishment in Winthrop, Maine, which, we are informed, is liberally patronized.

**PHYSIOLOGY IN MINNESOTA.**—An able writer, C. L. A., is publishing a series of excellent articles, under the title of *HYGIENE*, in the *St. Anthony Express*, a weekly newspaper, printed at St. Anthony Falls. This is a good omen, and promises well for the health of the Minnesotians. Teach the people physiology, and both drugs, doctors, and patent medicine shops will be without demand. We hope C. L. A. will continue in the good work; and when tired of writing, go to lecturing, and thus keep the subject "before the people."

**FATAL EFFECTS OF TAKING HIS OWN MEDICINE.**—Dr. Stiles, of Claiborne, Mississippi, took a dose of strychnine, a couple of weeks ago, by mistake for quinine, and died in ten minutes afterwards.—*Evening Post.*

Such accidents do not often happen. It is seldom that a doctor gets caught in such a trap. His victims on whom he experiments are *not* of his own family.

**AMERICAN HYDROPATHIC INSTITUTE.**—The third term of this medical school of Water-Cure commences at "Prospect Hill," Port Chester, near New York, on the 1st day of November, with a large class of earnest

workers in the cause of reform. The future arrangements of this institution, for physical and intellectual development, are contained in a prospectus, which every friend of education should take the means to procure. It may be obtained of Dr. Nichols, at Port Chester, or at this office.

**A NEW WATER-CURE.**—We are informed that Dr. ALEXANDER BEATTY is about to open a new establishment at Medina, Medina county, Ohio. We shall give a further account of this commendable undertaking when ready for use.

**A WATER-CURE SOCIETY.**—We learn that the ladies of this city, who, for some time past, have been organizing a society of the friends of Water-Cure, will hold their first re-union this afternoon at 4 o'clock, at the school-room of Miss Bradford, No. 20 Greene street. We are informed that the ladies interested have already secured the foundation of an excellent library, to be composed of books calculated to produce sound practical benefit; and those ladies who desire to become better acquainted with their own constitutions, and feel disposed to engage in the work of forwarding a proper system of female physical, as well as mental, education, will be welcome to participate in these social re-unions.—*Trenton True American.*

**ONLY SIX CENTS A YEAR.**—This looks more like "cheap postage." Our fifty thousand subscribers will rejoice to learn that the lawful postage on the Water-Cure Journal to any post-office in the United States, is but

"SIX CENTS A YEAR," payable by the subscriber at the office where received. This is according to the rates established by the New Law passed by Congress at the last session, and took effect on the first of October, 1852.

SUBSCRIBERS will no longer suffer from exorbitant postage on either this Journal or on books sent through the mails.

BOOKS, bound or unbound, of not more than four pounds each, one cent per ounce under 3,000 miles, and two cents over 3,000, to be *pre-paid* by the publishers.

LETTER POSTAGE remains unchanged—namely, Three Cents, pre-paid, and Five Cents when *not* pre-paid. The practice of pre-payment has now become almost universal among all "well-bred" people. Now that we have within a few years brought letter postage down from a quarter of a dollar to three cents, let us be thankful, but work for a still lower rate—viz., PENNY POSTAGE for letters, and Water-Cure Journals FREE.

**TYPHOID FEVER.**—A lady by the name of Ward, residing in Winchester, (Mass.) while suffering from an attack of typhoid fever, suddenly left her bed on Friday, in the absence of her nurse, and ran into the yard, where she removed the planks from a well, and throwing herself into the water, was drowned before assistance could be rendered.—*N. Y. Evening Post.*

[Evidently crazed by the raging, burning fever, and, in all probability, denied even a drink of cool water by her wise old hunker doctor. We should be glad to have the particulars of this sad case. Water, judiciously applied, internally and externally, will cure this disease.]

**A VEGETARIAN DEPARTMENT.**—It has been proposed by a number of our readers, patrons and contributors, that we open a new department in the next volume of this Journal—and appropriate, say not less than two pages of each number, to the discussion of VEGETARIAN DIETETICS. In this department, each writer will appear under his own proper name, and be alone responsible for what he writes. There is much interest felt in this subject, even by those who prefer a mixed diet, and we hope to be able to give the *pro and con* of the whole matter—including the use of all

varieties of fruits, nuts, plants and vegetables, and of fish, flesh and fowl.

What say our subscribers? Would they like to know the chemical composition of the various kinds of food they eat, as well as the physiological and medicinal effects which it produces? Shall we lay open this whole subject? We await the voice of our patrons and co-workers. PUBLISHERS.

**ONE NUMBER MORE.**—The next number closes the fourteenth volume of the Water-Cure Journal.

Those whose subscription commenced in January, 1852, will then have received the Journal one year.

Those who commenced in July, 1852, will continue until July, 1853. We feel that it has been but a brief period of time since the present year commenced—but those months, weeks, days, hours and moments will never return. Our hope must always be in the future. Let us study and reflect on the importance of TIME, and let us so appropriate our moments and our years as to accomplish the greatest possible amount of good while we live. But we are off from our subject. It becomes necessary for us to notify our co-laborers of the fact, that a new year and a new volume are near at hand, and to ask them whether or not we may expect the pleasure of their company another season.

"FOR LIFE" has been written on the top of many letters, which we have received from those who have travelled with us from the commencement of our journey. Others are but new converts, having scarcely given us a trial, but who, we are convinced, will find our company not expensive, but far more economical than that of others, with higher pretensions to the administration of medical science.

Our future prospects are far more glorious than at any previous period. In our next we shall further discourse on this subject, but in the meantime solicit our faithful van-guards to be vigilant in building up the cause of physical, intellectual and moral reforms throughout their neighborhoods. Let each one be prepared to prove the divinity of his mission by spreading broadcast such truths as he possesses for the benefit of the unenlightened.

## Business Notices.

**SOME GENERAL NOTICES.**—When a subscriber changes his place of residence, and wishes the direction of the Journal changed also, he will please state at what office he has hitherto received it.

**BOOKSELLERS AND AGENTS.** residing at a great distance from New York, will do well to supply themselves with books for winter sales, before navigation closes. It is now a good time to make up and send in orders.

**NEW VOLUMES OF THIS JOURNAL** commence on the first of JULY and JANUARY of each year. All who wish to continue subscribers will renew their subscriptions at the end of the year, as it will be sent no longer than paid for.

**BACK VOLUMES OF THE WATER-CURE JOURNAL** from the commencement we can no longer furnish in complete sets; but we have a few extra numbers of broken volumes, which we will furnish gratis to those who desire them.

The only way to secure a complete file of this Journal, is by subscribing for it at the beginning of each volume. The Journal is not stereotyped.

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

LETTERS AND ORDERS addressed to the Publishers, should be plainly written, containing the name of the WRITER, POST OFFICE, COUNTY and STATE. This would prevent mistakes.



MONEY on all specie-paying Banks may be remitted in payment for this Journal. Drafts or checks preferred.

SUBSCRIBERS can mail one, two, three, or more Bank-notes in a letter, including stamps, and not increase the postage.

CLUBS may now be formed in every neighborhood, throughout our country, and be forwarded at once to the publishers, for the new volume to be commenced on the first of January, 1853.

ALL LETTERS and other communications, designed for this Journal, should be POST PAID, and directed to FOWLERS AND WELLS, Clinton Hall, 131 Nassau-street, New York.

**BUSINESS**—Physicians, who have been engaged during the past summer in northern Water-Cure establishments, which will be closed during the winter, may, without doubt, find employment in Southern Cities. Such as are disengaged, would do well to announce the fact by advertisement, giving the post office address, and such references as would be expected by strangers, who may wish to locate or employ them.

### TO THE READERS OF THE JOURNAL.

Each for the last few years has been the intimacy of intercourse between you and myself, that though I speak of the *CAUSE* in a way which involves considerations somewhat personal to myself, I am bold in the hope that it will not be a matter of indifference to you. However, lest any should be sensitive, and to avoid all cavil, I will secure this article an insertion by paying for it as an advertisement, and claim the right to speak as I shall speak, on that ground alone.

To the Water-Cure Reformation I am pledged heart and soul, reputation and purse. To me it is the loftiest Evangel I know, embodying, as it presents itself to my conceptions, "GLAD TIDINGS OF GREAT JOY" to the human race. It is destined to do more for human redemption than any single agency the world has ever known. Like myself, my wife, and my children, I want you should be pledged, heart and life, character and money, to this enterprise. To do this you must *live rightly yourselves*. Example is well nigh omnipotent; at least it is contagious. Set a good example, and it will aid to win others and protect you. You can educate your bodies into simple habits. You can abandon tea, coffee, alcohol, spices, pork, pastries, and *drugs* as beverages, foods, and medicines; and so bring your bodies into subjection to physical law, thus securing yourselves against disease. All the discomforts arising from a position like this, you should bear philosophically. The *CAUSE* is not able yet to carry its friends. They must carry it, and be patient and true. The sun does not more certainly rise to-morrow to bless us with its beams than this Reformation will shelter and shadow our race from the pestilences that in the shape of common diseases now waste it at noon-day.

To be a Hydropathist *note*, in the esteem of many, is to be a fool. The day will come when *not* to be one will be evidential that a man is unwise. Let us bide our time. Meanwhile, having made ourselves right, let us *preach* righteousness. In our districts, neighborhoods, villages, cities, and towns, let us all protest solemnly against those habits and practices that predispose to kill—which break down the forces of the organism antagonistic to disease—and so let in upon it ailments which destroy it as wolves do sheep in a fold. Your farmers who kill and eat hogs whose livers are ulcerated, let them understand how horrible is the practice. Your old or youthful neighbor who uses rum or tea and coffee as a beverage, or chews or smokes tobacco, show him how wicked he is to stupefy the nervous system, which to the other parts of the body is both main and hair spring. Your girl who compresses her waist, thus injuring her chest and abdomen, tell her she is shortening her days. Be preachers, not Ajaxes nor battle-axes, but kind and gentle admonishers, whose hearts are in this work, and whose tongues are humid with persuasiveness.

Let us not only preach ourselves, but let us send our Water-Cure Gospel to the heathen of our bright and sunny land. Tens of thousands die annually for want of the teachings of the Water-Cure Journal. Brothers, sisters, it is a shame to us of the true faith that this paper has only 50,000 subscribers. We ought to, and can, by some sacrifice, quadruple this number. The evenings of autumn are on us; winter will shake the hoar frost from his shaggy front in our faces before long, and we shall have ample opportunity to speak a good word for the Journal. Let us do it. We ought through

it to be affiliated—made a band of brothers and sisters throughout the world; not understanding each other by passwords and grips, but linked together by common love of the *true*, and dislike of the false, and opening our purses to scatter light, and our hearts and hearth-stones to diffuse warmth and courage to the weak and feeble.

Now, too, let us have lectures in our neighborhoods. There are able men and women who can speak for the cause. Apply to them, and, if possible, obtain their presence in your midst to teach the people the truth, to show them a more excellent way than drugging themselves when sick, or gluttonizing themselves when not sick.

Be true to the philosophy which underlies the reform. Our philosophy has fundamental principles. To these principles we are bound. Our false positions cannot make our principles false; nor are the latter to suffer from our failure to apply them wisely. Amongst others these are fundamentally true:—

1st. That drugs have no direct or auxiliary curative power over human disease, and are therefore useless.

2d. That drugs which are powerful over the human system are proportionally *poisonous*, and therefore to be avoided.

3d. That water as an auxiliary in the cure of disease, when used either externally or internally, other things being equal, is potent just in proportion to its freedom from mineral, earthy, or vegetable matter; that therefore soft is better than hard water, pure is better than mineral water, whether as a detergent or a drink, and whoever hints or affirms to the contrary does all that can be done to break down the partition wall between hydropathy and drug medication, and so destroy the only philosophical system of hygiene the world has ever seen.

4th. That atmosphere which is bracing and equable is better, for the healthy as well as for the sick, than an atmosphere which is foggy and variable; and that whose wishes long life either through continuing to be well or recovering from ill health, should always take this truth into account in seeking his location. Air and water have vastly more to do with sustaining or destroying life than most people imagine. It is time they were intelligent on the subject.

5th. That a diet which is nutritive and does not excite the nervous system is better than one which is nutritive and exciting; and that this is especially true for persons of sedentary habits and much given to thought.

6th. That exercise cannot be taken under water treatment loosely or without special reference to the strength and endurance of the person treated.

7th. That baths, as to duration, frequency, and temperature, are to be administered with strict regard to the vital energies of the patient; and that therefore those who administer, as well as those who prescribe treatment, need to know and be able to discriminate nicely the morbid states in which the patient may be.

8th. That all forms of disease, saving those which are strictly surgical, are more safely, speedily, and easily cured by the water treatment than by any other method now known.

Such are some of my fundamentals—not mine because originating with me, but mine by adoption—mine, because I have made them mine by proving their truth to my entire satisfaction. By adhering to them I have made what of reputation I have: what that reputation is let the following statement show:—

In twenty months I have had 521 patients. Of these there have been decidedly benefited or entirely cured, 481. Of the 40 who were not benefited 21 were too transient to receive any impressions from the treatment, 6 left the Glen from disaffection, and 13 were incurable. Of this last number 2 died. The whole number has been divided about in the ratio of five eighths males to three eighths females. Now I attribute this success—for let who will challenge it, it is worthy of the name of *success*—to the fact that the water at the Glen is as good as can be found on the continent, to the extraordinary salubrity and balminess of the air of the Glen, to our seclusion which acts like a charm on the nervous patients, to the able coadjutors which, excepting Mrs. Jackson, who is my other self, I have taken great pains to employ, and to the uniform and united consecration which we have exhibited before our guests to our principles. Besides my wife and self, there are employed in the medical department Dr. W. S. Bush, who is a physician of great promise; Miss Harriet Austin, a graduate of Dr. and Mrs. Nichols, and a lady not easily surpassed in professional qualities; and Miss Martha Judd, who has been a student of Mrs. J. and myself for a year, and will receive at our hands a certificate at the end of another year.

We concentrate this force in our department, because we think sick people need close attendance, because the attendants should be educated and trained for their work, because we think it the way to inspire public confidence and to make a reputation, and this latter we are all of us determined to deserve and to get. Last year we had patients from ten of the States and Canada. This season, since the 1st of March, we have had patients from Maine, New Hampshire, Vermont, Rhode Island, Massachusetts, Connecticut, New York, New Jersey, Pennsylvania, Washington city, Virginia, Mississippi, Ohio, Illinois, Indiana, Michigan, Wisconsin, and Canada, making seventeen States and Canada. These men and women have come to us from distances rating from 100 to 1900 miles; and, with the exception of the transient, the incurable, and the six who left us from disaffection, they have left—those who have gone—in better health and with better views of life, and are true and good friends of the water-cure this day.

We are now ready to receive patients for the winter. To those who may wish to spend the fall or winter with us, we promise

"A home 'mid the mountains,"

where Nature, with our poor assistance, contrives to work out of jarring human heart-strings some of her sublimest melodies. We promise warm welcomes and the kindest attention from us all.

The route to reach us is on the Albany and Buffalo Railroad to Skaneateles, at which place, when the boat shall not run, inquire for Mr. James Tyler, who will send persons to the Glen comfortably, cheaply, and safely.

Our post office address is, Scott, Cortland Co., N. Y. For the proprietors, J. C. JACKSON, M.D.

**STEAMER CITY OF HARTFORD.**—[Our correspondent H., writing from Deep River, Connecticut, sends us the following:—]

"I have observed, in many of our public journals, favorable notices of this new Steamer, plying between New York and Hartford, Conn., and having occasion to visit the commercial Metropolis, I took passage on this favorite boat, and found her in all her appointments to exceed my expectations, and fully justify the representations I had heard and read of her construction and management. The officers are well known as capable, and accommodating to all; and I am pleased to see that such a 'floating palace' is duly appreciated by the travelling public."

**THE MAINE LIQUOR LAW.**—The publishers of the Water-Cure Journal have issued the most beautiful edition of this Document, in eight 12mo. pages; containing also the famous Letter of PROF. MORIS STEWART, of Andover, and the Quarterly Report of the Mayor of Portland, showing the "Working of the Law." By HON. NEAL DOW. Which will be sold in packages of

1000 Copies for Four Dollars.  
500 Copies for Two Dollars.  
200 Copies for Seventy-five cents.  
100 Copies for Fifty cents.

Temperance societies furnished by the Ten thousand, at cost for paper and printing. Duplicate sets of Stereotype plates may be had at the cost for stereotyping.

Temperance men, and Temperance women, who would aid in restoring respectability and comfort to numberless families, who have been degraded and pauperized by the abomination of Intemperance, in the use of alcoholic stimulants, may do good service by circulating gratuitously copies of this modern miracle—The Maine Liquor Law. Friends of Temperance! how many copies will you have? How many can you afford to give away for the restoration of a fallen Father—Mother—Brother, or Sister? Will you have a thousand?

**THE WATER-CURE JOURNAL** is a work which should be in the hands of every family in the land. Depend upon it, the subscriber will be more benefited than the publishers.—*Columbia Democrat*.

Well, this is also *our* opinion, and we will venture the "guess" that it will be found a money-saving business with most subscribers.

**THE AMERICAN PHRENOLOGICAL JOURNAL.**—Devoted to the general diffusion of such knowledge as tends to make mankind wiser, better, and happier. Each number contains twenty-four large quarto pages, beautifully printed on fine paper, fully illustrated with Portraits, Physiological Drawings, Engravings of Machinery, Agricultural Implements,

Animals, etc. The contents are various, and adapted to all classes. It comprises articles on Phrenology proper, Animal Phrenology, Physiology, Biography, Sketches of Illustrious personages, Agriculture, Horticulture and Mechanics, Reviews, Passing Events, a Home Department for family reading, Miscellany, &c., &c.; a perusal of which cannot fail to be both instructive and entertaining.

This is one of the cheapest scientific Magazines in the world, being furnished at the exceedingly low price of One Dollar a year, in advance.

A new volume will be commenced in January, 1853. Address, post paid, FOWLERS AND WELLS, Clinton Hall, 131 Nassau-street, New York.

WE used to receive the Phrenological and Water-Cure Journals from these publishers, but of late they have given us the go-by. Why is this? We should rather part with numerous other publications that we could pick. We hope we may see their welcome faces again on our table.—*Weekly Transcript*, North Adams, Mass.

[There must be foul play somewhere. We find all right on our books. The Journals are sent regularly. We can only account for their non-receipt except by charging somebody with violating the eighth commandment. Who is it? Give us his name, and we'll send an Allopathic Doctor after him.]

**WORKMEN—SEEKING EMPLOYMENT.**—The city is unusually crowded with young men looking for employment—in six weeks the cold winds of the North will cause the out-door work to be suspended, and the number of the unemployed will be fearfully increased. I see a company advertises for ten thousand workmen in a morning paper, to build Railroads in the West. Why don't this company issue handbills, naming terms? If they did, they would soon get all the men they require, and do a great deal of good to many deserving men. A PHILANTHROPIST.

THE N. Y. EVENING MIRROR is right, in calling attention to the fact, that thousands of unemployed young men throng our streets seeking for situations, and we are besieged with applications by letter for situations in our establishment from numberless persons, and in reply, we can only say, that every anticipated vacancy is bespoken a long time in advance.

Now, if these young men would start out and visit the new towns and thriving villages springing up in the interior of our country, instead of flocking to the over-populated cities, they would be far more likely to find employment. Nor would they be compelled to work for their board, as thousands of emigrants are glad to do on their arrival in our seaboards cities.

In the absence of permanent employment, and as a means of defraying expenses, studying the manners and customs of the people, and learning "the ways of the world," we know of no better course than that adopted by invalid clergymen, teachers seeking health, and by others who wish to acquaint themselves with the country in which they live, namely, by taking an agency for our Journals and Books. Subscribers may be obtained in any place, and the books sold to any extent; on all of which a liberal profit may be realized. A few dollars, say twenty-five or fifty, will be sufficient to start with, and new supplies may always be obtained without delay, by the numerous expresses running on all railroads, steamboats or stages. This is comparatively a new business, and has, with very few exceptions, proved "both pleasant and profitable."—PUBLISHERS.

## Varieties.

### GOSSIP FROM INDIANA.

BY A HOOSIER.

NOT the least important part of your valuable Journal, is that which is devoted to the advocacy of the DRESS REFORM. I have waited with some anxiety for the time to arrive when the AMERICAN COSTUME would be adopted by the ladies in this neighborhood; but it seems that ignorance, prejudice, and timidity, like so many tyrants, have swayed their heads in an opposite direction, in this immediate vicinity, and prevented its adoption to any considerable extent yet. But I hope a brighter day is not far distant, for they are beginning to talk about it; and some few of the more intelligent are beginning to wear it at home.

Won't it be a glorious time when our sisters and sweethearts quit using cod-liver, whalebone, corset boards, body braces, and the like? It will then be worth while to "apree" the girls once in a while, when we have nothing else to do. Yea, I think that the pure, genuine enjoyment of one

hour's sparking, would be worth more than a whole night of the present mode. Or then a wedding, even, would not be so ridiculous; when our wife, instead of grunting and complaining of dyspepsia, liver complaint, bronchitis, incipient consumption, and spending our spondulix for "pure genuine cod-liver fish oil," would be able to pick brush, hoe corn, (not to make cod-liver corn oil though,) whip the young ones, etc.

Webster says, "The tyranny of government can often be overthrown; but for the tyranny of fashion there is no remedy." What does this import? Is not that a gloomy picture of the intelligence of our ladies? Are we to suppose that the ladies of the present age have not intelligence and resolution enough to separate themselves from the dominion of this tyrant? No: such things are not to be. The ladies of this country must be as free as the men. What then is to be done? Are we to let things have their own way? or are we to persuade them to meet in convention at some convenient place, and declare themselves free and independent? Such would be my advice. Draw up a declaration of independence—Independence of whalebone and of Paris fashions.

Such a declaration would be hailed with joy by both men and women. Female orations would be heard, and woman would be thoroughly engaged in every good work. Pumping a bucket of water would not break their constitutions, and the name of "wife" would not bring such sorrowful feelings to your mind.

[There, Mr. Hoosier has spoken. Shall we now hear from Mrs. Hoosier? Indiana is a great State, and we are glad to have it represented in the Water-Cure Journal.]

**TO THE RESCUE.**—Dear Publishers: Do not abandon us, because Grandfather Schoonmaker has raised such a hue-and-cry about Bloomerism. Perhaps you will gain as many subscribers, if not more, than you will lose. Show me the man that wishes to dictate to the ladies in regard to their dresses, and I will show you a tyrant, instead of a companion, when at home. I do wonder if there are not Bloomers enough in Centermoreland to get Mr. S. a suit of long skirts. I really think he needs them. Make them long enough to satisfy him that they are just as comfortable as he thinks they are.

Brothers, we of the Prairie are weak, so far as numbers are concerned, but strong in the faith. WESTERN BLOOMER.

**THE NEW COSTUME.**—ELLA writes from Oak Grove as follows:

"I am glad the long-wished-for time has arrived, when sensible women can dress without being laced up in whalebone and stays, or wearing from five to six pounds of batting and an extra pound in a bustle. Now their lungs can expand. Nothing could induce me to resume the long robe, fit only for the habiliments of the grave."

### JOHN ALCOHOL, MY JOE.

BY A SON.

[OLD, but good. We commend this Lament and Resolute to "Imbibers." It is so short, simple, and truthful, and jingles so prettily, that it may be committed to memory, and sung on all proper occasions.]

John Alcohol, my Joe, John,  
When we were first acquaint,  
I'd money in my pockets, John,  
Which now I know there ain't—

I spent it all in treating, John,  
Because I loved you so;  
But mark me how you've treated me,  
John Alcohol, my Joe.

John Alcohol, my Joe, John  
We've been too long together,  
So you must take one road, John,  
And I will take the other;

For we must tumble down, John,  
If hand in hand we go,  
And I will have the bill to foot,  
John Alcohol, my Joe.

THE FASHIONABLE LADY puts her children out to nurse and tends lap-dogs; lies in bed till noon, wears paper-soled shoes, and pinches her waist, gives the piano fits, and forgets to pay her milliner; cuts her poor relations, and goes to church when she has a new bonnet; turns the cold shoulder to her husband, and flirts with his "friend;" never saw a thimble, don't know a darning needle from a crow-bar, won-

ders where puddings grow; eats ham and eggs in private, and dines off a pigeon's leg in public; runs mad after the newest fashion; dotes on Byron, adores any fool who grins behind a moustache, and when asked the age of her youngest child, replies, *don't know indeed, ask Betty*. She is opposed to Woman's Rights, don't believe in Hydropathy, but thinks it genteel to be sickly, and vulgar to be in robust health. She sings, sighs, and simpers, chatters, giggles and faints. She never enjoyed a full breath in her life, nor reads, or thinks, or cares, so long as she money can spend, the objects of life are attained, and nobody regrets when it ends.

**BLOOMERS IN COTTON FACTORIES.**—A correspondent of the *Christian Repository*, writing from South Adams, Mass., has the following:—

"There are several cotton manufactories in this vicinity, one of which I visited, and saw nearly all the female operatives dressed in the Bloomer costume. A very good idea, for the looms are so near together, that they can get around them much more rapidly, with the light short skirt, than with the long flowing one. \* \* \* The Bloomer hats are decidedly pretty, and exceedingly becoming for ladies, in summer."

[Our writer then goes on to express his doubts in regard to the general adoption of the dress he so highly commends. He says:—

"Yet I cannot think the new costume, with all its merits for utility, will ever be generally adopted by our fair countrywomen."

[Pray, why not? You admit its "convenience," "merits for utility," then doubt its adoption. But we sorter kindly guess it will be adopted by our sensible "countrywomen," and the long-skirted, tight-laced street sweepers, will be left in the shade. But we are content to let the matter rest with AMERICAN WOMEN, who don't import their opinions from Paris, through Corporal Godey.]

**AN EDITOR'S LAMENT.**—We clip the following from the *Saratoga Republican*:—

"Having made precisely money enough at the printing business, the subscriber is satisfied to give up and retire to the Poor-house. Under these circumstances he is induced to offer the printing establishment of the *Saratoga Republican* for sale. The paper has a circulation of about 1,000—one-fourth of which may be called paying, and the other three-fourths non-paying patrons. The office has a good variety of job type, and a fair run of work of this description, provided the work is done at the reduced New York prices, and the printer will take 'cats and dogs' for pay. This village is one of the prettiest places in the world for a newspaper publisher. Everybody will find fault, do the best you can, and the editor who pleases himself will stand but a slim chance of pleasing anybody else. The subscription list and good will of the office will be thrown in if the purchaser will take the type, presses and materials for what they are worth, and pay for them, so that there will be no probability of the present proprietor being obliged to take the establishment back and return to the business."

[Now as we are in the habit of giving professional advice gratis to editors, clergymen, and other poor folks, we take it upon ourselves to "prescribe" for this sick and sinking Saratoga Editor.

Firstly, he should make such a paper as every body would be glad to read, like the Water-Cure Journal, for example.

Secondly, exclude all quack medical advertisements, and include sound, sensible advice on Life, Health, and Diseases. How to prolong the one, secure the other, and avoid the latter.

Third, Personally take a bath daily, recommend the same to all readers, avoid tobacco, work in the garden, or take plenty of physical exercise in the open air, sleep in a well-ventilated room, rise early in the morning, help dress the little Republicans, and do other chores, let Misses wear the Bloomers and help edit the paper.

By observing these general directions, we have no doubt the editor of the *Republican* would soon put on a clean face, a smiling countenance, increase his business, enlarge his establishment, and "sing a new song."

**APPROPOS.**—The *Newburyport Herald* comes to us enlarged and improved. This is to be taken as evidence of increased prosperity, for the editors say,—"the principle on which we have conducted our business, which is the only safe rule in all business matters—is to require from it a fair remuneration for the labor and capital employed, and be ready whenever this is secured to make improvements or cheapen the article produced, for the benefit of customers. On this principle we have managed the paper during the eighteen years we have conducted it, so that its net income has not varied in any year of the time ten per cent. When the business has been more profitable, we have expended it in improvements, and when the income has diminished we have curtailed expenses, without, perhaps, in either case, a large portion of the readers always perceiving the difference."

[A few years ago, when the present publishers undertook the management of the Water-Cure Journal, it contained but sixteen octavo pages. They soon improved the quality of the paper, increased its size to twenty-four pages, then to thirty-two, and now, without having increased its price, they give

the reader an amount of original reading matter in each number exceeding FORTY-EIGHT LARGE OCTAVO PAGES, and that too on the most beautiful white, fine paper, with clear type, good ink, and, during the year, engraved illustrations worth several hundred dollars, besides an occasional DOUBLE NUMBER equal to sixty-four octavo pages, and numerous premiums for large clubs of subscribers, to agents and co-workers.

Thus they have added improvement to improvement, and if the past be a criterion by which to judge of the future, it would seem extravagant to state what may be expected and realized during the coming year. But while the sun shines, the wind blows, rivers, lakes and oceans roll on, on, on, while pure water comes bubbling up as ever through living springs, or pouring down in drenching showers to invigorate vegetation, trees, animals and MAN; it shall be our pleasure while we live, as it is our duty, to proclaim, promulgate, and disseminate the glorious principles of LIFE, HEALTH AND HAPPINESS.]

ATTENTION, BLOOMERS!—Ho! to the rescue! Women of America! and ye "Bloomers" especially! Do you not see what a "strait" Messrs. Fowlers and Wells are placed in, for becoming our champions? But "our" party are a truthful band, although scattered. Have we not shown that we are true to ourselves and to our glorious cause? Then sound the tocsin, Mr. Editors, when you stand in need of us, and see what an unflinching band will flock from the four corners of the earth. For have we not been tried "these many months" in the furnace of persecution, heated seven times hotter?

Poor Mr. A. H. S., how our heart overflows with the abundance of its sympathy for him! Oh! how he must have suffered to persecute our monthly Pet, that advocates such "low, contemptible heathenism!" Wonder if he hasn't denied the pure, admirable, modernized street sweep? If not, I trust he will no longer prove a traitor to his party, but deck himself in the flowing robes of the "Parisian," not forgetting the tan pound of underskirting.

THE W. C. JOURNAL needs no such supporters to stand, thanks to its strengthening doctrines. Its footing is too firmly established to be easily "tripped" up. But I think Mr. A. H. S. needs the support of the Journal to guide him in the path of truth, and would suggest that a copy be forwarded to him, chargeable to the BLOOMERS. State the fact of your doing so, and the "rocks" shall not be wanting.

From one of the volunteer BODY GUARDS.

DRESS, DRUGS AND DOCTORS.—Messrs Editors: Many thanks for your invitation to ladies to express their views on dress reform through the Journal. I unite with your correspondent of the September number, in requesting you to continue to agitate the subject. It has done much to sustain me in wearing the improved dress. Indeed, I do not know but I might have laid it aside, at one time, had it not been for the encouragement received through the Journal. Now I shall wear it through life, whether others adopt it or not, have worn no other at home or abroad more than a year, no other person wearing it in town, but I am not alone now. The cause is making slow but sure progress. Those who adopt it now do it from principle, and they will be firm.

I might say much of my experience in the use of drugs, but will merely add, I have tried cornetopathy, drugopathy, tea and coffeeopathy, with their attendant pathies, allopathy, Thomsonopathy, eclecticopathy, with all the patent pathies, from the matchless sanative to the tomato pill. Now with a ruined constitution, a mouth filled with artificial teeth, having escaped with my life, I have adopted HYDROPATHY, DIETETIC-EXERCISE and BLOOMERISM, and notwithstanding I have been told by physicians I could never be well again. I am improving, and think I may yet enjoy comfortable health.—A. T. S.

"Mister, I say, I don't suppose you don't know of nobody what don't want to hire nobody to do nothin' for somebody no how—you don't, do you?"

"Yes, I guess not," was the reply.

The other day, one of Widow B.'s admirers was complaining of the toothache. Mrs. B.'s smart boy immediately spoke up—

"Well, sir, why don't you do as Ma does?—She takes her teeth out, and puts 'em back when she wants to."

A few minutes afterwards, the boy was whipped on some pretence or other.

An Irishman complained of his physician that he kept so stuffing him with drugs, that he was sick for a week after he was quite well.

[Undoubtedly true, with a slight difference.]

A SUNSET ON THE LAKE.—[Those who have witnessed the sublime scene of a lake sunset will appreciate the following beautiful description from the Vermont Family Gazette]:—

ONTARIO is the youngest daughter of the lakes, and the most beautiful of the bright sisterhood. Deep and clear her waters flow, unruffled as a mirror. The snowy sails of two nations ever hover over her, like white doves of peace, and she stretches out her virgin arms to receive them, that they may nestle together on her bosom [now ain't that pretty?] The ardent sun woos her in vain. But to the chaste moon, which smiles sisterly upon her, she returns a modest greeting. She moves slow and gracefully as a swan gliding down still waters; and her brow is bound by a fillet of blue, gemmed with silver stars.

I saw the sun set from ONTARIO. The sky had seemed cloudless all the afternoon, but as the great luminary wheeled low towards the west, a bank of vapor loomed up, extending right and left, around the horizon. Already inflamed with rage, for no answering look had returned his ardent gaze all day, he reddened at the sight, and rushed to drive this insolent intruder from his pathway, blazing luridly as he went. As eagerly advanced the jealous darkness to meet him. Soon the rivals met in mid career. The conflict was not long. With a sable pall thrown over him, the hapless sun was hurried out of sight. For a moment his indignant face was seen again, looking through the black bars of his prison-house, for a last glance at his loved ONTARIO; but remorseless Night, coming to the aid of its satellite, the two bore him downward, struggling, to the black abodes of despair. Yet, long after he had disappeared, his golden and purple robes, torn from him in the contest, floated cloud-like above the western horizon.

[The scene is doubly grand when the moon rises at the same moment the sun sets. To see the great luminaries half submerged, as it were, at the extreme ends of the noble lake, is indescribably glorious, presenting a spectacle not less magnificent than the mighty Niagara.]

A NEW CURE ALL.—Mrs. Credulous issues the following certificate through the Belknap Gazette, and though it appears to be an advertisement, we insert it without fee or reward, for the benefit of her numerous relatives throughout the country:—

I, Cordelia Credulous, have been for years suffering from universal debility, spine in the back, tapeworms, rheumatism, and a long standing rebellious complaint, making me despondent and gloomy, and besides these I have not felt well myself; so it was not long before I was brought very low, and my most impudent friend did not know me, and the regular faculties did not expect me to live from one day to another. After years of suffering and sorrow, Aunt Dorothy Triphos recommended as the last resort that I should try a few bottles of the Pictorial Accelerated Compound Extract of Gill-over-the-ground and the Syrup of Ignoro and Huckleberries, and to be certain it had the proprietor on it for none other was genuine. I have taken three bottles and am a new creature, and I expect by the time I have taken six bottles more, I shall get the spine out of my back entirely. I now cheerfully recommend this medicine to all, sick or well.—CORDELIA CREDULOUS.

[Where is Old Doctor Jacob Townsend? Where is Doctor Brandreth? Have they accidentally swallowed some of their own medicated compound sarsaparil-swindlum? and have they gone where all bad folks go?]

PROFESSIONAL ADVICE TO SUNDRY PEOPLE.—When you feel your passions rising, never confine or repress them. How many boilers have been burst by too close imprisonment of their contents!

Never forgive an injury; the power of pardoning only belongs to the governor and council.

When you have done an act of charity, publish it to others, so that they may do so too; besides, every man can preach best from his own notes.

Never pay your debts—it is unconstitutional; for paying destroys the obligations of a contract, and even the legislature has no right to do that.

When you are in church, go to sleep. Sunday is a day of rest.

When you get sick by over-eating, send for the doctor. He will bleed you. Then take a dose of physic. This will relieve you—first, of so much life; second, so much food—third, so much cash. Then you can go on with your dying.

DEAD LETTERS.—During the last quarter, the Post Office Department announces that they have opened one million and a quarter dead letters, from which the department obtained over eleven thousand dollars.—N. Y. Ev. Mirror.

Correspondents and letter-writers should be more careful in the direction of their letters. Write the name of the person or persons addressed in full; pre-pay the postage, and there is but little danger of miscarriage or loss.



THE MAN IN THE "WET SHEETS."

He is so rejoiced, having escaped the allopathic doctors who were on his track, almost sure of their "game," that he cannot find words to express his joy. He is in ecstasies. His happy countenance sets all the company in a "roar." They forget their sorrows, "join in," and have a real good time of it. It is now an established fact, that one "hearty laugh" is better than a dose of physic, any time. If there is "a time for all things," there must be a time to "laugh and grow fat," and the man whose physiognomy we here present, fully believes in this doctrine. Those of our readers overstocked with mirthfulness should guard against excess. But we do feel assured that it is not wicked to laugh when "one really feels good."—From the Water-Cure Almanac for 1833.

AN APPEAL TO THE CHARITABLE.—Some years since, an Irishman in this city had a fight with a countryman of his, and broke his arm; after which he charitably went about with a subscription paper, collecting money to keep the poor fellow from starving and pay the doctor. Some who were applied to, hinted that as Pat had done the mischief, he ought to make good the damage; but he resisted all such suggestions as impertinent.—"If there are any of ye," said Pat, "who think I hit the man too hard, and are sorry for him, the only way for ye to show that ye arn't big hypocrites, is just to put down the moonies."

[Comment is unnecessary. The argument is conclusive.]

MEDICAL FACTS.—Merchants generally die of the bilious, printers of the typhus, and brokers of remittent fevers.

Masons usually go off with stone gravel or dropsy.

Most tailors leave the world in fits—though their customers rarely do.

Disappointed actors usually die of mortification.

Seamstresses suffer much from stitches in the side.

The children of coopers are never free from whooping-cough.

Our congressional orators are never troubled with shortness of breath, although flatulence is not uncommon.

Dyers are subject to the blues and scarlet fever, and clock-makers to the tickdoloureux.

Glaziers are never without pains. Brewers are constantly ailing.

Editors are carried off with "an idea" in their heads, but nothing in their pockets.

Poets ascend to the realms of the moon, feed on imaginary vapors, and die among strangers at the Insane Asylums.

## To Correspondents.

SALTED MEATS.—T. F., Michigan.—"Your Journal has frequently denounced the use of salted meats as being very injurious to health. It is easy enough to assert this; but can you explain to us who live in this Western pork-eating country, what particular damage there can be in eating a slice of well-cured, well-flavored, well-cooked ham?" We can give a hundred particular reasons; one of them is this: "Ham" is derived from one of the filthiest animals in existence, who so flesh, feet, viscera, and general carcass has, as food, been the especial abhorrence of all pure-minded men and intelligent physiologists since the world began; and moreover, Moses, by the authority of a "Thus saith the Lord," condemned it as utterly unclean; and furthermore, the experience of all men who have eaten hog-flesh freely, shows it to be disorganizing, corrupting, brutalizing, and ulcerous, particularly the pork eaters of Michigan and Illinois, who are often

seen at the Water-Cures in New York city, full of clogged-up pores, swelled livers, enlarged glands, scrofulous lumps, dumb-agues, erysipelas, eruptions, hemorrhoidal tumors, ulcerative throats, &c., &c.; and still further, the filthy flesh is rendered still more inflammatory by remaining so long in brine that the salt actually combines with the animal fibres, (see Liebig, Pereira, and other celebrated chemists,) forming a stringy, irritating compound incapable of affording pure nutrition; and yet again, smoking renders the salted meat still more fever-producing and indigestible; and more yet, the process of fattening a hog is nothing more nor less than a way of causing the abominable beast to retain his superfluous excrement, so that, in very truth, a fattened hog is a mass of disease and corruption; and hence the inevitable inference, as well as philosophical conclusion, that swine-eating makes a swine-eater a swinish. The other ninety-nine reasons, which are equally potent, we have not time just now to write out.

**RHEUMATISM.**—P. G., Smithsburg, Md.—You can treat the case you describe successfully at home, if you are familiar with the water-cure processes and the rules to be observed in bathing. The Hydropathic Encyclopedia will give you the precise and ample information in these respects.

**DYSPEPSIA AND GENERAL DEBILITY.**—H.—You will find general information respecting the management of such cases in the Encyclopedia. If you desire a detailed plan of treating your particular case, you will have to give a full history of it, with all the attending circumstances and symptoms, and send the usual fee of \$5.

**CONSTIPATION AND DYSPEPSIA.**—P. H. C., Rochester, N. Y.—Take a towel wash every morning; a hip-bath every evening; wear the chest wrapper a part of each day; and live on a plain, coarse, vegetable diet.

**PERIODIC CATARRH.**—B. L., South Orange, N. J.—This disease, which is attended with excessive irritation of the whole mucous membrane of the alimentary canal, violent sneezing, swelled face, suffused and often inflamed eyes, &c., has been, in repeated instances, promptly cured by water-treatment. It requires thorough treatment and a rigidly abstemious diet. The Encyclopedia gives full details for its treatment.

**CHRONIC RHEUMATISM.**—G. C., Hudson, O.—The complication of piles and disease of the prostate gland, requires, in addition to a daily wash, half-baths, frequent hip-baths, cool or cold injections, and a strict, coarse, vegetable diet, with a careful avoidance of hard water, saline matters, alkalis, &c. You would do better at an establishment.

**EXCESSIVE EXPECTORATION.**—C. P. B.—Your case is probably bronchitis, connected with a torpid liver of long standing. Take a daily towel wash, but do not have the water so cold as to leave any disagreeable chilliness; wear the chest-wrapper when the weather is not very cold; take at least one hip-bath daily at 75°; and use unbolted bread, or other coarse farinaceous food, sufficiently to keep the bowels always entirely free.

**SPASM OF THE GLOTTIS.**—H. W. Garanoque, C. W.—Employ the abdominal fomentation to relieve during the paroxysm, and also the warm foot-bath. To cure, give a daily wet-sheet pack for an hour, followed by the half-bath at 75°, and confine the patient to a very simple and abstemious diet.

**LAME KNEE.**—H. C. R.—Your description of your son's case is not full enough to enable us to determine whether the disease is actually seated in the knee or in the hip-joint. We suspect the latter. Warm applications should be made when there is great pain. The wet-sheet pack for an hour, followed by the tepid half-bath, ought to be used two or three times a week, and the patient kept on a plain vegetable and fruit diet.

**DYSPEPSIA WITH CONSTIPATION.**—M. J. J., Virgil, Ill.—Avoid rhubarb and senna, and especially magnesia. Hard water you must also cease to drink. There is hardly a spot on earth in which sufficient soft water for drinking purposes is not attainable by taking sufficient pains. Use tepid or moderately warm water for injections, and use them as often and as copiously as may be necessary to secure regular action of the bowels. When the stomach is very sour, eat very dry food, toasted brown bread for example, and avoid salt, saleratus, spices, and all thirst-provoking articles of every name and nature.

**SORE EYES.**—J. I., Hansentown.—Hold the eyes in tepid water about 70° for one or two minutes two or three times a day. Take also a daily foot-bath of some kind. Walking foot-baths, if practicable, would also be advantageous. All persons who are affected with humors should avoid drinking hard water.

**PAIN IN THE BOWELS.**—R. R. R.—Your trouble, without much doubt, arises from hemorrhoidal tumors or internal piles. Use a tepid injection every morning, and a cold one every evening at bedtime.

**SPASMS IN THE STOMACH.**—O. T. R., Delaware, O.—The diet must be strictly attended to, or all other measures will only amount to temporary relief. A daily hip-bath at 70°, and one or two walking foot-baths, will be found additionally serviceable.

**MIENSTRUATION.**—J. McB.—Your daughter should take a daily rubbing wet-sheet, followed by the dry, one or two hip-baths at 75°, and wear the wet girdle a part of each day. She must eat coarse bread and avoid hard water, salted meats, fish, &c.

**A HEAVY COLD.**—R. S. H., Big Hollow, N. Y.—Take the wet-sheet pack for an hour daily, followed by the dripping-sheet, until the cold makes its disappearance, with all its consequences. The above correspondent wants to know "the cause and cure of grubs in the nose." The cause is gross, or impure, or unhealthful food. The cure is a daily bath all over the body, and pure aliment.

**PROLAPUS AND WEAK STOMACH.**—J. A. R., Pisgah, Mo.—If a persevering use of hip-baths, cool or cold injections, and the abdominal bandage do not relieve the falling of the womb, the patient should go to an establishment. Some of these cases cannot be cured without mechanical treatment. For your own case, a daily hip-bath and the constant use of the wet girdle are necessary, with a careful attention to the dietetic system recommended for such cases in the Encyclopedia.

## Book Notices.

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

**THE MACROCOSM AND MICROCOSM; OR, THE UNIVERSE WITHOUT AND THE UNIVERSE WITHIN.** By WM. FISHBOUGH. 260 Pages. Price in paper covers, 50 cents, postage for 500 miles 10 cents; in muslin 75 cents, postage 15 cents. New York: FOWLERS AND WELLS.

The object of this work is to show that the realm of being without, and the realm of being within, man, are directly related to each other as cognizable objects and principles on the one hand, and cognizing faculties on the other, and that each of these may be understood by its analogies with the other. The author claims to have discovered some new and important principles governing the developments, and pervading the structure of creation, by the aid of which there is a attempt, in this work, to show the correspondence and mutually explanatory nature of truths in all departments of inquiry, natural, theological, psychological, spiritual, &c.

This volume is devoted mainly to a consideration of the universe without, with reference to the universe within, and is to be followed by a volume on the universe within, with reference to the universe without.

We predict, with confidence, that the volume before us will be sought after by thinking men, and create a decided sensation among the critical. The positions of the author appear to be well taken, and with his well-known clearness of statement, patience of research, and candor of argument, his work may be regarded as an acquisition to the reading world, and no one will fail to be interested, or to gain a wider scope of thought, by its careful perusal.—A. P. Journal.

**WALKS AND TALKS OF AN AMERICAN FARMER IN ENGLAND.** 12mo., pp. 247, paper covers. New York: GEORGE P. PUTNAM.

This is the second volume under the same title, and is, if possible, more interesting than the first. Those who read that, should by all means read this.

We hope to hear more of this modest author. He is a valuable accession to our list of Agricultural writers.

Mr. Putnam has brought out this volume in cheap form, at 25 cents per copy.

**DELIA'S DOCTORS; OR, A GLANCE BEHIND THE SCENES.** By MRS. HANNAH G. CREAMER. 12mo. Price 50 cents. New York and Boston: FOWLERS AND WELLS.

This work is written in a pure and elevated style, assuming the colloquial form, and embracing a very entertaining narrative of home life, in which some hard hits are given at the ignorance and error everywhere prevalent in relation to health and physical, mental, and domestic education; embodying also, in one of the principal characters, a most excellent model of conduct and character for young ladies.

The work presents all the fascination of a novel yet every page is laden with sterling truth and valuable suggestions on subjects most intimately connected with the well-being of every individual. We are much mistaken if "Delia's Doctors" does not at once take rank among the most popular books of the day. It should be read aloud in every family during the forthcoming winter evenings, for the edification of the old and young.—Phrenological Journal.

**WOMAN, HER EDUCATION AND INFLUENCE.** A new edition. By MRS. HUGO REID. Published by FOWLERS AND WELLS: New York and Boston.

The interest of this book is enhanced by a spirited and able introduction by Mrs. C. M. Kirkland, though we do not agree with her (and we may add Mrs. Reid) in regard to the width of "Woman's Rights." Both would see her at the ballot box. But a small portion, however, of this book

would be objectionable to any readers; on the contrary, it would, and will receive the warmest approbation of thousands. We bespeak for it an extensive and careful perusal. Price 40 cents.—Western Literary Messenger.

The wide circulation of this work will do good service in elevating woman to the high position which her nature and capacities entitle her. The question of woman's education, rights, and duties, is now fairly before "the people;" and this cheap volume will throw light, at least, on one side.

**AUSTRALIA AND HER GOLD REGIONS: A Description of its Geology, Climate, Products, Natives, Agriculture, and Mineral Resources, and principal Cities.** Accompanied by a map of the country, and statistical tables. Showing the Regulations and Results of mining operations; cost of passage, necessary outfit, etc., etc. By R. S. JAMESON. 12mo., pp. 154, muslin. New York: CORRIE, H. LANPHEAR & CO.

A book which every Emigrant to these "new diggings" should read. It is designed to be "A TRAVELLER'S GUIDE" to Australia, and will prove interesting to every one. But we must warn our gold hunters against exaggerated accounts—put them on their guard, for such "lucrative books" are, to some, exceedingly tempting.

**THE AMERICAN RAILWAY GUIDE FOR THE UNITED STATES.** Published monthly, at \$1 00 a year. By CERRAN, DIMMORE & CO., 22 Spruce-street, New York.

This handy guide is designed to give Time Tables, Distances, Fares of all the lines and routes in the States, including the principal Steamboat and Stage lines running in connection with Railroads. All travellers will supply themselves with a copy, and thereby save themselves the trouble of asking numerous questions.

**THE SCOTT SONGSTER, WITH MUSIC.** To which are added a few Popular Songs relating to the WAR WITH MEXICO. Illustrated. One vol. 48 pp. Price one dime. Dayton, Ohio: B. F. ELLS.

Why we should be favored with such a document, filled with pictures of "bloody-bones," noise and confusion, we can't imagine; but presume the author or publisher "had a motive," in sending it to us, all the way by mail, with the postage pre-paid.

Well, we have looked it through—noted the Hurrahs! Huzzahs! Hump!!—Chip—Coming—Running—Prize—Nag—Shouting—Booming—Roaring—Snorting—Fame—Salt River—Fainting—Falling—"What can the matter be?"—"Alas! next November I will die in my robes."—Irishmen—Votes—Niagara—Washington—Jackson—closing with PRESIDENT SCOTT.

Now, as we have no time to learn these tunes, or songs, we'll lend the book to any body who wants it, until after Mr. General Scott is elected President, when it may be returned us. But where is the General Pierce Song Book? Are we to be slighted by the Loco-focos? If they don't send it in pretty soon we'll get up a Water-Cure song book, and elect a Water-Cure Doctor.

In closing this "hasty" notice, we may add our preferences for the ascendancy of the party which will do the least damage to the rest of mankind. We believe "that government is best which governs least." We belong to no party—no sect—no clique—state, county or town—but to the world. We shall present our political views more fully after we get all the sick folks cured—the doctors scattered—and when we can't find any thing else to do.

## Advertisements.

A limited space of this Journal will be given to advertisements, on the following terms: For a full page, one month, \$50. For one column, \$15. For half a column, \$10. For less than half a column, twenty-five cents a line.

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

**THE ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA:** A complete system of Hydropathy and Hygiene. An illustrated work, embracing Outlines of Anatomy; Physiology of the Human Body; Hygienic Agencies, and the Preservation of wealth; Dietetics and Hydropathic Cookery; Theory and Practice of Water-Treatment; Special Pathology and Hydro-Therapeutics, including the nature, causes, symptoms, and treatment of all known diseases; Application to surgical Diseases Application of Hydropathy to Midwifery and the Nursery; with a complete Index. By R. T. TRAIL, M. D.

Two 12mo volumes, substantially bound, price \$2.50, just published by FOWLER and WELLS, New York.

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

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

A beautifully printed volume, made eminently plain. Teachers will find it a superior text-book. Phonography has now become a fixed fact. It has found a niche from which it cannot be forced. It is simple. A child learns it readily. A few days' study will make the pupil master of the principles of the science, and his facility in the art may be indefinitely increased by practice.—*New York Tribune*.

**BULWER, FORBES, and HOUGHTON, ON THE WATER-TREATMENT.**—A compilation of papers on the subject of Hygiene and Rational Hydropathy. By R. S. HOUGHTON, M. D. 1 vol 12mo., with 396 pages. Price One Dollar.

This book contains—Chapter 1. Confessions of a Water Patient. 2. A Review of Hydropathy. 3. Two chapters on Bathing and the Water-Treatment. 4. Medical investigation of the Water-Treatment. 5. The Water-Cure—its use and misuse. 6. Observations on Hygiene and the Water-Treatment—with lectures by Dr. Houghton—The Constitution and By-Laws of the American Hydropathic Association, together with a list of the officers, etc., etc. Postage within 500 miles 25 cents. Oct.

"I would rather be right than President."—HENRY CLAY.  
**THE LIFE OF HENRY CLAY.**

NOW READY AND FOR SALE BY SUBSCRIPTION.  
**THE LIFE AND PUBLIC SERVICES OF HENRY CLAY, OF KENTUCKY, THE ORATOR, THE STATESMAN AND PATRIOT;** including some of his best speeches—also the Funeral Solemnities and Eulogies after his death, embellished with accurate Steel Portraits. BY EPHES SARGENT & HORACE GREELEY.

The first part of the book was prepared by Mr. Sargent some years since, and was pronounced by Mr. Clay to be entirely accurate as to dates and facts. Mr. Greeley has written the remainder, pertaining to the latter years of Mr. Clay's life, and edited the whole work. We think this assurance will satisfy the many and ardent friends of the great Commoner of our country, that the work is well and faithfully done.

The book makes 490 large 12 mo pages, is well printed on fine paper, and is sold at the low price of \$1.25 in cloth; \$1.75 in cloth, gilt edges; \$2.25 in cloth, gilt edges and sides.

Active and responsible agents wanted to circulate the above popular work, which would afford pleasant and profitable employment. For further particulars, apply to DENNY & MILLER, sole publishers, Auburn, N. Y.  
On receipt of the price, post-paid, we will forward a copy to any part of the U. S. D. & M.

**PHYSICIANS AND LADIES.**—Since our discovery of treating Prolapsus and other Uterine weaknesses Motorpathically, we have treated some thousands of cases without failure. Many of these had been confined for years, and were brought on beds, hundreds of miles, to the Institution. The cure is speedy, efficient, and without pain or inconvenience. No supports are necessary to cure.

Physicians are sending us the majority of our patients. So sure are we of success in every case, that we are willing to agree, conditionally, not to receive any remuneration in case of failure. Motorpathy gives vitality and force to the functional powers, and is the only agent that will obviate sterility, and prevent abortion. It restores the constitution from the abuses of dissipation and self-indulgence—and is equally efficient in partial insanity, inipient consumption and spinal diseases. We have a Mammoth Institution, healthy, airy, and convenient, surrounded by gardens and pleasure ground, with an extensive Water-Cure attached. Address HALSTED'S Motorpathic Institute, Rochester, N. Y. Nov. 11.

**THE FASHIONABLE CLOTHING!**—The splendid establishment of BORTH AND FOSTER, 20 Courtland-street, New York, will be constantly supplied with the largest, most complete, and fashionable stock in the city. To meet their rapidly increasing patronage, they have recently made large additions to their manufacturing department, which is conducted by men of long experience and the most perfect skill in their business; while the facilities which they enjoy for purchasing enables them to offer both the cheapest and the most attractive stock in the Union.

Country merchants are only requested to call and examine before laying in their stock elsewhere.

Persons desiring to purchase garments of the very best fit, make, and material, may do so at this establishment, at least fifty per cent. below the usual custom prices; with the advantage of choosing from a large assortment of the newest and latest styles, with which they are almost daily replenishing their stock.

Full suits furnished to order, at the shortest notice, and sent to any part of the Union. Nov. 11.

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

Look out for WORTHLESS COUNTERFEITS, as scores of unprincipled persons are grinding up stone and various kinds of worthless stuff, and endeavoring to sell it as Fire-Proof Paint. I have recently commenced three suits against parties infringing my rights, and am determined to prosecute every one I can detect. The genuine, either in dry powder or ground in oil, of different colors, can at all times be had at the General Depot, 54 Pearl-street, New York, from the patentee, WM. BLAKE. Aug. 11.

**DRESS REFORM.**—Practically and Physiologically considered, with Plates, Illustrations, Opinions of the Press, and the private testimony of various prominent individuals. Dedicated to the Women of America. By MRS. M. ANGELINE MERRITT. 18mo., 171 pages. Price, 40 cents. Postage, 7 cents. For Sale by FOWLER and WELLS.

A good work. Showing the necessity of a reform in dress. Let it be widely circulated.—[Eds. W. & C. J.]

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

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

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

This flour is made of the best quality white wheat, and warranted superior to any flour hitherto known as Graham Flour. It makes a superior loaf of brown bread, Rusk, Cakes, and Pie crust—and where used is highly appreciated. Try it, and then judge. June, 01.

**LEAD DISEASES.**—A treatise from the French of L. Tanquerel Des Planches, with notes and additions on the use of Lead pipe and its substitutes. By Samuel L. Dana, M.D., LL.D.; 8vo., 442 pages. Price, \$1.25. Postage, 30 cents. FOWLER and WELLS, 131 Nassau street, N.Y.

**FOR SALE.**—The Hydratic Institute at Willow Grove, Montgomery Co., Pa., 40 acres of good land, extensive buildings, mostly new, plenty of excellent water-bath fixtures—on reasonable terms. For particulars apply to JOHN C. BEMMER, on the premises. Oct. 11.

## WATER-CURE ESTABLISHMENTS.

**HYDROPATHIC INSTITUTE.**—Dr. TRALL receives patients at his commodious city establishment, 15 Laight 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-seekers 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.

**JOEL SHAW, M.D., PRACTITIONER OF WATER-CURE**—90 Fourth Avenue, between Tenth and Twelfth streets, New York.

General Practice attended to night and day, as heretofore. Letters for advice will also receive proper attention. SYRINGES and BREAST PUMPS of the most approved kinds, kept for sale. Nov.

**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, \$1 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, 1883. 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.

**MT. PROSPECT WATER-CURE AND INSTITUTE, BINGHAMTON, N. Y.**—This Institution is located in a beautiful and romantic grove at the base of Mt. Prospect, and within the corpo-

ration of the Village. Possessed of a never-failing Spring of pure soft water, an atmosphere free from miasmatic influences, of carriage and foot-walks up the mountains, "free from the noise and turmoil of busy life," with excellent rowing and sailing privileges upon the pleasant waters of the Chenango, are a few of the presentation the "Cure" offers to the invalid.

The house is new, commodious, bathing apparatus ample and convenient, well ventilated, with 250 feet piazza.

The Medical department is under the entire charge of Dr. THAYER and Wife, who have had five years' experience in Hydropathic practice, and are favorably known as successful practitioners. Courses of lectures, with full plates and illustrations, will be given throughout the season to the Students and Patients upon Anatomy, Physiology, Hydropathy and Hygiene. Terms, from \$1 to \$5 per week, according to room and attention required, payable weekly. Patients will bring the usual *fees*. O. V. THAYER, M.D., Resident Physician. D. W. RANNEY and H. M. RANNEY, Proprietors. May, 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 \$9 per week. T. T. KELLY, M.D., Proprietor. July—11.

**WATER-CURE ESTABLISHMENT FOR SALE.**—The owners of the Water-Cure Establishment, situated on "Dracutt Heights" in Lowell, Mass., residing in New York, are desirous to sell the estate, and offer the same on favorable terms. The place is well and favorably known to the public as a flourishing Hydropathic Institution. It is within ten minutes' walk of the centre of business in Lowell, but possesses all the advantages of an elevated and rural residence. It will accommodate forty patients, and in its supply of pure water and bathing conveniences, it presents superior advantages. It will be sold very low if early application is made. Possession given on short notice. Address BLAKE and BROWN, New York city; or TAPPAN WENTWORTH, E. F. SHERMAN, Lowell, Mass. July, 11.

**THE FORESTVILLE WATER-CURE,** LOCATED AT FORESTVILLE CHATTAHOOCHEE COUNTY, N. Y., is easy of access from all directions, being on the New York and Erie Railroad, eight miles from its terminus at Dunkirk on the Lake, in a delightful village of the same name, containing several hundred inhabitants. Buildings new, pleasant and conveniently arranged, and the proprietors have had a practice of about twenty years. Terms, from \$5.50 to \$8 per week, payable weekly, and the patients will furnish the usual accommodations, viz: two large comfortable, two strong sheets, and six coarse bath towels. CHAS. PARKER, M.D. AMOS R. AVARY, M.D. July, 11.

**THE ELMIRA WATER-CURE** will be open on the First of June, 1882. The entire management will be in the hands of Dr. S. O. Gleason and Mrs. R. B. Gleason, M.D. Mrs. G. will pay especial attention to the treatment of female diseases.

Each patient (for packing purposes) is expected to furnish three comforters, one blanket, one linen sheet, and four bath towels.

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

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

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

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

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

**TO THE LADIES.**—"WASHINGTON SPRINGS" WATER-CURE, for female patients exclusively, founded and built during the past summer, at the suggestion of several highly respectable heads of families, who, friendly to Water-Cure, as Nature's best diluent and only Panacea, yet object to the lodgment and treatment of males in the same establishment with females.

Now is the season, ladies, when water acts most energetically, and when the greater number of cures are performed.

For terms, which are liberal, address a, through the matron, MRS. S. BARBER, SNR, at Dr. Shadgett's Institute, Mountain Road, Plainfield, New Jersey, post paid. Nov. 11.

**NEW GRAEFENBERG HYDROPATHIC, AND KINNEPATIOH 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 ROUND HILL WATER-CURE RETREAT.**—Established in 1817. Located at ROUND HILL, NORTHAMPTON, Mass. Accessible by Railroad from Boston, Albany, and New York, in from 4 to 5 hours. For beauty and healthfulness of location—softness and purity of water—large and well-furnished rooms, and for comforts and conveniences for patients and their friends, this establishment is unsurpassed by any in the country. Address A. RANDALL, Esq., Agent, or C. A. HALL, M.D., Physician. Feb. 11.

**HIGHLAND HOME WATER-CURE.** at Fishkill Landing, Dutchess Co., N. Y. O. W. MAY, M.D., Proprietor. The pure air and water, beautiful scenery, fine large edifice, and easy access from every direction, combine to render this a desirable place for those who need Hydropathic treatment. This establishment is intended more particularly for the cure of Female diseases; but all other remediable diseases are here treated successfully. Oct. 11.

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**LOWELL WATER-CURE ESTABLISHMENT.**—This old-established institution, under the medical direction of G. H. Taylor, M.D., will compare favorably in respect to location, water, fixtures, and all that constitutes a first-rate institution, with any other of the kind. Terms, from \$6 to \$8 per week.

**MOUNT PROSPECT WATER-CURE.** BINGHAMTON, BR-OME Co., N. Y.—This retreat for the sick is fitted up in prime order for giving treatment in winter. Our terms are less than at any establishment having the same advantages in this country, from \$1 to \$7 per week, according to room and attention required. O. V. THAYER, M.D., Resident Physician. H. M. RAMSEY, Proprietor. October, 1852.

**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.

**THE SUGAR CREEK FALLS WATER-CURE.** Tuscarawa Co., Ohio, 12 miles south of Massillon, under the charge of Dr. Friesse, is supplied with soft spring water, and open winter and summer. Terms—\$5 per week. Post Office address, Dearthoff's Mills, Tuscarawa Co., O. Each patient should bring three sheets and three comforters. Oct. 31.

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

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