

WATER-CURE

JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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OUR NEW PROSPECTUS FOR 1853.—With this number we present our friends and readers with our CIRCULAR PROSPECTUS for a new volume of the WATER-CURE JOURNAL, with a view of facilitating the good work of obtaining new subscribers. We hope each PROSPECTUS will be returned to us laden with the names of numerous subscribers.

PRESENT SUBSCRIBERS are our main reliance. Those who know the UTILITY of the Journal will work for it, and recommend it to their friends and neighbors, that they too may participate in its familiar teachings. Every man and woman may in this way do great good.

THE CONTENTS of this health Journal will be adapted to the "wants of the people" everywhere, and in all conditions of life.

ECONOMY in dollars and cents, as well as in life and health, cannot be studied elsewhere, more effectually, than in the pages of this Journal.

THE JANUARY NUMBER of the WATER-CURE JOURNAL will be sent to all present subscribers, which they will please circulate among the people—as a sample of what we intend to furnish during the year 1853.

IN THE NEXT VOLUME we shall give directions for the "foundation of Hydropathic Establishments," with some practical hints on their proper management.

SPECIAL DIRECTIONS in the various "processes" of the Water-Cure, with illustrations, will also be given, including its application in surgical operations.

For further particulars, see PROSPECTUS on last page.

All letters relating to the WATER-CURE JOURNAL should be post-paid, and directed to the publishers, as follows:

FOWLERS AND WELLS,

CLINTON HALL, 131 NASSAU-ST., NEW YORK.

THE FUTURE RESULTS OF WATER-CURE.

BY T. L. NICHOLS, M.D.

It may have been thought, from the omission of a sentence in my article in the November number, that, instead of concluding my hasty and incomplete series of Essays on Physiology, I had finished writing for the Journal. *I hope I know my duty better.* I have too exalted an appreciation of this field of usefulness to be willing to leave it. I am too deeply identified with the cause of Water-Cure, to neglect any means of advocating its principles. I hope to see the Journal, within two years, double its circulation; and it may do so in the next volume, if all the zealous friends of Water-Cure, and its kindred reforms, will do their duty; and if my efforts can assist in this glorious undertaking, they shall be given freely. There are many others, able and earnest workers, who are animated by the same spirit; and every increase in the circulation of the Journal will add to the zeal of its writers, and the exertions of its enterprising and philanthropic publishers, to whom the world already owes a debt of gratitude, for the most eminent services in the cause of humanity.

Were it the custom here, as it is in Great Britain, to make national testimonials, by general subscription, to great public benefactors, I know of none more worthy of such a demonstration of public gratitude, than the Publishers of this work; and I beg leave to propose that the friends of these gentlemen, throughout the United States, from the Atlantic to the Pacific, join in an effort to give them such a testimonial. I propose that it be done by subscription—especially to the WATER-CURE JOURNAL. This mode, I am sure, will be more acceptable than any direct gift of half a million of dollars. They will feel equally complimented, equally grateful; and much better satisfied with the opportunity of giving much more than the worth of his money to every subscriber to this most expressive and deserved

testimonial. Ladies and gentlemen! Friends of Water-Cure! Friends of humanity! let us enter on this work, and by the first of January show to Messrs. Fowlers and Wells that their efforts are appreciated, by everywhere doubling their subscription lists!

Be sure that it is worth your while to do it. You can do no better work for the world now, than to teach it the laws of health. No man can be good, until he understands the physical laws, on which health of body and health of soul depend. This is the lesson I have endeavored to teach in all my writings. It is vain to expect purity of conduct, virtue, morality, religion, or any good thing, until the soul have a firm basis in the health and purity of its bodily organs. We, who earnestly desire to reform the world, must do with it, as we would with some poor, wretched, ragged, filthy individual. The first step is to make it clean, and surround it with healthy conditions. It is thus that the Health Reform is the basis of all reforms. The man or woman who gets a club of readers for the WATER-CURE JOURNAL does the work of a true missionary to the heathen who are all around us.

The Journal might have, ought to have, and I trust will yet have, a circulation of five hundred thousand copies a month—ten times its present number. But even these fifty thousand copies have a vast number of readers. I know of one case, where the subscriber every month carefully cuts the leaves, and sews the number into a strong cover, and then lends it to a regular list of forty-two readers. I hope some of these will soon be able to become themselves subscribers, and possessors of the work; but it is better to borrow, or even steal some things, than to do without them.

What is to be the end of this? What results are to follow this preaching the Gospel of Water-cure? These are questions which may be asked by both believers and unbelievers. As I believe in every one marching forward with his eyes wide open, and in full view of the path he

is pursuing, and of the end to which he is to arrive, I will give these questions a frank answer, according to the best of my knowledge and belief. If any think me visionary, time will decide. I shall be content to abide the decision.

One result of the spread of Water-Cure principles and literature, will be, in due time, the universal knowledge of the laws and conditions of health. From this knowledge must grow up a conscience, public and private, in regard to all sins against natural laws. Health will be regarded, not as a "blessing," as it is now called, but a right, which it is our duty to secure. The first object of every person will be to secure for himself healthy conditions; and public health, or the means of its preservation, will be the first object of every government and society. We shall have then no stifling, unventilated steamboats, railroad cars, theatres, or churches; no crowded buildings, filled with filthy and diseased beings, pouring out their deadly miasmata; no stagnant marshes, exhaling malaria; no pestiferous piggeries, distilleries, and slaughter-houses. Every one will enjoy the conditions of pure air, pure food, cleanliness, and a healthy occupation, as the first necessities of life.

Another result will be the general abandonment and avoidance of all the causes of disease. We shall not send our hundreds of ships and millions of dollars to China for tea, to poison us into nervous diseases. We shall not waste the products of our industry, in importing coffee from St. Domingo, Java, or Arabia. We shall not convert the blessings of a bounteous nature into deadly curses, by turning wheat, rye, corn, and potatoes into whisky, and its various sophistications, which are sold, and drunk, as gin, rum, and brandy. We shall not blast millions of acres of our fair land, by cultivating that pest and nuisance, which civilization has borrowed from the savage; that meanest of all diseasing abominations—tobacco. We shall refrain, I trust, from the bad economy and loathsomeness of converting good corn into scrofulous pork, when we lose three-fourths of the nutritious matter, and get disease in its stead.

Another result will be the universal abstinence from drugs, as medicines. The well will avoid them that they may keep well—the sick, that they may have some reasonable chance to get well. Fifty millions of dollars is a moderate estimate of the annual expenditure in this country for drug poisons, or useless nostrums. The waste of wealth is nothing, compared with the waste of health. War has never cost us one-tenth part, in money or lives, that we have sacrificed to medicine. Even the lancet has slain more than the sword. Water-Cure will put a stop to all this.

Another fast-coming result, which every day draws nearer, and the terrific sign of which is written on the walls of our medical colleges,

is the utter downfall of the medical profession. It is doomed; and its doom is just. It deserves its fate, for it has never done its duty, even with the light it had. Instead of enlightening the people, as it might have done to a great extent, in the laws of health, it has kept them in darkness. It has never made any great and generous effort to prevent disease. It has not given its earnest testimony against the violations of health laws. With a few honorable exceptions, the great mass of the medical profession has been bigoted in its errors, mercenary in its motives, and utterly faithless to its true function. Diseases, drugs, and doctors must all be swept off together. Instead of them, we must have a new and noble profession of teachers and healers. A vast field of missionary effort is now opened, and a few strong-hearted pioneers are already at work; but hundreds more are needed. Let the friends of Water-Cure see that they lack not for material aid.

And here I may say, as well as elsewhere, what I have long wished to say to Water-Cure people, who feel the need of physicians. They are needed now, and will be for a time, until people are cured, at least, of the effects of past drugging. They are still more needed as teachers of the laws of health. There are hundreds of strong, pure, earnest men and women ready for this work, if they could be assured of support. If they had wealth, they would spend it freely; but they have not. The demand must come before the supply. Every large town—at least every county, should have a good Water-Cure Physician; and he or she should have a house, and be able to receive such patients as could not be well treated at home. But it is vain to expect physicians to do this themselves. I know of thoroughly qualified Water-Cure Physicians, in whom I have entire confidence, who are ready to go to any place, where they are called, and to labor faithfully; but they have no means. Water-Cure people should do as people do when they want a minister—get together, raise a subscription, guarantee a support, and give him a call. If there is no one ready, let them select some person in whose abilities they have confidence, and send him where he may be qualified, sharing the expense among them. I shall be very glad to send suitable persons wherever I can have this kind of evidence that they are wanted, and will be taken care of; and there is no water-cure physician who will not do his best to assist others in preparing for usefulness. Whatever the demand, it can be supplied with the best and noblest, if it come in some specific and tangible form. God has no work in this world, without somebody fitted to do it.

And now let us see the final result of this progress and triumph of Water-Cure. No tea, coffee, rum, pork, or tobacco, and all the millions these are annually costing us saved for education, for improvements, for comfort, and

for beauty everywhere. No drugs, or drug doctors; and all these millions saved for good purposes; and all this intellectual wealth turned to some good account. None of the diseases these are everywhere producing; and here will be not only a saving of unutterable suffering, but of the time, and labor, and comfort of the sick, and those who are called from other duties to take care of them. Everybody washed clean, so we can move about among our brethren without the offence of their filthiness. Everybody fresh, and strong, and healthy, so that we shall not have our pity constantly excited by the spectacle of human misery.

What a glorious spectacle is here presented! A country full of health, and purity, and beauty; without deformity, or disease, or crime. A country abounding in power and wealth; strong enough, rich enough, and generous enough to govern and save the world. A country freed from all nastiness and nuisances. A country beautified with the highest cultivation, the noblest architecture, and the divinest art. A country where every citizen will have better opportunities for education, than wealth can now purchase for the richest. A country where all the faculties of man will be so harmoniously developed, and have such free exercise and full employment, that there shall be no bar to human progress, and no hindrance to human happiness.

These, my friends, are the natural, legitimate, and inevitable results of Water-Cure. They may seem strange; but the more you examine them, the more you will be satisfied that there can be no mistake in this conclusion. Every truth is linked to every other truth. If this is one of the great truths of nature, all these results must flow from its observance. I have demonstrated this elsewhere. I can but assert it here. No enthusiasm for Water-Cure, using the word in the broad sense in which I use it, meaning the purification and invigoration of man, is deeper than will be justified by its results.

[Port Chester, N. Y.]

WATER-CURE IN SURGERY.

TREATMENT OF WOUNDS—NO. IV.

BY JOEL SHEW, M.D.

In a former number of the Journal I spoke of the EFFECTS OF WATER as a topical application in the treatment of WOUNDS. In the present number I propose giving some information in regard to the means of applying this invaluable remedy in cases of the kind referred to.

A very simple, and in many respects useful mode of applying water to a wound is by the simple compress. We take old soft linen, wet it in water, and lay it one, two, or more thicknesses, according to the case, upon the part. We make it a cooling, a warming, or midway application, according to the rule previously laid down, namely, to regulate it according to the feelings of comfort. The compress is removed from time to time, and is changed or re-wet, as the case may be; or by means of a sponge, cloth, spoon, or the like, water is pressed or poured upon

the cloths, so that a proper degree of moisture is kept up. There are some objections, however, to this method of wetting the dressing; the affected part may become at one time too hot, and at another too cold. It is, moreover, in some respects an inconvenient way of applying the water, as, for example, in the night.

As an improvement upon this method, what is termed in surgery IRRIGATION, has been recommended. There are several ways of accomplishing this object, one of which is the following, and is represented in Fig. 1.

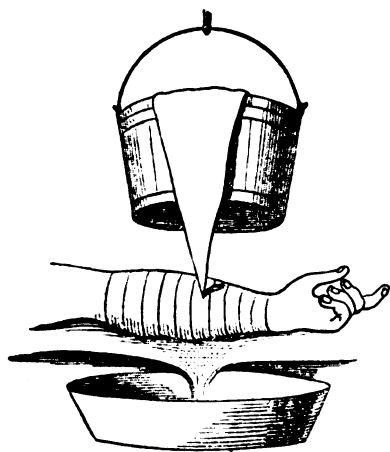


Fig. 1.

We will suppose it a case of scald, burn, or wound upon the arm. The affected limb is laid upon a pillow or cushion, with a piece of oilcloth over it, arranged in such a way as to conduct the water off into a basin or other vessel, as is seen in the cut. A bucket of water is suspended over the bed, or set upon a table near the patient. The inflamed part having upon it some lint or soft linen cloths, the water is conducted to these by means of a strip of woollen or other cloth, wide at one end and pointed at the other, and which, hanging from the bucket, the wide end being immersed in the water, conducts the fluid to the lint, or compresses, on the principle of a syphon. The cloth should be of considerable width at one end, and cut so as to be of even taper towards the point. The amount of fluid thus conveyed will depend partly upon the weight and size of the cloth, and partly upon the depth of the vessel from which it is to be drawn. The temperature of the water may easily be regulated according to the exigencies of the case. This method is, however, more suited for the cooling application, since, in the night, for example, warm water might become too cold. But in the refinement of French surgical practice, the fluid is sometimes kept at a given temperature by means of a spirit lamp under the bucket, which in this case must be of tin or other metal.

Another method of employing irrigation is to suspend two ropes of candle-wicking from the water in the bucket to the dressings, as may be seen in Fig. 2. But this is not so convenient or effectual an application as the triangular piece of cloth before described. The ropes of candle-wicking act of course upon the same principle, but are less useful in practice.

Still another method is to conduct the water from the bucket to the dressings, by means of a tube with a stop-cock, as is seen in the same Fig. No. 2. In case no stop-cock could be obtained, the irrigation might be regulated by inserting a cork or wooden plug in the tube, so shaped as merely to allow the water to drop. A little ingenuity will answer in all these cases. A good workman works well with the tools he has, as the old saying is.

A method of treating wounds, sometimes employed by the French, which is to have the inflamed part naked, allowing the water to fall in drops upon it, has

several objections. It is, in the first place, liable to be an uncomfortable one to the patient. Water, falling in drops in this way, is liable to cause an irritation

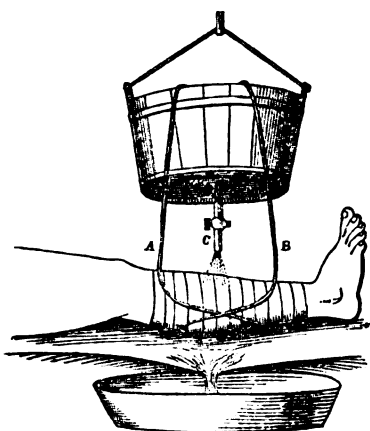


Fig. 2.

of the part. In the second place, the patient is obliged to keep very nearly the same position constantly, which is of itself a great objection to the method.

The IMMERSING of a wounded part in water, either warm, tepid, cool, or cold, according to circumstances, appears to have more influence on the sensations than any of the other modes. This is easily accomplished by having some such vessel as is seen in Fig. 3. The fluid is thus made to cover a larger part of the surface, and in all cases the soothing effect of a local application is in proportion to the extent of surface on which it is made to act. It is not merely the wounded or inflamed part that should be brought into contact

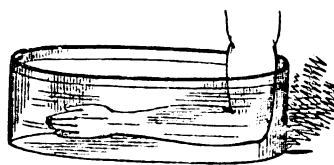


Fig. 3.

with the fluid, but as much around and beyond it as may be necessary. An objection to this plan of immersion is, that the inflamed part must, in many cases, be made to hang downward, in order to immerse it, which causes the blood to pass by gravity more freely than it otherwise would to the place affected. The object is to drive away the superabundance of blood, and hence keeping the part in an elevated position is often the preferable mode.

PHILOSOPHY OF THE WATER DRESSING.—Hitherto I have spoken mostly of the FACTS in regard to the local appliances of water, and of the MODES of making them. I am now led to a few remarks concerning the PHILOSOPHY OF THE ACTION OF WATER, when thus locally applied.

It should not surprise us to find water, simple as it is, the best and most agreeable of all applications, when we recollect how important a part it exerts in all vital processes. It composes by far the larger portion of the living body in health; and through its influence all the vital processes are carried on. Besides, there is nothing in the wide world that can at all compare with it in promoting the restoration of the growth of a wounded part, and simply for the reason that no other substance in nature holds so important a relation to the principle of life.

Water, when thus used locally, acts in various ways, which, to elucidate the subject more fully, may be explained as follows:—

1. It regulates the temperature of the part, if we go according to the feelings of comfort; and it brings it to that degree of temperature which is the most suita-

ble for its healing, as well as freeing it from pain and other disturbance.

2. It permeates the finest tissues, and is absorbed freely, thus preventing all undue heat, deep among the tissues, as well as upon the surface. It is better than any poultice, because it is *more easily absorbed*; it is less liable to change of properties than any other application—less cumbersome, and in all respects better, as experience abundantly proves.

These conclusions are, I admit, simple and very short. They are, however, the true ones, and such as will serve to guide us in an intelligent employment of that important part of practice which we have been considering. Truth, when we once perceive it, is always simple; and the plainer we can make it to our minds, the better will we be guided in that ever benevolent calling, HEALING THE SICK.

LECTURE ON HYDROPATHY.

BY J. C. JACKSON, M.D.

[The following lecture, recently delivered to the patients of Glen Haven Water-Cure, was read by them for publication, accompanied by an interesting correspondence, which we are compelled to omit for the want of room.—Eos.]

LADIES AND GENTLEMEN:—In the WATER-CURE I have the most unbounded confidence. I have proved its value to my entire satisfaction. For this reason I am its advocate. In discussing it with you, before I tell you what it is, permit me to tell you what it is not. It is not allopathy, homœopathy, or eclecticism, nor are these, or parts of these, parts of it. It is a system by itself, scientific in its character, and practical in its results. Its theories, its facts, its principles, and its generalizations are its own. If true, it has wrought out, by hard toil, by patient and careful experiment the facts which make it true, and entitle it to the name of a science.

Legitimately, its objects are two-fold. First and foremost, it seeks to preserve human health; for health is like one's reputation, once sullied, no effort gives back original brightness. To preserve health is a nobler mission for man than to restore it. And in this respect the Water-Cure philosophy is the superior over other systems. It takes recognition not only of diseased conditions of the human body, but it is divinely endowed to operate in the sphere of health. Where the cheek is the ruddiest, and the nerve the steadiest, where the pulses bound, and the spirits are abounding, where the digestion is perfect, and the muscle is strong, where the mind is active and the soul impassioned, there the Water-Cure has a mission. It has its work to do. That work is to keep the body and soul well. Daily it is demonstrating to tens of thousands, that it is adapted to the healthy as to the sick, and that its mission to both is a mission of love. Go to the cradle of the newly-born infant, and you shall see how beautifully it can accommodate itself to life in its gentlest conditions. It will make you admire. It would by this prove itself the greatest of modern discoveries, if nothing else were left it, so accordant with the wants of the tiny structure can one make its applications, and so kindly does the body take to its prescriptions. Under its daily ablutions it will grow and thrive as a perishing plant will thrive under frequent yet gentle waterings. It will be quieter, fairer, robuster for them. Take a boy, a lad, whose skin by sweat and dirt at play has become foul, till the filth has ingrained itself, and give him thorough washing before bed-going, will life be less vigorous in him? Not so. It will be to him a daily baptism, that will aid him materially. His appetite shall be the better for it, his digestion carried through the more easily, his sleep shall be sweeter, his waking more joyous.

Take an adult of full and active habit who toils from dawn to twilight, coming home with wearied muscle and an unthinking soul. Has the Water-Cure no "glad tidings" for him? Cannot it be to him a gospel? Verily it has and can be. It readily tells him how to escape from his weariness, and insures to him repose. Take the studious man, whose life is a series of excitements. It points him to the laws of his organization, and urges him to avoid excessive mental application.

Take the sedentary woman: it summons her to an uprisal, and beckons her beseechingly into the open

air, and to the use of her muscles. The public speaker, and the editor, the clergyman, and the lawyer, men whose province is that of thought, and whose over-borne brains reel frequently under their tasks, it comes to them with words of earnest yet gentle warning. It presents them with the conditions on which health may be theirs.

Some of these conditions I propose to allude to, because in the view of Water-Cure they are vital-conditions without which health cannot be had—and because in the view of all other medical systems they are not vital conditions. The first of these is dress. If our system prevails, it will change the modes of dress, and it will begin with the swaddling bands. The present method of dressing infants is barbarism in the extreme. I am not certain that I do not owe tribute to barbarians by the use of that term. Barbarians dress children less offensively than Christians do. The long-clothes about the infant's feet, the band about its stomach, the cap on its head, the cradle with heating pillow for a bed, the heated room, all are noxious to its feeble life. The dress of the child is not less condemnable than is the dress of the adult. They respectively fail in applying the most clothing where the least is needed, and the least where the most is needed. The trunk of the body, where digestion and circulation, and respiration commence and end—where, excepting the brain, there is the greatest supply of blood in proportion to the size of the organs—where combustion and the evolution of animal heat are mostly perfected, is the most thickly clad. The extremities, where the circulation is the feeblest, where the animal heat is the least in quantity, are the most thinly clad. The over-coat, the cloak, the shawl, are for the trunk; the skirt may be for the lower limbs, but rendered of no value as a protection because of its fashion or shape. The hat, air-tight so as to heat the head, whilst it needs no heating. The shoe, a thin baskin, wholly inadequate to the necessities of the feet. Add to this, that as a whole, the fashions for either sex are greatly unfriendly to ease, and still more so to muscular motion; and it can be seen that dress, as it is, is hostile to health. The Water-Cure philosophy, as the only true dispenser of a rational hygiene, is bound to war with dress as now worn. It will never rest content till, let the fashion be what it may, brass shall conduce to the preservation, and not to the destruction of HUMAN LIFE.

The next vital condition which Water-Cure enjoins is food, proper in kind, in quantity, and times of taking it. The present habits it deprecates. It affirms and is ready to prove, that the *knaws* of food in common use are bad: that they are so to all stages of existence; that the child, the youth, the man, the old man, alike eat poor food. It affirms that greases and gravies, meats and pastries, spices and stimulants, are substances that weaken and do not make strong the body; that they confuse and confound the mind instead of making it lucid and profound; that at best their use does but lead to simulation of bodily strength and mental energy; that at length they produce prostration of spirit, weakness and wither of muscle, and bring on early decay. Additionally it avers that these and kindred food, work into undue activity the nervous at the expense of the other bodily structures, till at last between them morbid relations spring up whose results are very humiliating. Still further it urges, that such kinds of food give natural rise to undue indulgence in *quantity*, and to too frequent repetition in eating. The stomach is a most important organ in the animal economy. It is the centre of nutrition. Its intimacy with the brain is very close. It is to the body what the brain is to the soul. Disturb it, habitually abuse it, outrage it, disease it, and all the torture you put it to, it reflects to the brain, and the brain reflects it to the soul. The soul cannot escape the load. It has it to bear. It suffers in its consciousness and in its conscience. Its intellectual ability is weakened, and its moral sense obtunded. Thus not only the lower but the higher nature feels the misusing.

The next important issue which it raises is, that reform in the present mode of education shall take place. This, as it stands, is *false*. False, because it is imperfect. It covers only one department, and that to children the least important. Education, our philosophy asserts, is duplicate. It is made up of teaching and training, the former being legitimate to the soul, the latter legitimate to the body. *Now*, education consists in evolving or elaborating the intellect, and, if you please to add, the affections. Training the body, disciplining it by bringing it into subjection and obedience to the laws instituted for its governance, is not known among men or women. Parents, teachers, ministers, physicians, legislators have no well-defined notions of education for the body. Personally themselves are violators daily of the laws of life. Professionally they are ignorant of the needs of the young.

The almost universal enlightenment on this subject is a great evil. It is the source of abounding depravity—a depravity which more than keeps pace with all the reformatory efforts of the Christian world, which forces out of their allegiance to Heaven more souls than the stern truths and the sweet promises of the Gospel of Jesus can keep true, and which to-day shows an overwhelming balance of population wedded to habits in which travelling propensity takes precedence of holy sentiment. Solomon said, "Train up a child in the way he should go, and when he is old he will not depart from it." Why a *child*? and why train him? Because training is the only process *fit for a child*. A child is a being in whom the animal powers for a given period and by the laws of that being predominate. Teaching is inapplicable to such being. It is not the creature of sentiment, but of sensation. It observes, but does not reflect. What it does is done because others do it, or because want presses it to do it, and not because a sense of duty impels. It will yield to restraints imposed by a power independent of itself and which it shall respect, much rather than to restraints which are self-imposed. It needs one who understands the laws of its physical structure which are good, to guide it in accordance with its physical instincts which are pure; and by these to regulate the appetite, control the passions, and establish correct habits; so that when the intellect and moral sense shall take possession, the body and soul shall be in concord. Training must, in the order of human growth, precede teaching, for the law of growth is first the physical, then the intellectual. Now those who neglect the former will find the latter of comparatively little use.

But there is another reason why education should comprehend as well the training of the body as the culture of the mind. It is the fact that mind is dependent for its manifestations on the body. A sound mind then can only exist in a sound body. An unsound body to the extent it is unsound makes mental manifestation imperfect. Whatever were the condition of mind after it becomes disconnected with the corporeal part of man, *this is the law whilst the connection is kept up*—that the soul must make itself visible through the bodily organs. If it sees, it must use the eyes; if it hears, the ears; if it tastes, the mouth; if it smells, the nostrils; if it feels, the organs of touch. It comes into recognition as an earthly resident with material things by means of a material organization. Its sensations, pleasant or unpleasant, are determined by the senses. These are its avenues.

Immaterial life is connected with material forms, and what is the natural relation of the two is a point not unworthy of thought. It seems to me, that the latter should correspond to the former. According to the rank of spiritual life must be the order of physical development. As strength and goodness are the highest qualities of spirit life, so utility and beauty are the highest qualities of material organization; and the latter represent the former much more frequently than at first thought would seem. But were nature free to elucidate her laws, we should find this connection uniform and constant. The noblest soul would then find its home in the most majestic, most beautiful form. As man is, I do not affirm this to be the fact; but were he as the Creator intended, and as the laws of his nature seek to make him, this would be the fact. Magnitude and meanness would be out-shadowed in ill and ugly shapes, whilst a richly endowed spirit would utter its voice through fibres corresponding in delicacy and refinement to itself. Corroborative proof that this is the natural law, is furnished through one of the highest faculties of man. I mean his Ideality. The ideal in man has the actual as its correspondent. For what one can conceive to exist, one can give shape to; and if you add power and opportunity, he can make; and the question is, if he clothe his conception in form, what will it be? Will it be such as would naturally lead those who see it to feel that between the idea and the creation there is appropriate relationship? I affirm there will be. No artist would cut out of marble a Greek Slave in the form and after the figure of Juno presiding at the feast of the gods. No one would paint an Indian warrior returning from the slaughter of his enemies with one hand holding his tomahawk and the other grasping gory scalps, with a face answering in mildness and divine love to that of the Apostolic John. Universal civilization would hoot the artist into his grave. No man with power to appreciate the matchless qualities of our Saviour, as well as the dignity of his mission, and the unswerving rectitude with which he walked to its fulfilment, though it led him to Calvary, could seat him at his easel and paint such a head for His as would describe a Nero. The *model* man—saying nothing of his divinity—must have a *model* head after the utmost capabilities of the artist to conceive what it should be; and the villain must never have the villain's head. This is nature's law; and whenever she can enforce it, she'll push the soul's in-

stincts to make the affirmation. A Christ on canvas shall be worthy of a Christ on the cross, and the unrepentant villain at his side shall wear the visage of a thief. Nature will show this correspondence between the ideal and the actual acknowledged in the strokes of the chisel or the pencil; or he who wields them shall wither away under the public curse. Idealize Hamlet's man, who is so "noble in reason, infinite in faculties, in form and moving how express and admirable, in action how like an angel, and in apprehension how like a God;" and then tell me if you could imagine that this specimen of divine architecture was a distorted, awry-shaped dwarf? Whatever actual facts would show, Ideality would be true *to the law*, and give to such person commanding beauty; and if it found high qualities in so poor a frame, it would insist that the case was exceptional.

If then this is the law, that the more princely the soul the more beautiful the dwelling, the costlier the pearl the rarer the setting should be; if there is a natural relation between them, if all departs from this law, in so far as they exist, do hinder the soul's growth, then it is easy to conclude how important a knowledge and obedience of the laws of the human body are. That there are means at man's command for the almost indefinite improvement of the human race, and that these means are available only by understanding and appreciating their physical laws, I have no question. I do not mean that physiological knowledge is *all-sufficient* for human redemption, but I do mean to say, that a Gospel which ignores such knowledge is not the Gospel of God. I do mean, that such Gospel will never effect a cure of man's depravity. I do mean, that whilst men are taught moral principles but are not trained to moral habits of body, Christianity will remain in a hopeless minority, though missionaries are multiplied like bees, and religious institutions like ant hills. The thing is impossible, because the work is begun at the wrong end. It overlooks the divine plan, which is, that you are to reach man's moral through his physical being.

Such are the teachings of our philosophy to human beings in health. It insists that physical laws have their moralities which cannot be violated without drawing down the divine judgments, and obedience to which insure the divine blessings.

Turn we now for a little to an examination of the philosophy of health of the drug schools. What applicability has the drug system to human beings in normal conditions? As a man advocating *drug* medication, is not the drug doctor necessarily shut up to the advisement and aid of *sickly* human conditions? What advice can he give for the improvement in growth and sturdiness of an infant who is *not sick*? From one end of his Materia Medica to the other, he has nothing adapted to a *healthy* child. Senna nor salts, catnip nor Virginia snake-root, millin leaves nor carbonate of soda, are good for a *healthy* child. Any maxims which he may lay down for the betterment of human conditions, if those conditions are such as do not involve ill health, must be rendered by him *independent of his system of medication*. At best, this only comes into play where disease exists. But the robust man who takes the prescription of a drug doctor will find his robustness perish. The healthful man does not live who can take a drug and not be the worse for it. The epitaph on the gravestone of the man who tried it, demonstrates this position:

"I was well, wished to be better,
Took physic—and died."

Had it been the lot of this poor fellow to be a Hydro-
pathist, his epitaph would read as follows:—

"I was well, wished to remain so,
Practised Water-Cure and died—of OLD AGE."

Do you not see, then, that into the health-preserving kingdom, the drug-doctors are not elected to go? For, to such as have ruddy health, to whom bracing breezes and ample exercise, healthful heart-throb and a serene soul, are perpetual heritage; medical prescriptions would be as uncalled for, as it would be to cart coals to Newcastle; for of all his potencies, from the feeblest to the mightiest, he has not one could add to the luxuriance of life. To the Water-Cure physician this is not so. His prescriptions are valuable in the ratio of vigor a man has. The stronger the muscle, the sturdier the nerve, the more abundant the blood, the better the appetite, the more complete the digestion, the more decided can be the administration.

Having thus shown that Water-Cure legitimately takes cognizance of the health-sphere, that it affirms the sacredness of physical laws, that its appliances can be made in harmony with those laws, that when in health none are the worse for using those appliances, but are the better for their use; and that the reverse is true of the drug systems, one and all,—healthy persons being worse for taking drugs when in health,—allow me to call your attention to my ideas of disease, and what constitutes the true curative effort, and contrast them with the ideas of the drug schools at large.

1st. I have no faith in drugs of any kind as medicine, and never use them as such. My objections to them, succinctly stated, are—1st, that, confessedly by those who use them, their primary action is not curative, but transformatory; they change the nature of the disease. Hence, under our civilization, diseases are common, which, before the healing art had come to place its reliance chiefly on drugs, were unknown. These cannot be laid at the door of our habits, or modes of life, exclusively, because they are specially drug-diseases—diseases caused by taking of drugs, and known as such. Besides, physicians of the drug schools, in their books avow, that they cure disease by changing it from a primary to a secondary character, hoping by such means to expel the disease which they have made, more easily than the disease originally called upon to deal with. This very admission disproves their curative quality. But—2d, their curative force is shown to be fictitious by this startling fact, that the vast majority of those treated by drug doctors, for the cure of acute diseases, turn out to have at length chronic diseases. There is not one person in a hundred, who, smitten by acute disease, and treated with drugs, ever sees full, joyous health, thereafter. Do you disbelieve me? Examine for yourselves. Go through the neighborhoods known to you, and test this statement. You will find facts to corroborate it. Men, women, and children, will rise up in every field, at every road-turn, under every roof, as my witnesses, not to affirm that drugs hurt them, but to affirm, that they are not as well and hardy as before they were taken sick. Some will be able to specify their first sickness, and say, "I was taken with bilious, or typhus, or chill fever," or, "I had measles, whooping cough, or varioloid," or, "I had dyspepsia," or, "took cold," &c., &c.; and, "I was doctored by Dr. ——. He gave me some stuff and broke up the fever—or brought out the measles, and I got round almost immediately." "Well, how have you been? as well as before?" "O no, I haven't been really sick, but I haven't felt the elasticity I had previous to my sickness." Poor credulous victim! You have been poisoned, and do not know it. You would lay all this difficulty to the disease with which you were attacked, whereas the probabilities are as ninety to naught that you are the victim of drug medication. All that this doctor did for you, was simply either to substitute a drug-disease for a natural one, or to change the disease from the point where it showed itself actively to a point where it showed itself less actively.

This metastasis, or change of location of disease, is very common under the drug-medical treatment. In fact, it is in use by Nature herself, and so the drug doctor can take advantage of the tendency. Take a disease which locates itself in the mucous coats of the stomach. Now Nature, if she be unable to expel it from the system, will most likely force it to show itself actively at some locality where less danger will result; and by so doing, preserve the organ whose health is of very great consequence to the general organization from absolute prostration. The design is to take the disease in its active exhibitions from a more important to a less important structure, or to take it from a structure that can ill bear it, to one that can bear it with less danger. The drug doctor seeks to do this same thing, I admit, but the difficulty in his case is, that he produces, if he is at all efficient, a double metastasis: he not only changes the locality, but he changes the nature of the disease. It is not to be found in the same place, nor when found, has it the same character, and in a majority of cases his process, unlike great Nature's, does but force the disease to assume a more dangerous position in the animal economy, and to take on a more desperate appearance. This man, with all his study and skill, with his mortar and pestle preparations, and his nicety in their administration, does but

"Whip the Devil round the stump,"

whilst his patient illustrates the condition of Dr. Watts' sinner, who

"Turns from side to side,
But keeps the pain."

To show you how this thing works, I will present some familiar illustrations. A girl has scrofula. It shows itself in salt rheum affecting the external skin. The parents feel badly and consult a physician. He prescribes and she takes. His object is to make the skin smooth. If he can do it, the parents will feel satisfied, otherwise his reputation suffers in their esteem, for what is a cure with them but to make a visible and invisible disease? He succeeds, they praise him; he fails, they dismiss him, and take up with the self-puffings of an ointment maker. They buy the ointment, anoint the girl, and the rheum disappears. They rejoice. They give a certificate to the vender of its wonderful qualities. Six months from the time of the anointing, the girl somehow, unaccountably to herself

and parents, takes cold and begins to cough. The parents are alarmed. A doctor is called—not for salt rheum—that is cured—but for the cough. The doctor says that consumption is indicated. He prescribes, fails, makes a bill, is dismissed, and gives place to another, who in like manner prescribes, and at last confesses himself baffled. The girl gradually dies. Who killed her? Who transferred her name from the records of the living to those of the tomb? The ointment maker—and her parents were his accomplices. They assaulted Nature, broke down her vital efforts to make the skin carry a disease which the internal structures could not carry, overcame her defences, and dug the girl's grave. But the parents know not what they have done, and would be the first on any occasion to laud the ointment maker's remedies for the cure of salt rheum. The consumption of which she died was nothing else than salt rheum forbidden to appear on the surface. Unpermitted to appear on the skin, it fed on the mucous tissue till the substance of the lungs was involved, and the bell tolled the finale.

Now the cure the quack made of her salt rheum was such as is a majority of the cases where drugs are given and cures are reported. Every day Water-Cure doctors have such cures to meet. Here is a man with piles; he drugs, gets well, and in six months after he gets well he has dropsy, or apoplexy, or consumption. Poor fellow! he knows not that his death-knell is rung when, by applying powerful poison to the diseased part, the disease disappears. In a majority of cases it is, however. Here is a man with liver complaint. He takes some infernal drug, gets well, and in a few months has rheumatism. Here is a woman with an old ulcer on her limb. The doctor gives her poison, heals it, and she in six months has the consumption. Here is a woman with weakened organs of reproduction. She takes gold pills, and in a few months has amaurosis. Here is an infant has dysentery, takes opium, and before it is a year old has hydrocephalus. Here is a child with bilious fever; the doctor gives him calomel, and within two years he has the rickets. Here is a girl with scrofula; the doctor gives her iodine, by-and-by she has marasmus, and so the list may swell indefinitely. For the diseases treated the doctors get credit; for the diseases succeeding they are not held responsible. I cannot conceive of a work I would not rather do than to seat myself hourly at the bed-side of the sick, and deal out medicines which, when once introduced to the body, burrow deeper in its tissues than ever rabbits burrowed in a warren, and which nothing but hydropathy can expel. Ample evidence of this is being furnished through the various establishments in the United States. Not one in five hundred of all who have been benefited or cured at establishments have been to them till after the drug doctors had given them up, or they had lost faith in drug doctors. Is more convincing evidence of the superiority of the Water-Cure over the drug systems wanting than that we should cure those whom drug doctors fail to cure?

After thus comparing the Hydropathic and Drug systems, is there any such natural likeness in the two as will furnish good reason for combining them? To this my judgment gives a negative. Naturally—that is, each standing in its own likeness—they will not assimilate, but they will antagonize. If united, their dissimilarities must be overcome by the introduction of a third element which has virtue to change the nature of both. That element no man has as yet to my knowledge discovered. Till he does, Hydro-drugism, in my view, will be the most deadly practice in vogue. To the drug administration the Water-Cure presents always and everywhere a hostile front. It will not affiliate with it. Hence there is no safety in uniting the two. Water—all that a man wants to drink, all that his instincts call for in the way of baths, all that his system clamors for in the way of enemata! Calomel—all that the doctors sometimes give, up as high as thirty grains!—think of uniting the two in one system! Think of bleeding, and blistering, and powerful drugs, in connection with dripping sheets and sitz-baths, packings and half-baths,—and all at work at once on a poor son or daughter of Adam, and all baptized by the name of Hydro-drugery! Excuse me if I say the name of such a system is Humbuggery. The Allopathic system, the patriarch of the tribe, has attaching to it the dignity of age. Its tread has character in it. One feels aroused by the music of its march. But to attempt to unite it with its destructive qualities to Hydropathy with its conservative qualities, is to create for both a general contempt. Besides, it is to ruin the latter, which needs no support from drugs. It has in itself a divine virtue. It has Nature for its mistress and its teacher. What it needs is OPPORTUNITY. That, thank God! is being given to it. Unite it to drugs, and you subordinate it; keep it aloof, and you will see it supreme, and commanding the general confidence. Against such union I therefore protest. Men who do it may be honorable, high-minded, skilled phy-

sicians. It is not for me to decide. Let them stand or fall by their own merits. Every man will, like everything else in this world, sooner or later find his own level, and be judged of rightly. What I intend to affirm is, that the man who unites the Water-Cure and the Drug-Cure in his medical administration, has no moral right to call his practice Water-Cure. It may be better or not. One thing, however, is certain: it is not Water-Cure practice, and any attempt to make it pass for such justly covers him with suspicion.

In my own view of the case, there is more than a want of fairness attaching to such efforts; there is actual wrong. As I have elsewhere said, this reformation belongs emphatically to the people. It is loaded with the best of blessings to them. They nor we can begin to appreciate it. Keep it pure, and eventually they will do so; for if kept uncontaminated with drugs, such is its simplicity, they will understand it. Then where weakness now is, shall be strength; where weariness is, shall be repose; where haggardness is, shall be beauty; where sickness is, shall be health. Men shall die aged then, instead of being cut off in the midst of their days, and God shall be honored in the bodies as well as in the souls of men. To take it and append drugs to it, is to lessen the general confidence in it, for it is to make it mystical. Common folks cannot understand it. They have no alternative left but to be superlatively credulous, or supremely skeptical. Let the medical profession keep to their drugs, if they will; let the people need some scheme simpler, broader, less fickle; some system that has in it everlasting fitness, and is therefore in harmony with the laws of their physical structure, and unlike all drug-giving, is not empirical. This the Water-Cure will be, provided it can be kept intact by drugs. And I call on the people who believe in it to see to it that this ark of their covenant is not by their consent touched by unholy hands.

But this is not all of the wrong which attaches to him or them who undertake to unite the two systems. Those who do it lessen the chances of curing their patients. There is no safety in uniting the two. 'Tis idle to talk of it. They either neutralize each other, or act deadly hostile. This invincible antagonism to drugs shown by the water processes sometimes is set forth in almost frightful revelations, during critical actions. Men and women who drug-soak their systems, filling them with syrups and decoctions, tinctures and potions, infusions and powders, till one may say their structures are saturated, must go through with experiences worthy to be written in a book, provided they expect to get well. There is not a Water-Cure doctor in the country who does not know that the crises of persons deeply drugged are much more tardy and are much more severe than the exacerbations of disease in persons less poisoned. This fact of itself proves indirectly the truth of the statement, that drugs and water in their action on the system are hostile, else why this extra severity of crisis in drugged over that in undrugged persons? But still farther: it is well known that drug diseases are the hardest to expel from the body. If there were affinity, why should not drug diseases yield the most readily to the treatment? Yet farther: If drugs are as powerful to cure as is claimed for them by those who dispense them, why should they when taken in health so uniformly produce disease? Look at it. One is smitten with disease. A physician is called. He asserts medicine is needed, and that it should be calomel. If inquired of "what influence he expects the calomel will have," his reply will be that it tends to expel the disease, and so restore the normal conditions of the body. Now we will admit it for the sake of the argument, and so claim the privilege to inquire still further why the influence of calomel should not be equally preservative? Surely that which can restore can preserve when restored. Yet no doctor claims for calomel or any other medicine, that it is fit for the healthful. They readily admit its unfitness. Their medicines have as occult powers as the drunkard's dram. Taken when you are hot, it cools you; when you are cool, it heats you; taken when you are well, it makes you sick; when you are sick, it makes you well. It seems to me that nothing further is wanted to show how absurd all the clamor is of the curative action of drugs, than to witness the difference of tendency displayed when one is sick or well.

Gentlemen and ladies, my position is this. Nothing which will make a well man sick, will make a sick man well. Of course I allude to medicines internally administered. I meddle not in this argument with surgery. But as a medicine, if anything is offered him, which taken by him when in health will prostrate his powers, as he values life, let him not take it when his powers are already prostrate. If it can force him from strength to weakness, it can force him from weakness to yet greater weakness. It is not given to drugs to evoke strength of weakness. Their natural tendency is the reverse of this. On the other

hand, if one can find in the kingdom of nature a medicamentum, which taken in health, tends to make one more healthy, let him use it with confidence when he is ill. It will work for him with irresistible effect. It will build his exhausted powers, purify his filthy tissues, quicken his sluggish secretions, increase his slackened circulation, and strive hard to take command of the whole physical man, and do for him when diseased what its natural office is when in health—give him strength and beauty. Now, in all God's dominions, I know of only one such medicament, and that is bright, beautiful, soft, sparkling WATER. Its power to cleanse the physical has elevated it into a holy symbol to purify our spiritual man.

"I stood on the bank of life's broad river,
And watched the tides of time at their ebb and flow.
They entered, covered with earth's filth, but came
forth spotless. Then said I, water is blessed
To cleanse!"

I close this review of the drug-treatment and its curative force, by quoting the following from the distinguished editor of the British and Foreign Medical Review, Dr. Forbes, who says,

"1st. That in a large proportion of the cases treated by allopathic physicians, the disease is cured by nature and not by them.

"2d. That in a less, but still not in a small proportion, the disease is cured by nature in spite of them; in other words, their interference opposing instead of assisting the cure.

"3d. That consequently in a considerable proportion of diseases, it would fare as well or better with patients in the actual condition of the medical art, as more generally practised, if all remedies, at least all active remedies, especially drugs, were abandoned."

Setting aside the influence of mind and external impressions, bodily disease may be said to be the result of noxious agents introduced by various means into the circulation, and in the blood carried to those structures on which they can have specifically injurious action. If the agent is active, nature sets up decided revolt, and the struggle indicates the disease.

The nervous system is the *protection* system to the general organism; and whilst it is unimpaired, or has its full force, no noxious agent can act so as to produce visible disease. But whenever, from any cause, the nervous energy is weakened, then the agent hitherto inactive, may become active, and disease show itself. Thus one may take into the circulation marsh miasm, and it may remain in the blood for months or years, and all at once from some tissue becoming enfeebled, for which it has the strongest affinity, it assumes an active form, and visible disease follows. Now one can introduce into his circulation poisonous material by means of the skin, through the lungs, through the stomach, and by means of the bowels. He may rub poison on to the skin, and by means of the capillaries introduce it. He may inhale it by means of the atmosphere which is loaded with it, he may eat it in his food, he may take it medically. Whether it disturbs him at the time of taking or not, depends, as I have said, on the resisting forces of his body. If they are weak, then acute disease shows itself. If they are strong, the poison may float in his blood for years. In this way it is easily accounted for, why one who has taken drugs may, a long time after, be suddenly taken with a disease altogether different in kind from one to cure which the drug was taken. So also may we account for the apparently robust man, without any palpable and commensurate cause, becoming sick, and defying all appliances, die. Nothing is surer than that persons carry in their blood poisons, which by some slight weakness of some portion of their structure will subdue their strength, and make them wither as the hoar-frost withs the lily. We can see what the philosophy of the Water-Cure is.

1st. To make human beings intelligent and physically vigorous, so as to resist the introduction of morbid agents.

2d. To be able to resist their activity if introduced, and make them inert, and so comparatively harmless.

3d. If unsuccessful to do these, to expel them from the system without introducing others.

In the expulsion of them it often happens that Crisis results. This shows itself by eruptions on the skin in the shape of boils, abscesses, rash, pimples, ring-worms, &c.; or it shows itself in fevers or chills, or both, or in diarrhoea, or secretion of the kidneys, or sweatings, or in general nervous excitations, or nervous excitations of parts specially diseased. In a majority of cases it happens that no crisis is had, but that health is restored by steady gradations.

Before I close, let me say, that all that can commend our cause to the confidence of the people interests me greatly. To insure such confidence the CAUSE which is intrinsically worthy should have intrinsically worthy men and women to represent it—such as answer to Sir William Jones' statement—

"Men, high-minded men,
With powers that all the world has endorsed
In nature, make us strong
As beasts evolved in rocks and trinitite beds."

Not men who in personal habits are on a par with your pork-eating, cigar-smoking, tobacco-chewing, and perchance beer-guzzling, allopathic doctor; but something above all this low, bestial life. Nor yet men who at home preach like a saint of sobriety, and temperance, and simplicity in physical life, but when away where the current all sets against obedience to law and stamps him who heeds the truth as eccentric, sloughs his hydrophobic coveting like a snake in April, and is of the color and spangle of the company he is in. Do you, gentlemen and ladies, seek to add dignity to the principles you cherish. Be firm, be polite to those who seel at the truths you hold dear. Be patient with unbelievers, remembering that they have not had the evidences before their eyes of its truth which you have. And when you shall go from the Glen, as I hope you will with renewed health, do not forget that on you individually I lay the charge to do two things: 1st. To induce your fellows to take the Water-Cure Journal; and 2d. To walk yourselves in all honesty in the ways of life, and may you all die of old age instead of disease.

OLD AND NEW ISSUES.—NO. II.

BY H. D. L. W.

It is recorded by the early Egyptians, that the first time the sunbeams fell upon the famous Memnonian Statue, there were heard issuing from that huge breast strains of delicious music. All know that to be a myth. Yet, does it not prefigure a striking fact in modern medical science? To the thinking masses that science appears to be a monstrous Memnon of magnificent falsehoods—speechless—dead. The world's halt, blind, deaf, and leprous, have been to it from time immemorial; and have come away again—halt, blind, deaf, and leprous. But the other morning the great sun of Nature came rolling up the sky, and the masses hear music from out that cold, dead heart. The *schools* say it is the jingle of the profession; the *people* know it is the *harmony of Nature and Science*. That grand statue of lies, is not all a lie; some truth there is, to respond to the streaming light. Better little than none; but far better much than little.

The world never has, never can succeed with Science, without its complete accordance with Nature. What is it, but a method to get at Nature? Do men think to get at Nature in an unnatural way? Science must be natural, or it is no Science—only a miserable humbug. Nature and Science, then, should be twin stars in the same galaxy. Do the doctors act upon this great truth? Where? When? Through that sickening process of medication: *depletion, counter-irritation, and visceral poisoning*? We will see.

How can that theory of depletion be explained on natural principles? True, it is somewhat obsolete now, as a fundamental; yet are we not speaking of *old* as well as new issues? It has been thought orthodox enough; had they no reasons for it—plump, scientific reasons? To reduce the patient so low, that nothing remains for the disease to prey upon, will, of course, give him, if not an easy recovery, at least an easy death, and that is something. There is humanity in that, if not logic. Nobody likes to behold the death-struggles of a strong, vigorous constitution, hurried off in an hour or day; so to extract that strength, tissue by tissue, particle by particle, though somewhat unpleasant to the sufferer, yet eases very much the "bands of death." Besides, the theory has a two-fold application. Experience proves that a sudden death does not *pay* well; and the doctors find that one leech at the *pocket* is as good as two at the *chest*, for *consumption*.

What are the facts in the case? That which men call disease, is not disease; only the efforts of Nature to throw it off. Disease, of itself, is invisible. We only see the *signs* of its existence. Now what all rational practitioners want, is to let Nature do the

work as easily as possible; or if need be, assist her. Upon this hypothesis, what assistance can he be, who attacks Nature, waging a ceaseless war upon her, until the disease is pronounced *exhaust*? The poor suffering body wants no reducing. It cries for help! help! and if the *faculty* stop their ears, the people's common sense will not, but will hue out a system based upon eternal truth, for the salvation of the physical man.

But, *counter-irritation*; there is nothing obsolete about that. It is one of the five points in the learned fraternity—a right catholic article in ancient and modern medical science. No student can receive his degree until he subscribe to it; any refusal of which being branded heresy, with twice *anathema maranatha*. What is it in plain terms? To draw Nature's forces from one weak point in the great human garrison to another, which other is wholly artificial. For example, here is a case of *phthisis*. Disease is at work upon the delicate membranes of the lungs. What shall be done? *Counter-irritate*. Apply *Spanish flies, tartar-emetic, or mercurial ointment*, on the external surface of the chest. Either of these virulent poisons will *counter-irritate* in earnest; and wonderful to state, immediate relief is many times experienced. But what is the philosophy? Let us go back to the cause. What is the matter of the lungs? They have been invaded by some foreign substances, scrofulous humors, humid or viscid matter, and the like, and Nature (always ahead of the faculty) is endeavoring to force them off. Now, let us see what the *counter-irritation* does. The moment a new disease is created on the external surface, more powerful than that within, it necessarily detracts much from Nature's forces, which are laboring to force the enemy back, and draws them to the new place of attack. That kind physician always goes where she is the most needed, and the patient feels less resisting effort within. Is it strange?

But does it remove the *cause*? No: the moment the new disease is overcome, the internal efforts are removed, and the invalid is *no better*! We think the world may be challenged to produce a case of permanent and radical relief from *counter-irritating*. And more, we think the world may be challenged to produce a more uselessly cruel system of medical treatment. None but those who have experienced the tortures of *blisters* and *tartar-emetic* sores, can fully realize life's full weight of agony.

In W—, less than a hundred miles from Boston, early last spring, a young man was attacked with fever, supposed to have been contracted in the West. A regular practitioner is called in. Of course, it must have its *run*, and a serious run it proves to be. Three months elapse ere he is pronounced in the least convalescent. Then, it is with the almost certain prospect of an internal *abscess*. *Counter-irritants* innumerable are applied. Blister upon blister, and sore within sore, literally, are inflicted upon that poor, emaciated body. Finally, the spine is declared diseased. Forthwith there must be *counter-irritation* applied along that vital organ. The patient "*feels as if he were dying*" under the application. Do they cease then? Not they. *Perseverantia omnia vincit*—two or three horrid sores are made, as the result. The patient feels rapidly sinking. Friends, the fond, the loving, hang over him—waiting, watching.

"Doctor, is all done that *can* be done? Is there nothing more you can do?"

"But one thing more," replies the meek doctor. "can be done with any prospect of giving relief."

"What is that, doctor? We will do anything—anything."

"He complains of distress in the back part of his head; there must be *water gathering there—his head must be shaved, and a blister applied*. We must draw that water out, or there is no hope."

What! doctor, draw it out through that half inch of solid skull? But the blister is applied—yet half

the beauties of the experiment are lost, for the poor man is gone ere its full force is brought to bear! Well, *voilà qui est fini*—the doctor takes his hat, and returns home a sadder man—would that we could say a *wiser* one. And this is by no means an isolated case. All around us are dropping away, the young, the old, the gay, the beautiful, the lovely and loved—victims—not to a *mysterious Providence*, but the consummate ignorance of the medical profession. Were we a Dante, or Milton, or Young, and did we want to scour the universe for a fiend, blacker, more hideous than all others, we would personify what is known in medical science as *counter-irritation* as that fiend, and clothe it in the paraphernalia of office. We defy the world to produce a more fitting pattern.

And *visceral poisoning*: this does not differ materially in philosophy from the system last discussed. Poisons are given to create a new disease. This is effected by various means; by *strychnine, belladonna, ether, prussic acid, antimony, arsenic, calomel, &c., &c.* The last-mentioned is by far the most popular and general, although each have their place in the catalogue of medicinal prescriptions. Does a new-born infant exhibit evidence of torpid bowels, the custom has been, is now in some localities, to give, in some form, in some degree of dilution and subdivision, that curse of all minerals—*mercury*. Is a child feverish, give *calomel*. Is it languid, give *calomel*. Is there an over-active liver, give *calomel*. Is the liver torpid, by all means give *calomel*. Like the tippler's *dram*, it is good for all states of health, all kinds of weather, and all times of day. And what is the effect? For it will have its effect—it is not inactive. Look over the world and see! See the tottering wrecks of constitutions tumbling into premature graves! See childhood disfigured, forced through a brief existence in one continual stream of agony! See manhood hastened to a "youthful old age," filled with all manner of pains and bodily anguish! See womanhood despoiled of her beauty, eaten up with the upas of mercury! All these are but a small part of that physical damnation, which, like a poisonous simoom, is sweeping over the land. Not one of us are entirely free from mercury. It is in our very bones, and will take a long time to banish the bitter curse from us.

Yet there are thousands who think we could not get along without *calomel*. It has become so wedded to the practice of medicine, so identified with certain maladies, that to propose its extinction would be the same as bidding God speed to disease, in popular estimation. In vain you may point to the suffering victims, who, with rotting flesh, crumbling bones, and fetid saliva flowing in streams from their swollen, distorted mouths, lie and pant and groan, praying to die. In vain you may ask their attention to that child, rendered an idiot cripple for life. In vain you may urge them to gaze upon the sickening amount of nervous diseases and weaknesses, which like a cloud darken a million social and family altars in our land. They cannot see—they cannot realize that *one of the great pillars of medicine* is capable of so much harm. They will see it by and bye, through tears. When that advancing *light*, which sends earth's invalid children to the streams and pools, and pure bubbling springs, for the Healing Power, gains the zenith, they will see and believe, and act, but not now. Few expect it now. The world seldom moves spasmodically. Slowly, slowly the ages creep past. Up there, in the future, dwells the genius of Physical Regeneration: by and bye, in his own good time, will he descend and touch the people's slumbering eyes with his wonderful wand, and the whole earth will respond to his voice; and his own *good time* will be when we call for him. He is not capricious, not fitful, but will be true to the mission of "good will to men," if we are only in earnest in the call.

"O dwellers in the valley-land,
Who in deep twilight grope and cower,

Till the slow mountain's dial-hand
Shortens to noon's triumphal hour.
While ye sit idle, do ye think
The Lord's great work sits idle too?
That light dare not o'erleap the brink
Of morn, because 'tis dark with you?

Though yet your valleys skulk in night,
In God's ripe fields the day is cried,
And reapers with their sickles bright,
Troop, singing, down the mountain side:
Come up and feel what health there is
In the frank dawn's delighted eyes,
As, bending with a pitying kiss,
The night-shed tears of earth, she dries!"

[Stafford, Ct.]

A CASE OF REGULAR PRACTICE IN THE WEST.

[A CORRESPONDENT in Michigan sends us the following, which might be confirmed by a reference to names and dates, did not a regard for the feelings of the persons referred to forbid.]

"A few days since I was sitting in a room with two ladies, who were intimate friends, and were conversing upon the anguish which mothers endure in consequence of the sickness of their children. One of them related to the other a case in her own experience, which made so strong an impression upon me that I can repeat it in her own words. She said, 'The greatest trial I ever endured was in the illness and death of my little girl. When she was five years and four months old, she was taken with an inflammatory fever. She was quite sick with it, and we called a physician. We looked forward to the seventh day with a great deal of interest, as the doctor was confident the fever would then change for the better. But instead of that, the symptoms became a great deal worse, and the doctor declared that there was no way of breaking it up but by salivating her, and thereby producing a counteracting disease. Accordingly, we commenced giving her calomel, and after a while her gums became affected, and she began to drool at the mouth; but her face was very much swollen.'

'She was a great favorite with her school, and much beloved by her teacher, who called to see her. But she could not see him; for her face was so swelled that her eyes did not appear, their places being marked only by the creases of the skin. But when I called her by name, and said, "Mr. D— has come to see you," she put her little hands up to her eyes, and worked a long time to try to pull the lids apart, so that she could behold the face of her teacher once more. The doctor charged me to attend to her closely, and rub her gums with kreasote, but on no account to suffer her to swallow a particle of it. But there was no danger of that, for her tongue was so swelled that she could not move it at all. When the doctor came again, I showed him some red spots upon her gums, which had just begun to appear. Upon seeing them, he fairly groaned aloud. He said that mortification had commenced, and these parts must slough off. The spots continued to spread in spite of all we could do, and she pulled out several of her teeth with her little fingers, and held them up for me to look at. For about a week before she died, she could not speak. At last the flesh, which had become black, fell off from both her upper and under jaws, and fell in. The doctor said we must give her plenty of morphine to save her from feeling the anguish consequent on the mortification. She continued in this dreadful state, entirely blind and speechless, from Friday morning until Monday noon, when she died.

'The day before she died, her father, who had been absent, arrived. She had always been a great pet with him; and when he came home from his work ir-

ritated and vexed, she would climb up on to his knees, and clasp her arms about his neck, and say, "Father, I do love you," and the cloud would immediately depart from his brow. Now, when he came home, and we took the cloth off from her face, and he saw the awful sight, and she knew his voice, and tried to speak, but could not, he was so shocked that he became partially insane for several days. He got over it, but from that day to this he never has been heard to speak her name.

'I never blamed the doctor. He was a kind-hearted man, and a very skilful physician, and I have no doubt that he did the same for my child that he would have done for his own. He offered to call counsel, but we thought it unnecessary, as we had full confidence in him; but his anxiety was so great that he asked the advice of no less than seven or eight different physicians. One of these was a young man from Philadelphia, who had a high reputation. All of them assured him that he was doing all that could be done. As for nursing, I took care of my little girl the whole time myself, and the doctor was perfectly satisfied that she was treated exactly right. But it was the greatest trial that I ever went through.'

"THE TEARS which accompanied this narration, gave the most unquestionable evidence of its truthfulness. Now, here is testimony given by a believer in this medical system, of its effects, fairly and judiciously administered, with abundance of medicine, good nursing, and the best medical advice. Who would not prefer that his children should die a natural death, by disease, if need be, rather than attempt their cure by means producing such horrible results?"

A FRANK CONFSSION.

BY DR. J. H. HANAFORD.

[A CRITIQUE on the celebrated New York Eclectic, Dr. Beach, evidently *not* designed for the "medical profession;" but it is too rich, too transparent, and too instructive, to be withheld from the readers of the *Water-Cure Journal*.—EDS.]

DR. BEACH, in his "American Practice," makes many very candid admissions, both in reference to diet and proper treatment. The most startling among these is the following, under the head of *Materia Medica*. While speaking of water as a remedial agent, (page 696), he says, "Water is one of the most valuable articles in the *Materia Medica*. It keeps the blood and other fluids in a right state to circulate, (a very important matter). Externally, it is very valuable to cleanse, cool and strengthen the system, in the form of bathing; and given in the form of an injection, will purge. It has sometimes appeared to me that I could fulfil almost every medication by the use of water: vomit, purge, sweat, strengthen, and thus cure all fevers, &c. But we must not simplify too much, lest we destroy our own business too soon."

Now, what can the doctor mean? It is fair to infer that he means just as he says,—that by *simplifying*, confining himself to Water-Cure, he would lose his practice, at least to some extent. A very natural conclusion, truly. There must be some kind of *mystery* thrown around their practice, or their willing dupes will not patronize them. It is quite certain that if their patients understood the extent of their humbug, how little confidence they would have in their remedies; their practice would diminish; patients would scarcely take their own testimony, if they should speak their honest convictions. We hazard nothing in saying, that no *intelligent* physician has a tithe of the confidence in these that his unfortunate and blinded patients have.

Many patients demand medicines, and therefore they are administered, but not taken in the doctor's family, and for a good and sufficient reason. Is this harsh and uncharitable language? *It is the truth*. It is what is

often admitted, and evident from their practices. One recently said, "In nine-tenths of cases, I do not care a fig for my medicines, only so far as my patients think that I am *doing* something for them."

This is the secret; the "imagination must be medicated;" patients must *think* that something is done for them, or they are dissatisfied. They have been so long accustomed to an array of vials, &c., that they suppose that their wants are not cared for, unless there is an *appearance* of some mysterious efforts in effecting a cure. It constitutes a kind of humbug, imposition, rendered necessary, apparently, that is, to prevent a destruction of business "*too soon*." If such a course "satisfies the patient," while comparatively harmless drugs are employed, it is by no means the most objectionable feature of ordinary medication. It is deception, nevertheless, positively demanded among the less informed portions of the community, or a diminution of practice results "*too soon*." But whether it is right to pursue such a course, while one is fully aware of the utter uselessness of such medication, we leave the reader to decide.

The conscientious physician, if in an unenlightened community, will have much to contend with, by way of combating popular errors, deep-rooted prejudices, and a surprising destitution of all useful knowledge on this very important subject. He will find obstacles in the way of all reformatory movements continually presenting themselves. The tongue of slander will be busy. If he should lose a patient, no matter under what circumstances, he is called a *murderer*, while vigorous efforts are made to injure his practice. And when *facts* of this kind fail, falsehood comes in to their aid. His whole course is misrepresented—his cures entirely overlooked. If his tastes are not as low and grovelling as those of the swinish herd around him, he is the butt of ridicule.

To be a *good* physician, therefore, requires many sacrifices. To succeed in a pecuniary point of view, he must follow in the beaten track, and be willing for the community still to remain in their ignorance, or his practice will be very limited, unless he is more fortunate in his field of labor than *some* have been. Science and consistency will point in one direction, aversion in another. [Nantucket, Mass.]

DIARY OF A NEW ENGLAND PHYSICIAN.

NO. III.—BY NOGGS.

My next "bad case" was one of scarlet fever, where the patient, a child of four years, who had been "burning up," the mother said, all night, notwithstanding she had "given it 'caster ile,' tincter of rubub, composition tea, &c., &c., through the night!"

As this was a frightful disorder, I insisted upon having the "old man" call'd in. He advised "rheiep soda," in teaspoonful doses, and "spts. nitri dulcis," every four hours, ten drops at a time, with infusion of bloodroot "occasionally!"

Thus armed, I "went at" "the case" as confidently as the boldest huntsman in "Yauton Green" would pursue a woodchuck when accompanied with his trusty dog and gun, and with very similar success. I succeeded in killing the fever!—but, unfortunately, the quantity of "medicines!" necessary to do this was so great, the fever being so high, "kill'd the patient also!"

Said "Jef. Hall"—"Ha! doctor?"

"I was about to say, sir," said I, "that before the medicines necessary to reduce the fever could produce their legitimate effect, the patient's strength became exhausted, and, of course, nothing could do any good then."

"Certainly not," said "Jef.;" "but, when I put a pill into a woodchuck's bowels, I allus find he keeps growing weaker and weaker till he's clean gin out;

and it is so with youn, I s'pose,—only youn being smaller, it takes you longer—you are 'slower, but full as sure."

I laughed at "Jef.'s" jokes: but at the same time, I could not help feeling a little bit, but I soon got rid of any such qualms, as I got more inured to the occurrence of such things. One thing puzzled me in this case, and that was, why not let the patient have cold water to drink? as it was apparently all on fire within: but the doctor wouldn't allow anything but "warm balm tea!" Poor little sufferer, I see thee, even now, stretching forth thy tiny hands towards the family pitcher, and hear thy piteous accents imploring, by the hour together, for "some *cold* water!"

The doctor satisfied me, at the time, that it was all right, as it was just so in the book!

In those days doctors, all of them, or nearly so, doctor'd the *name*, not the disease!

Now-a-days there is, once in a while, one who doctor's the symptoms, combating them as they rise with the most utter disrespect for their long Latin names, or for the opinion even of the learned Dr. Cullen, who lived a thousand years ago, as to what medicines were necessary and proper in particular kinds of fever, &c., &c.

These "Latter-day Saints"—or devils, just as people fancy them—aver that "old Cullen," or even more modern Good and Eberle, can't tell how a fever of any type will affect any body whom they have never seen; and that "what would cure a blacksmith might kill a tailor;" and pertinaciously persevere in maintaining that the only sensible way of doctoring any body is, to get the patient out of the false conditions he generally is more or less in, and get him into true ones, and keep him there, and that, too, without robbing him of any of his remaining strength!

It is bad enough to be sick, they say, but when, in addition to a fever, one has to contend with "drugs and dye-stuffs," he is, indeed, in a pitiful state: aye, these "fanatics" go so far even as to maintain that God knew better than the most learned doctor extant what drink was best for a man sick or well! and that cold water won't do any harm on a man's body when burning with a fever! and that poisonous herbs are just as bad for a sick man as a well one! and all such queer notions! "Verily, verily, I say unto you, new things shall come to pass;" and they have come, with a vengeance!

(But I have not so much faith in the saying, that "old things shall be done away,"—there are too many to uphold the rotten structures of the past.)

I felt sure, I say, that the old doctor and I—or, rather, I and the *other* doctor!—could cure anything! or, at least, what we couldn't cure wasn't worth curing: but, somehow or other, notwithstanding I kept all the time pouring down the medicines as hot as he could drink them, the rash wouldn't come out, or begin to!—and I never shall forget how mad I was at the rash, to think that, after all we had done, they wouldn't show themselves!

Jef. said, he "didn't wonder a bit at their non-appearance, for, judging from the looks and smell, &c., of the horrid, nasty stuff, I had caused the poor little fellow to swallow, that nature had got about as much as she could do to take care of the dye-stuffs, without having any time to throw to the surface humors or anything else; and he didn't blame the rash for keeping inside, for, judging from the way it had been treated, with hot things when it was constantly calling for cold, it would naturally suppose none but unfriendly ones had the control outside; and, further," said he, "if it was my child, I know what I should do: I'd throw all the — drugs to the dogs, and let him have just as much cold water as he wanted to drink!"

I wondered much then that something didn't happen to "Jef." How the Lord could let a man run on so against the "science of medicine!" and not do anything to manifest his displeasure, I couldn't conceive; but he did!

"Mamma, *do* give me some *cold* water—will you, mamma? I'll be good, mamma, and take all the powders, if you will give me some cold water."

"No; Johnny mustn't ask me to give him cold water, for the doctor says it will make him all sick!" the mother replied.

Oh! that piteous look, as he turned his already glazing eyes upon me, I never shall forget; it seemed as if there was a voice in those deathly orbs—as if Nature herself was imploring me to have mercy; and, oh, the pang it cost me to refuse the darling boy—beautiful even in his deformity,—his throat was swollen terribly; but I did, though, and I gloried in my heroic courage: for I thought I was doing him a greater good than I could possibly do him in any other way!

The fever lasted him nine days; and such a fever—being in a bed of embers was nothing to it, apparently, though it was dead of winter. He would kick every rag of clothes off as fast as they could put it on, tearing his throat and mouth, and scratching his skin, like one insane, and, as long as he could utter a sound, he kept, day and night, crying incessantly for "Water, cold water, *do* give me water—I want some cold water." At last, when it was found the little sufferer must die, the "Doctor!" said we might give him a little cold water!—and, would that I could describe the look of unutterable joy that lighted up the countenance of that dying child, as his fast failing sight beheld the limpid beverage coming towards him, and the avidity with which he attempted to seize the glass that held it. Oh, Thou who mad'st the human frame, and all its innate designs, what must thou think of those poor worms who thus deny thee—who, under the plea of being true to "science!" trample upon the highest and holiest instincts of nature?

"Science," forsooth!—a bundle of dogmas—a heterogeneous comminglement of compound contrarieties—a mass of stale recipes and cruel formulas, smothered in bad Latin and worse Greek—diametrically opposed to reason, to philosophy, and to common sense—dubbed with the high-sounding title of "science!"—you dare, with this unnatural monster, to frown down and stifle the voice of God crying aloud in the wilderness of man's living wants and desires, and thus frustrate the very laws of man's inmost being.

For hours the poor boy kept on crying for *cold* water, though entirely insensible, apparently, to everything else, when, as I have said, the doctor gave his consent to let him have some, as it was evident he could not live; but, even then, the friends dare not let him have half as much as he wanted, so strongly impressed were they with the belief that water taken cold was "desperate bad for sick folks."

Here was another thing that puzzled my poor brains—viz., *why* it was that anything so good for *well* folks, should be so bad for *sick* folks?

I asked "Old Deacon Connant," why nature craved what wasn't good for her?—thinking he might set my mind at rest, as he was supposed to be the most in the confidence of the Giver of all desires, of any man in that region.

The Deacon replied that "the desires of the human heart were sinful—very; and the unregenerate man was constantly craving for evil things." This satisfied the old doctor, and almost every body else in those parts; for, as I have said, "the Deacon" was considered as good authority in such matters, as Worcester is in definitions and pronunciation,—but, somehow, I not being "native and to the manor born," didn't feel exactly satisfied, for I had observed that it was as likely to be those who were considered to be par-excellence the "best men in the world" who had these desires, as any body else. But still I didn't dare to doubt it: not so much because the "good old Deacon" said it was all right, as because I found it "in the book."

Oh, with what veneration did I worship the sage opinions of Cullen, Boerhaave, Gregory, Good, Eberle, &c., &c. In those days I never dreamed of doubting

anything that such men said! Such sage men, thought I, never would recommend sage tea, unless sage tea was worthy to be recommended; in fact, all kinds of herb teas were sage teas with me, in those days—so sage, in my eyes, were they who advised them!

It puzzled me, I say, to find out *why* that which was so good for well folks should be so bad for sick folks: I thought there must be some mistake about it. Nature seemed to be so in earnest for cold water, especially when overcome with sickness; it seemed to be her only reliance. Where anything like fever prevailed, tiller was the cry from morn till night, from night till morn again, in all the cases I had seen; so forcibly did this strike me as a necessity of nature, that I tried very hard to get the old doctor to let me give one patient some cold water while there was yet hope for him; but no, so strongly wedded to the practice of the ancients, and the custom of his fathers, was my venerable tutor, that he couldn't think of any such heresy! He said it was contrary to the laws of allopathy.

"Allopathy be blow'd," said "Jef. Hall," who was present when I asked the old man; "it isn't against the laws of God, any how, and, for one, I think God knows full as well, to say the least, as any allopath, or all on 'em put together; and no doctor, while I have my senses, shall choke me, or any of my family, to death—kill or no kill, I'll die in some kind of shape, and not lie and loll out my tongue like a blown blood-hound, as folks have to do, in these diggings, who have the misfortune to be sick. See if I do."

The child above alluded to lived three days after the doctor gave it permission to drink cold water; and so much did it revive, that the friends all thought it was a-going to get well; but, alas, the day was gone by—it was like watering a tree after the sap had dried up: he died by inches, and the last thing he did was to attempt to swallow "some more cold water."

Parson Hooper, who preached "on the hill," was sent for to attend the funeral, and he dwelt long and fervently upon the "inscrutable and mysterious dispensation of Providence," in thus snatching from the arms of its fond mother a darling and beautiful child.

"Jef.," who happened to be present—not out of any respect to the minister, but because he loved the child most affectionately—said: "All that twaddle about 'dispensations of Providence' was all gammon, he knew. Providence had no hand in it; and it was downright blasphemy to accuse the Lord of 'snatching' folks' babies away from 'em, when he had done everything he could to make 'em live; but the child's folks were ignorant and careless, and didn't bring him up right, and he got sick, and then every old woman in the neighborhood had the privilege of pouring down just what she pleased the poor child's throat—pisen-stuff that sheep and cattle knew too much to eat—and then two or three doctors come, and put in the 'pothe-cary stuff, ten times more pisen than the arbs—denying them even a drink of water, though burning up; and then, they die, and the minister comes and says it's all right—God gave, and he taketh away, and he has a right to, and all that: perhaps he has a right; but the God I worship ain't no such being, I know. Why, it's worse than a Mexican, or a pirate, to steal folks' babies away from 'em in that way. No, no, Parson Hooper, you're barking up the wrong tree, this time, I'll bet a cent; and you had better study God's character a little, instead of your old musty creeds and formulas."

Oh, Jef., Jef., what a wicked tongue you had, to be sure. It had no more respect for "ministers" than laymen. No matter who was present, or absent, Jef. would have "his say," especially when a little excited, which was as often as every now and then!

My readers must remember that the "Maine Law" hadn't been dream'd of in the days of which I write, and "a little sun'ing," once in a while, was relished

even by the parson himself, who, albeit, in the usual way, a temperance man was he.

I don't mean to insinuate that "Jef." was a drunkard, though he did drink hard of hard cider. You scarcely ever saw "Jef." so but what he was perfectly navigable, and knew a "hawk from a handeaw," the moment he saw them! But the old doctor swore right up and down. Doctors are human, and can't help swearing sometimes—especially 'way "down East," where "meetin houses" are scarce. My tutor lived five miles from any church in those days, and "Jef." was enough to make 'most any doctor swear, for he hated doctors—"Jef." did—almost as much as he hated woodchucks, and they were a species of "varmint" that he was particular death on: aye, "Jef." view'd doctors and woodchucks in prettily much the same light—"all the difference he could see," he said to me, one day, when I had been talking to him about his abuse of the faculty, "was, that woodchucks took the corn out of a man's field, the doctors out of his barn!"

I asked him, if he meant to insinuate that the medicinal fraternity stole corn?

He replied, that I might call it what I pleased; but he call'd it getting goods under false pretences, anyhow, for a man to come and give a patient "drugs, medicines, and dyestuff—" day after day, when it was evident to everybody that they only made him worse, and then when he died bring in a bill, that would take two or three acres of good smart corn to pay!

"But," said I, "you don't doubt but what the doctors think their medicines good for their patients?"

"Well, some on 'em do, I s'pose; but that don't make it so. 'Calling a calf's tail a leg don't make it a leg,' you know; but there is but little difference whether they think so or not—if it is *not* so, they ought to know it: a man who's been through any number of colleges, ought to know enough to stop givin pisen to folks when he sees 'em growing worse every munit,—and, in my 'pinion, the man must be either a fool or knave, who will persist in refusing a child who is burning up with a fever, a drink of cold water. I don't care who he is; and I'd as lives tell the old doctor so as you. I aint got much larning to boast of, I know very well, but I aint a fool, by a jug-full; and I know some things as well as some folks do."

As "Jef." is bound to shine in this eventful record of a life among the sick, I shall describe him more fully in my next.

A LETTER FROM A FARMER'S DAUGHTER.

Collins Centre, Erie Co., N. Y.—MESSRS. FOWLERS AND WELLS: GENTLEMEN—A friend who has been in the habit of smoking large quantities of tobacco, wishes to leave it off; but on abstaining he experiences what some writer has called the "delirium tremens of tobacco." If you could inform him through the Water-Cure Journal how to relieve, as far as possible, the intensity of his sufferings, it would be thankfully received, not only by him, but by many others whom the weed has enslaved.

Water-Cure is rather unpopular here, but there are unmistakable signs of a "good time coming." Few copies of the Water-Cure Journal are taken in this place. We lend ours to all of our acquaintance who will read it; and when I urge some poor sufferers to practise its teachings, they shake their heads sorrowfully, and say, "Cold water is good for some folks, but not for me." Ah! as Noggs would say, they prefer a shorter turnpike to health, than the road of "Obedience." I was visiting a lady, a short time since, who prides herself not a little on her attainments. At dinner, butter was offered me, which I refused, when she rather tartly remarked, "Come, S., do take some; don't deny yourself every comfort." "Butter hurts

me," was my reply. "Well," replied she, "I'd eat it if it did."

This lady is a fair sample of the mass. "Living to eat" is the order of the day, and the few who "eat to live" are altogether out of the fashion. But these errors will soon be among the things that were, if the Water-Cure Journal continues its thunder.

The dress reform is slowly gaining ground in this section of the country. I believe I was the first one who donned the Bloomers in this place, and if it has subjected me to ridicule, the more I get acquainted with my dress, the better I like it. It is enough for me to wear a neat, convenient, and healthful dress, without stopping to ask what folks think. Not till long dresses cease to be worn, will woman cease to be sick.

I have been deeply interested in the *Phrenological Journal*, particularly in the articles on Woman, that have appeared from time to time. Is there not "a few more of the same sort" left? Give us light—we girls I mean, who are destined to become the women of by and bye. We have seen our sisters bring deepest woe on themselves, and on their children, through ignorance. We wish to shun their example; but how shall we unless we are taught? And who will teach us but you? I hesitate not to say that I have derived knowledge from your works, which has saved me from a premature grave. Had I read your works sooner, I should not have suffered what I have. But the future is before me, for which I must live, nor weep over the sins of the past.

I espouse your cause heart and soul, and do all I can to spread it; but somehow or other when I lend publications on the science of man, they wake up little interest, and my question of "How do you like them?" is answered with a vacant stare, as though they did not comprehend the subject. But let me commence talking on the same subject, and explain it as well as I can, and illustrate with the same engravings in which they had before taken no interest, the countenance brightens, eager inquiries are made, and the conversation is never forgotten. Especially is this true of the young.

Now, I do not tell this to make you think me eloquent or learned. I am neither. Having a little light I seek to impart it, and find my own increased thereby. I am a plain farmer's daughter, with few means of acquiring knowledge, and the little I have serves but to show me how much I need. But I have the will to improve, and whenever troubled or discouraged, I open a book, and you tell me just what I want to know. Do not wonder if I am enthusiastic. Though long miles have ever separated us, and ever may, the soul cannot be fettered; in the spirit-world we shall meet. With warm wishes for the happiness of you and yours, I must close a letter already too long.

SOPHIA S. TANNER.

REMARKS BY DR. TRALL.—When all the girls of our land are like unto a certain "plain farmer's daughter" we wot of, doctors will find other employment than eternally dosing and drugging mothers and babies, husbands will toil for some purpose besides paying doctors' bills, and the Millennium will be near at hand. But we have caught Sophia's "enthusiasm," and are straying from our legitimate pathway. As to tobacco, no one can conquer the depravity it induces without a struggle; yet it is a struggle which every man who would be exemplary in his deportment, and decent in his personal appearance, ought to endure. The best way of assuaging the "horrors" consequent on its abandonment, is to take a morning full bath, and evening hip-bath, adopt a simple and strictly vegetable diet, and whenever headache becomes intense, or the mind partially delirious, or the whole system "feeling dreadful," lie down and keep quiet until it passes off. In a few days the agony will be over, and the person redeemed from the most filthy and disgusting habit to which degenerate human nature is addicted.

CASES TREATED AT THE ELMIRA WATER-CURE.

BY N. O. GLEASON, M. D.

CASE 1st.—Mr. B— came here July 10, aged 19, light hair and eyes; feeble, slim, and spare in form—having suffered from severe pain in his chest for a long time. He was, though one of the most brilliant of young men, disinclined to either bodily or mental effort; he was languid, listless, uncertain in mind as to his fate or condition.

He has been with us up to the present time, Nov. 1st, taking but very mild treatment. He has eaten nothing but the simplest kinds of food: such as Graham pudding, cracked wheat, Graham bread, &c. He has not eaten any *butter* or *meat*, still he has not, by any means, lost flesh, or fainted by the way. He is now free from pain, and has gained *twenty-five pounds* in real solid flesh; his muscular strength is equal to any one of his weight. What will meat eaters and butter gormandizers say to this? Men can gain health, strength, activity of mind and body, as well as absolute pounds of bone, muscle, and nerve, under a simple diet and mild water treatment.

CASE 2d.—Miss B— came June 14; light hair and eyes, spare in flesh, having suffered a long time with pains in her head, flatulence and acidity. She was from a scrofulous family, could walk only half a mile at a time when she came. She had, after a short time, the appetite of a famished wolf. This had to be checked, by putting her on a short allowance, till her appetite became less clamorous, and more regular. The acidity left on the appearance of an eruption on the surface, or diminished very much. She left the Cure after some six weeks of treatment, able to walk miles at a time. Some few days since, she wrote us, saying she had gained twelve pounds, and was very strong and hearty. I forgot to mention that Miss B. had, for some time, a critical diarrhoea, which relieved her much. Our water and location seems very favorable for securing critical actions in the system; as we have had a larger proportion of patients relieved by crisis this season than ever before since we began the water treatment.

CASE 3d.—Mr. R— came August 17 to the Cure. He was a man of middle age, tall, slim, and very spare. He had a cough which he had been afflicted with for some months. His pulse was quick and feeble—his face blue and cadaverous—feet and hands cold, in short, all the energies of his system fast sinking. I at first thought his case extremely doubtful, fearing that the dread monster of the age, consumption, had fastened itself upon him with a permanent grasp. But as he had despaired of relief in any other direction, he concluded to make an effort as his last hope of life. The pack and fomentations, with other mild baths, and the chest bandages, wrought wonders. In a few days he began to cough and raise enormously. All who looked on said, "that man will die soon." But I hoped for relief. It soon came. His lungs became freed, his appetite increased, general strength improved, cough lessened, expectoration left him, and he gained about one pound a day for the last two weeks of his stay with us. His case was one of surprise to all in the Cure, as well as to myself. The patient was, of course, highly gratified, and extremely thankful to me, as his physician, for the great benefit conferred upon him by the water-cure. Such men know how to appreciate water-cure, and will stand by us.

CASE 4th.—Mr. R— came July 20, for treatment. He had been out of health for many years, having suffered from obstinate constipation, pain in the back and sides, cold extremities, poor appetite, rush of blood to the head, tenderness at the pit of the stomach, acidity, and a thousand other aches and pains. He had taken large quantities of medicine, sought relief in many directions, and from various kinds of medical practice.

Still he was no better from year to year, like hundreds of others who have tried the rounds of the drug-practice, till they are not only sick, but tired of medicine. He remained with us eight weeks. His symptoms, one by one, began to diminish, boils came out upon the surface in scores, and he gained from twelve to fifteen pounds in flesh, and found himself able to walk miles, and endure more than he could in years before.

It is curious if there is no virtue in water treatment, as many pretend there is not, why such radical and rapid changes can be made in the digestive and assimilative processes of the human system, under its influence.

CASE 5th.—Mr. — came Sept. 9 to the Cure for treatment. He was much reduced in flesh, strength diminished in proportion. Was of a scrofulous family. Had been greatly afflicted with inflammation of the eyes, and with sore throat—had used iodine and other anti-scrofulous remedies, still he declined in health. I put him under rigid discipline, and gave a full course of water treatment. The pains in various parts of the body left him in a very short time. His face changed from a pallid hue to a rosy cast, eruptions came out, which afforded much relief. He gained so as to be able to walk from six to ten miles in a day with ease, in less than five weeks. He gained seventeen pounds of flesh, and left in good spirits, praising the Water-Cure, as the great remedy for scrofula in the system. The world has still much to learn in regard to the treatment of disease by water. I have, this season, made a new application of water in some severe cases, with the most satisfactory results—think that I can cure some cases, that have heretofore required six months, in one half of the time.

WATER-CURE ESTABLISHMENTS: THEIR PROPER CONSTRUCTION AND MOST EFFICIENT MANAGEMENT.

BY ROLAND S. HOUGHTON, M. D.

It is a capital error—as grievous as it is common—to suppose that "anything will do for a water-cure establishment." Decayed watering-places and disused taverns cannot be converted into hydropathic institutes of a respectable grade, by the "presto! change!" of a mere speculator, and the specious romance of a flaming advertisement. The popularity of the system—due to its accordance with the laws of nature—may for a time sustain such glaring impositions upon the good nature of the inexperienced; but they will as certainly be exposed in their due season, as bubbles burst and humbugs explode when their brief hour is over. And I am greatly mistaken if the experience of the past does not sufficiently prove the truth of this position, that something more than "a paper flourish" is needed to render such experiments either honorable or successful.

The essential requisites of a water-cure establishment may be said to be these:—an inexhaustible supply of pure, soft water; a climate free from any malarious taint, and not so variable as to be too trying for invalids; a fair variety of plain and mountain for out-door walks and exercise; well-contrived buildings, combining good lodging and bathing facilities; a judicious liberality in domestic management; and a thorough identity of interests as regards physician and proprietor. Any establishment that does not possess these essential requisites may be said to carry with it the seeds of its own decline.

The proper quality of the water to be employed for bathing and culinary purposes, and as an habitual beverage, in hydropathic establishments, is a subject that has elicited a great deal of angry discussion during the past six or eight years. The citizens of New-York are very justly enthusiastic in praise of their "Croton:" when properly filtered, I do not know of any

superior quality of water, as regards softness and purity. The only defect it has to my knowledge is, that it is less life-like than the bright and sparkling water of our mountain streams. Some of the residents of the great interior valley of our country affect a wonderful fondness for their "limestone water,"—on the principle (I suppose) of making the best of what they think they cannot help: but I am glad to know that there are others in the same locality, who feel that they cannot take too much pains in the construction of first class cisterns for rain-water, suitably protected by filters from receiving the washings of the roofs and caves, and by a tight lining of cement from any side-percolation of saline impurities. There is still a third class, however, who, in the abundance of their wisdom, construct their cisterns with such cheap and miserable cement, and so entirely eschew their periodical cleansing, as to insure a steady supply of water which is always impure, and often tainted. The waters of the Ohio, Mississippi, and Missouri rivers have their respective admirers, for *drinking* purposes; but the affectionate fondness with which the CHOLERA preys upon the valleys which are watered by those streams, is too strikingly marked to admit of my offering my endorsement. No doubt each river has a strong and characteristic "flavor;" few will deny an abundance of "body;" but, what with the snags and their victims, mud-and-earth-washings, the constant contributions of the towns and cities along their banks, the decayed vegetation and the constant whirling and churning of the various ingredients of the admired liquids, I doubt whether they will bear a much closer analysis. I remember one personage at the West, who (to show how widely people's minds will vary) eulogized the medicinal properties of the Mississippi so highly that he confidently predicted astounding results whenever a series of experiments should be made upon a select number of patients, with mud-and-water as their principal beverage! No doubt the results would be astounding indeed: but, as provident Mrs. Glass, before giving her directions for cooking a hare, made it an essential pre-requisite that the hare should be caught, it would be well for this wiseacre not to "mix the beverage" until his glass is full.

On the subject of climate, I have little to add to what I have indicated above. A variable climate is to be avoided by all means, notwithstanding any seeming advantage in point of geographical position. There is many a point whose latitude and longitude promise all of the luxuries of a tropical residence, but whose capricious skies are laden with misery for sensitive invalids. Better to bear the steady cold of a northern winter than the sudden changes of a southern clime! Better "to bear the ills we have, than fly to others we wot not of!"

Hilly and mountainous walks are admirable adjuncts in the hydropathic regimen. To be sure, every spot is not equally favored in this one particular: but it is really astonishing how much a little tact and industry will accomplish in the way of improving such advantages as may be possessed. I hardly need add that any such effort will be abundantly rewarded in the increased comfort of the patients, their more rapid improvement, and the heightened attractiveness of the "cure" itself.

It is a matter of surprise that the pages of the JOURNAL have not ere this contained a good architectural plan for a *Model Water-Cure*. At any rate, I beg leave to throw out the idea, with the hope of seeing it improved upon in some future number. To be practically useful, such a plan should contemplate the introduction of water into each story of the establishment, as it is almost morally certain that no institution will succeed well, wherein all the patients are obliged to dress themselves in the morning and walk to an out-building for their morning baths. As very few robust persons would ever think of doing such a thing habitually, how much more likely are sick persons to do

so—persons, it may be, of delicate constitutions and feeble reactive power! If proprietors of water-cures would only remember that they have to do with *sick* people, we should hear of less complaints from patients about bath-rooms being constructed in a sort of damp cellar with a flooring of brick, or over slimy vats seldom renewed and never purified.

It would be a very simple arrangement to construct a Water-Cure somewhat after this manner: Select as a site some suitable spot near the foot of a hill or mountain, possessing an inexhaustible supply of pure, soft spring water, so that its descent in pipes may be sufficient to insure its rising to its level upon or near the top of the proposed structure. It would be an admirable plan to have a capacious reservoir on the top of the house, and some ingenious contrivance for sprinkling the roof, in connection therewith; the former would always be useful for supplying the whole establishment with water, from top to bottom, and especially serviceable in case of fire, while the latter would be found a most grateful luxury in the intense heat of summer. The size, extent and number of stories in the building must, of course, depend upon the means of the owner, and the amount of business which he expects to do; but he would find it to his advantage to construct a large building for a centre of operations, and add wings to each side, according to circumstances. Thus: he might set apart the main or central building as follows:—dining-hall, parlor and physician's office, on the first floor, while the upper stories might be assigned to families as lodging-rooms, and the basement to the cook. On either side a large wing should be constructed—one for ladies and the other for gentlemen—each communicating by halls with the central building. A large room on the first floor of each wing should be set apart as a public sitting-room for the respective occupants of the lodging-rooms in the upper stories; and the bathing apartments should be constructed at the end of each wing, on the different stories, in such a manner as to insure the utmost privacy to ladies and gentlemen, respectively, as well as convenience of access upon "coming out of pack," and on first rising in the morning. When patients prefer it, as most of them very properly do, they should be allowed to take their sitz-baths either in their own, or other suitable private rooms: it is highly questionable whether any advantage is gained by requiring this particular kind of bath to be taken in common rooms, *a la* "Model Artist." I have never known this community-system to fail to occasion trouble.

The domestic management of Hydropathic establishments requires rare discretion, and untiring assiduity. Small, cramped, ill-furnished, badly-ventilated, and untidy lodging-rooms, will not long have occupants; spoiled butter, mean food, and irregular meals, will speedily depopulate the most crowded Water-Cure. Fortunate the establishment that has never rendered itself obnoxious to any of these charges!

I have enumerated last, as an essential requisite to the success of a Water-Cure, "a thorough identity of interests as regards physician and proprietor." To some this may seem like calling attention to a self-evident proposition; but that it constitutes a point of the most vital consequence, the history of the various "Cures" that have been established in this country, will prove to a demonstration. For my own part, I believe that no institution will permanently succeed, whose physician is not at the same time either proprietor or lessee. As human nature is constituted, the physician should be *independent* in order to do justice to the various interests committed to his charge; if he is continually hampered by the capricious fancies, the wasteful extravagance, or sordid economy of an incompetent proprietor, he might as well, for all practical purposes, wear for a necklace, like "Sinbad the Sailor," an "Old Man of the Mountain." He will never breathe free until he has shaken off the incubus,

and found out that it is best to control with his own hands "the purse and the sword."

There are many other points connected with the proper construction and efficient management of Water-Cure establishments, that are deserving of consideration; but my article already approaches its limit, and I am obliged to refrain from any further pursuit of so interesting a subject. Before closing, however, I would express the hope that what I have written may not fall to the ground, but prove the means of eliciting a more profound discussion from abler pens than mine.

Flushing, Long Island, Nov. 5, 1852.

MATERNAL TESTIMONY.

BY MRS. S. T. H.

[THE greatest achievements in hydropathy are to be found in its pre-eminently successful application to cases like unto the following. THE PUBLISHERS are in receipt of testimonials from tens, hundreds, and we speak within bounds when we say THOUSANDS, from the most respectable sources, attesting the superior merits of this system over all others yet discovered. But read the testimony of Mrs. H.]

TO THE EDITORS:—As a reader of the Journal I feel deeply interested in the progress of the Water-Cure, and think it a duty to add my testimony to the many that you have, of the efficiency of the water treatment in cases of *CHILDBIRTH*. I would have its virtues sounded through the land with trumpet voices, that even the most incredulous might be induced to try it, so there might not be one suffering sister left. Yet notwithstanding the fact is before them, that I was not confined to my bed twelve hours, they tell me that "the treatment will do for some, but not for them;" that they were made for just so much suffering, without any alleviation. Others say that it cannot be the *Water-Cure*, only "good luck;" but as this is my seventh child, I think my good luck has been a long time coming. I shall not enter into particulars, but only say that from the first of present confinement I used the wet bandage and the tub-baths, which is the only convenience of the kind we have, with PERFECT SUCCESS, and that I had as good a "getting up" as those we read of, for there has never come a case to my personal knowledge before. I was told by some I must "pay for my presumption," but the only penalty has been, that I have continued to gain health and strength daily. My babe is four weeks old, and although it looks "rather green" yet, I venture to take him out, walk a mile and back, and ride between thirty and forty miles a day, without feeling fatigued. Previous to this, when a child has been four weeks old, I have never felt that I was any more than able to walk about the house. [Riceville, Pa.]

WATER-CURE IN FLESH WOUNDS.

BY J. R., OF BRACKEN CO., KY.

[THE immediate and proper application of water to Flesh-wounds, Bruises, Burns, Scalds, etc., is vastly superior to any other remedy hitherto discovered.]

MESSRS. EDITORS:—The gratitude and pleasure I feel in consequence of the signal success which attended my first attempt at Water-Cure, induce me to give you, in brief, the particulars of my case.

About a month since, I received, by the glancing of an axe, a severe cut on the inner part of the knee-joint. An application of *soot* and *sugar* [a very singular remedy!] was immediately made, and the wound bound up, and left for ten or twelve hours, during which time I suffered intense pain. [Very probably.] On recovering my self-possession, I bethought me of the

doctrines I had imbibed by reading the Water-Cure Journal, and determined to try the efficacy of water. The bandage was removed, my knee washed and re-bandaged with a clean linen cloth, which was kept constantly wet with pure spring water. My friends thought it sheer folly; but our physician (Allopathic) said, "water is very good in some cases," but such an application was exceedingly dangerous, and predicted that I would have a serious time of it. The applications were continued, the wound healed up rapidly, and is now entirely sound; you may judge how much it has increased my confidence in Water as a curative agent.

FAREWELL, DR. ALLOPATH.

BY MRS. E. C. P.

It is a source of great pleasure to me to inform you that I require your services no more. It is true the time has been when your visits were regarded almost like angels' visits, but sad experience has taught me they were the reverse. Your presence inspires no confidence now as heretofore. I have come to the conclusion that to make or mar our health and happiness, to a great extent, lies within our own power, but must say you never tried to inculcate this doctrine, but endeavored to talk so profoundly that nobody but your own craft could understand you. How easily you might have given me a little instruction as to preserving my health, and that of my family, which would have saved me a world of pain and a purse of dollars.

You say it is not your business to keep people well, but to cure them when they are sick. Yes, and I presume you pray that people may be sick. O no, not exactly, though I pray for my daily bread, and I have no other means of obtaining it. How seldom do you tell your patients what made them ill, and what keeps them so, or what will cure them! but leave a blue pill, a few powders, &c., with such a peculiar glance no person (unless extremely saucy) would think of asking a question, and very seldom know what effect the medicine is expected to produce. If it has the desired effect, well; if not, it is about the same, only perhaps cause you to make another visit, and perchance a half dozen, which is all the worse for the patient, but better for your purse. It was you in part who prepared my mind for reform, and the Water-Cure Journal accomplished it, and if all your patients were of my way of thinking, you would soon be obliged to abandon your curing, alias killing, employment. Don't you think I have learned some good lessons? Why, I should prefer to die a *natural* death, rather than be dosed with your calomel, bleed, and blistered. I contend that people generally only want light, and they will reform; and this Journal, like the sun, is destined to give its light to millions. Then open your doors, let it in, follow its teachings, and I give you my word you will bless the day you gave it admittance. Parents will here find instructive lessons for every member of the family. Your daughter, perhaps bound tight in corsets, with whalebone, hooks and eyes, &c., will here learn the folly and wickedness of such a course. Did she understand the physiology of the heart and lungs, think you she would thus destroy herself prematurely? The number of pulsations of the heart is about 72 per minute, and one respiration to about every four pulsations. The amount of blood sent to the lungs at each pulsation is about 2 ounces, 9 pints per minute, or 25 1/2 hogheads in 24 hours, (of course this differs in different subjects.) At each inspiration we inhale about 1 pint of air, 18 pints per minute, or 51 hogheads every 24 hours. The blood is purified by being brought in contact with the air we breathe, and if we are laced so tight that we cannot inhale only half the amount required, then a great amount of blood is returned to the system im-

pure, carrying disease to every part of the body; and I know of no disease that tight lacing will not aggravate. Is it any wonder, then, that we have such a puny, short-lived race? and how can we expect anything better while we are violating the first laws of health, and destroying life at the very fountain!

HYDROPATHIC ECLECTICS.—The following story points an interesting moral. It is not unlike many narratives which have been sent to this office:

Having for the last few months had an opportunity of perusing your valuable paper—the Water-Cure Journal—I became decidedly in favor of it, and concluded to subscribe for it, which I accordingly did, by applying to your agent, J. C. Bailey, of this place, but before the numbers came to hand, my wife was taken down with a severe attack of the dysentery. I called in an eclectic physician, who applied mustard poultices to the soles of her feet and to her stomach, and gave aperients, &c. He succeeded in checking the disease, but it would not stay checked, and my wife got “no better quite fast,” until at length the Journals came to hand. We then spoke to the Doctor about trying water, and expressed our ignorance of the modes of practice. Why, said he, I am acquainted with the practice, and I am decidedly in favor of it, but I can hardly ever get any one to practise it when I suggest it, for, before now, when I have been employed, and have suggested the use of water, (not always cold,) they have sent and employed other doctors over my head, consequently I do not always suggest it. He then ordered her to take sitz baths, apply the abdominal bandage, also injections of tepid water, which we practised pretty thoroughly, and to our satisfaction, she is now about the house.

THE CLOSE OF 1852.

BY R. T. TRALL, M.D.

In summing up the achievements of the year about passing away, the publishers, editors and contributors of the Water-Cure Journal, have abundant reason to renew their gratulations of preceding years to its readers, patrons, friends, and foes, that the course of our reform is still onward and upward. Indeed, during the year eighteen hundred and fifty-two, its progress has far exceeded that of any previous year. Witness: an increase of some ten thousand to the subscription list of this Journal, and the distribution throughout the length and breadth of the land, of thirty or forty thousand volumes of standard hydropathic works.

Yet even this is not our greatest occasion of encouragement. From all parts of the country a flood of communications come pouring into this office, testifying to the great good our publications are accomplishing. Some inform us that they owe their lives to the knowledge thus acquired; some declare that they have successfully managed all their own family ailments, not only without the assistance of the “family physician,” but despite his most bitter and vindictive opposition; others say that, whereas nearly all the members of the family circle were formerly invalids and the constant customers of the apothecary, now they are all well and know how to keep so, with no other medicines than are compounded in Nature’s own laboratory.

Through the influence of their teachings, hundreds and thousands have renounced many bad habits, abjured the employment of stimulants and narcotics, abandoned the grosser kinds of food, adopted a more natural and

healthful manner of life; and not a few have, to their own inestimable advantage, turned their faces totally and forever against the ruinous practice of swallowing poisonous drugs.

“For men are brought to worse distresses,
By taking physic, than diseases;
And therefore commonly recover.
As soon as doctors give them over.”

We regret that during the past year, we have not been able to provoke our friends of the allopathic school, to a fair and candid discussion of the merits of our respective systems. From such a controversy, conducted in a gentlemanly manner and truth-seeking spirit, we had expected much. Nor could it hardly have failed to have proved highly beneficial to all parties. It is very easy for all of us, in our own periodicals, to assume or assert, or denounce and decry. But to adduce proof and furnish demonstration is quite another affair. In a scientific argument on paper, each writer is obliged to study well what he puts on record; to examine his positions carefully, and state them with precision. He is therefore held to a rigid accountability, and under the necessity of being very exact in the statement of principles or citation of authorities. And again, many persons who could discover the fallacy of a proposition in no other way, have found it in the attempt to prove its truthfulness; and the investigations which have been directed to the propping up of an established dogma, have oftentimes led the inquirer to an exactly opposite conclusion. For these reasons especially do we regret that no one has yet been found willing to undertake the defence of allopathy in the columns of this Journal, and submit the evidence, pro and con, to the intelligence of the general mind of the civilized world.

But, perchance, we may be more successful hereafter. We are authorized to say that the publishers will renew the invitation for a discussion to “come-off” in the ensuing volume, and perhaps offer a liberal reward for an opponent duly qualified to do allopathy justice. Be this as it may, there are other features of interest and improvement which will be introduced into the Journal for 1853. One of these will be a Vegetarian department, in which the subject of vegetable diet will be discussed in all its bearings. This will open a wide field of investigation, and involve a consideration of the facts and principles of physiology, comparative anatomy, natural history, and all human experience. Whatever conclusion any one may finally arrive at, the knowledge elicited by the discussion of the subject must be valuable and important. One thing is perfectly certain. The great majority of our people have never given any attention to the philosophy of diet, and know very little about a proper vegetable regimen. Ignorant alike of the physiological relations of alimentary materials to the human organism, and of the healthful manner of selecting and preparing dishes for the table, they

have long groped in darkness, with no guide or authority, save the *ipse dixit* of medical men, who on this subject are just as ignorant as themselves; and from this source alone have incurred a multitude of diseases and infirmities.

We know of no medical journal in existence, except this, which makes any decent pretensions to teaching the laws of life and health; which pretends to go into the details of eating, drinking, and other voluntary habits, with the view of bringing about universal health in the community. It seems to be enough for ordinary periodicals, which call themselves medical, to teach “learning and Latin,” for the benefit of the profession, and faith and submissiveness for the governance of the people. It is enough for them to blow their breath away in trumpeting the specific virtues of particular drugs; to prate incessantly over the wonderful properties of newly-discovered ones, or extraordinary experiments with old ones; thus commending to the stomachs of their kindly-credulous customers an everlasting succession of drug-shop specifics; so that, as fast as one set of infallibles has had its run, and begins to run out, others may be ready to take the field, and prolong the profitable traffic; and when they are asked for a reason for recommending calomel, cod-liver oil, and gin schnapps, in preference to brown bread, baked apples, and a daily wash, it is enough for them to stand on the dignity of the profession, and say—nothing.

Now, we have an abiding conviction that this whole system of poisoning the human body, with the view of curing or killing its diseases, is absurd and unphilosophical. We know it is doomed, sooner or later, to pass away. It does go out of existence just as fast and as far as people become sufficiently intelligent in the laws of their being to take proper care of themselves; and we believe that in this country a speedy overthrow awaits it. How speedy, reader, depends on your exertions and on ours alike. Its only prop is human ignorance; and the only practical question is, how long will it take to knock this prop from under?

Readers of the Water-Cure Journal, if you conscientiously think as we do; if you believe with us, that such an understanding of the philosophy of life as will well-nigh rid society of its diseases, and almost supersede the necessity of doctors, and wholly do away with those of the drugging faith and practice, is worth working for, may we not ask you to do, in the particular field of your influence, as much as we do in ours? The person who procures a subscriber does as much to spread abroad intelligence as the person who makes a paper. May we not reasonably expect, at least, a renewal of your subscriptions for another year? And then, if every subscriber would bring a subscriber—even that would not be a difficult task, and the result would be, our presses would turn out ONE HUNDRED THOUSAND COPIES of this Journal monthly.

New-York, Dec. 1852.

CONTRIBUTORS.—A number of excellent articles are on file, and in the hands of our printers, all of which will be "served up" in good style when space will permit. Give us your "Experience at Home" in brief. "Long yarns" are not often spun in this Journal. We want only the *gist*. Let others philosophize. Let us come to the point.

IT WILL BE OUR AIM to adapt the Journal to the wants of "THE PEOPLE" EVERYWHERE. It is not, as some have supposed, designed for medical men only, but for ALL MEN and ALL WOMEN.—PUBLISHERS.

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

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

DECEMBER TOPICS.

BY R. T. TRALL, M.D.

THE WEATHER.—The season of "vapors, and clouds, and storms," has come again.

The bleak wind whistles; snow-showers, far and near,
Drift without echo to the whitening ground;
Autumn hath passed away, and, cold and drear,
Winter stalks in, with frozen mantle bound.

Wintry blasts are the easiest things in the world to manage poetically. But when "colic pangs, and fierce catarrhs, and asthmas, and joint-racking rheums," invade our mucous membranes, and capsular ligaments, and muscles and nerves, and sinews, the matter assumes a prosaic aspect at once; for, as the very prince of poets hath it,

There never yet was a philosopher
Who could endure the toothache patiently.

The weather we can't help. Perhaps it is not expected of us that we should. *Per se* it is probably about right. Indeed, we have considerable faith in the utility of the weather's vicissitudes. We marvel not that even sudden changes have a purpose to subservise in the economy of nature. Peradventure, too, as another poet has suggested,

The frost-concocted globe
Draws in abundant vegetable soul,
And gathers vigor for the coming year.

We do not, however, believe that the colds, and coughs, and rheums, and violent inflammations, usually regarded as peculiarly incident to the inclement season of the year, are so much attributable to the weather, *as such*, as to the unconstituted relations of our bodily constitutions to those elements around us, whose never-ceasing and eternal motions and commotions make up the weather in all its ever-varying circumstances. If we are in harmony with those elements, they are our friends, and will not wantonly afflict us. If we war against them, why shall not they "render evil for evil?"

Changes of weather—alternations of temperature— which we cannot avoid, are the exciting causes of a majority of our acute diseases, fevers and inflammations. But to enable these exciting causes to produce the diseases in question, there must be a *predisposition*; and this predisposition is found, at least generally, in our voluntary habits; and these habits, certainly in most cases, are at our own control. Thus we arrive at the important practical lesson, that sickness or health is very much at our own option in all sorts of weather.

OUR VEGETARIAN DEPARTMENT.—In answer to the proposition submitted to the readers of this Journal in the last number, "Shall we have a vegetarian department?" we have received numerous responses in the

affirmative, and none in the negative. The "eyes" being unanimous, we shall therefore "open up" the field of investigation with the commencement of the next volume, and the new year. Cabbage, turnips and squash, *versus* fish, flesh and fowl; apples, potatoes, and string-beans, *versus* shell-fish, swine-flesh and skinned eels, &c., &c., will be fairly and fully brought to the consideration of our eating and our thinking capacities. Although many of those who will contribute to this department are advocates of the vegetarian creed, both in theory and practice, we want both sides of the subject represented. We want the opponents, the advocates of a mixed diet, to bring all the objections they can raise, from all sources, against an exclusively vegetable diet.

ALCOHOLIC MEDICINE.—The Boston Medical and Surgical Journal copies in full the extensive puff of the "*Schiedam Schnapps*," which appeared originally in the New York Medical Gazette, as one of its brilliant "contributions to the cause of medical science." Hence we conclude that Holland Gin, the *pure* stuff of course, is to be the approved professional grog for a season, and is destined to have a run equal to cod-liver oil, or Townsend's Sarsaparilla. The proprietor of the "*Schiedam*," say these medical journals, "*liberally supplies physicians with a sample bottle, for analysis and trial.*"

Man, being reasonable, must get drunk, said Byron; and doctors, being very learned, must prescribe the means of drunkenness, especially when spirituously illuminated with a few *sample bottles* of the "critter." A little "Maine Law," applied to the medical profession, would n't come amiss.

FLOUR IN BURNS.—An article has been going the rounds of the papers, in which it is stated that the immediate application of wheaten flour will arrest, instantaneously, the pain of all and every kind of scald or burn, however severe. There is some exaggeration in the statement; nevertheless, by at once cutting off the contact of atmospheric air and enabling the injured surface to preserve its natural and uniform temperature, the application of flour will greatly mitigate the suffering in all cases, and in a majority relieve the pain almost entirely, in a very few minutes. It is incomparably better than all the preparations which have been brought forward in all the medical pharmacopœias since the world began. The article above alluded to has also appeared in the New York Medical Gazette; but whether it originated there we cannot say, as we have not seen the Gazette regularly, and only know of its appearance there from its being credited to it by another paper. If it was original in the Gazette, although the remedy is not new to us, we wish to give that allopathic periodical all due credit for having, once in its life, recommended something intrinsically useful.

HYDROPATHIC DOCTORS WANTED.—Every week brings us a request that some good hydropath would be induced to set up an establishment, or locate for the purposes of general practice, in a certain place, &c.; and accompanying such request, it is often said, as an inducement, that the people are entirely ignorant of all about water-cure, completely drug-ridden, &c., &c. Now there are several circumstances to be considered in relation to this subject. In the first place, no water-doctor can live at his trade where the people are generally wholly ignorant of the theory and practice of water-cure, for the simple reason that all such persons, when sick, will go for druggery to the death. In the second place, he cannot live by doctoring folks where the people are generally very intelligent on the subject, except in a city or large village, or a densely populated country, for the reason that among such people his services will be but little needed. Whenever people understand themselves well enough to employ hydropathic physicians when sick, they also know enough to keep from being sick much of the time. Our friends, therefore, who want hydropaths

to settle among them should prepare the way by educating the people. Circulate the Journal and standard hydropathic books among them, and when the masses begin to doubt the virtues of poisons they will be ready to give a hydropathic practitioner a fair chance to exhibit a better way.

PUERPERAL INSANITY.—In looking over the American Journal of Insanity, for October, 1852, we find some interesting statistics. None, however, present a subject of more melancholy reflection, than the following extract from the Thirteenth Annual Report of the Ohio Lunatic Asylum:

"PUERPERAL INSANITY.—Thirty seven out of 109 married or widowed females admitted, had become insane, directly or indirectly, in consequence of child-bearing; and twenty-five of the cases were *puerperal*. The proportion is enormous; more than double the highest I am acquainted with. Esquirol reports the proportion of puerperal cases to the number of female patients admitted into the Salpêtrière during four years, to have been about 8 per cent.; the proportion admitted into the Ohio Asylum last year, is upwards of 16 per cent. on the admissions of females.

Now, viewed in its relation to the increase of insanity in general, this increase of the puerperal form of it is of very great importance; for in a large proportion of cases, some derangement of mind, from mere unusual irritability of temper up to absolute delirium, is observed during pregnancy; *the evil is not confined to the mother*, but it is abundantly proven that a *predisposition to insanity is thus transmitted to the offspring*, and from this source alone, is the amount of mental disease in a community much increased. There is reason to believe that the number of cases of puerperal insanity occurring in Ohio is much greater in proportion to her population than it is in France. Supposing all things else to be alike, this one circumstance would explain why there should be so much more insanity in Ohio than in France. Though in reality, however, only one of many causes, it doubtless does exert powerful influence not commonly known or even suspected.

No ailment of the pregnant woman should be slighted or disregarded. If there be evident disease or disorder, it should promptly be removed or remedied. Headache or a fevered condition generally betokens disorder of the digestive organs or functions; and if that is the case, the mind will be very apt to partake more or less of the derangement. Cutaneous eruptions may disappear, customary discharges be suppressed, ulcers and issues heal; and if any symptom of mental disturbance follow, they must be reproduced, or other outlets and sources of counter irritation be established.

It is more difficult, but not less imperative, rightly to treat the psychical disorders of this condition. Whatever the unusual phenomena—from the merest whims up to the most perverted tastes—from simple caprice to outbreaks of temper of maniacal violence—from peevishness and pouting to sullen and morose ill humor—from singularity of conduct to undoubted derangement of mind—one common system of management must be pursued, namely, to meet the evil habitually with patient kindness; more rarely, and at judiciously chosen periods, to reason with the sufferer, and to explain that the *duty of a mother commences long before the birth of her child*, and that if she does not control to the uttermost her temper and desires, she may live to see her offspring in a mad-house; to soothe, encourage, and console; to call in the aid of religion; and—more especially in the puerperal state—if possible, to prevent all sudden and violent emotion."

There is some good advice here, but we fear the writer above quoted has not a very clear idea of the real causes of this alarming increase of insanity after childbirth, nor any very definite notions as to the manner in which the mental disturbances and bodily derangements incident to the pregnant state should be managed, otherwise he would not dispose of the matter with only a few vague generalities. It is certain that nearly all the severe or dangerous mental and bodily infirmities during pregnancy, and after childbirth, are owing to those unphysiological conditions and bodily habits which are remediable without drug-medication. Those females who bathe regularly, employ only simple and plain food, and avoid stimulants, never experience that excessive irritability of temper which endangers delirium, mania, or insanity. The remedy must be looked for in the eating, drinking, and other personal habits of the individuals. When these are regulated, moral influences may be judicious auxiliaries.

DEATH OF DANIEL WEBSTER.—The blundering nature and irretrievable absurdity of the whole pretended philosophy of medical science, allopathically administered, is not better [worse?] exemplified in the death of great men than in the death of mortals unknown to fame; but in such cases it will attract attention. With these remarks we subjoin those of one of our city papers, the *Tribune*, in relation to the death of Mr. Webster:

"MR. WEBSTER AND THE DOCTORS.—We think it is Gill Blas who terms the fees of physicians 'a salary of assassinations.' We have been reminded of this impertinent characterization, by observing the report of the *post mortem* examination of Mr. Webster's remains, and contrasting it with the bulletins issued during the progress of his last illness. Those bulletins spoke of his malady as being an inflammation of the bowels, and at last, when the doctors would seem to have been at a loss for a good reason for the character of the symptoms which his illness manifested, the prediction was hazarded that the immediate cause of his dissolution was 'a cancerous affection of the smaller intestines.' The *post mortem* examination showed, according to the attending physician's own report, that Mr. Webster died of an aggravated and long-standing disease of the liver; but the report in no way alluded to the supposed cause of his death. It so happens that the blindness of the doctors in this instance was not attended with any distressing consequences, inasmuch as no remedies would have reached the actual disorder. But we have in the case a significant intimation of the reliance to be placed in the judgment of the most skillful medical practitioners, even in the middle of the Nineteenth Century."

Reviews.

THE MACROCOSM AND MICROCOSM; or, the Universe Without and the Universe Within: being an unfolding of the plan of Creation, and the correspondence of Truths, both in the world of Sense and the world of Soul. By WILLIAM FISHBOUGH. Price, 75 cents: FOWLERS AND WELLS, Publishers.

Of this work the N. Y. Evening Post says: To unfold the plan of creation, by showing the correspondence which exists between the outward world of sense, and the inward world of soul, founded upon original observations and theories of his own, is the object of the work. We have ourselves considerable repugnance to all *a priori* schemes of creation, but if they must be pondered and written upon, we like the acute and comprehensive treatment of them which Mr. Fishbough has adopted. He has brought to his subject a proper acquaintance with all previous theories, and studied it with an apparent conscientious desire to know the truth. His analogical reasonings are sometimes very striking, and if they do not lead to the whole truth, open up brilliant views of it. * * *

Among the subjects discussed by Mr. Fishbough, the Three Kingdoms of Nature, the Natural History of the Solar System, the Seven Fundamental Laws, the seven dynamic agents, or potential media, the origin of the earth and its geological formations, the Mosaic revelations, the dualism of all productive forces, the doctrine of correspondence, progressive developments, divine agency and providence. These, it will be seen, are all high themes, demanding the best endowments of the mind for their discussion, and we confess that we have seldom found them treated with more perspicuity and interest than in this volume.

THE TEMPERANCE REFORMATION—Its History from the Organization of the first Temperance Society, to the adoption of the LIQUOR LAW OF MAINE, 1851, and the consequent influence of the promulgation of that Law on the political interests of the State of New York. By Rev. L. ARMSTRONG. One vol. 12mo, pp. 408. Price \$1 00: New York. Published by FOWLERS AND WELLS. Postage, 20 cents.

"The design of this book is to promote the cause of TEMPERANCE among the present and future generations of mankind."—AUTHOR.

"A perusal of this work will be useful as well as interesting to all the friends of Temperance."—R. H. WALWORTH.

"It abounds in anecdotes and facts, which will make it pleasing as well as profitable to the youth of our country. It should be put into every school library."—CHAS. C. LEIGH.

"I trust it will find its way into every family in the nation."—EDWARD C. DELLEVAN.

Numerous other testimonials are at hand from distinguished public men, vouching for the truthfulness, utility, and general excellence of this complete HISTORY OF THE TEMPERANCE REFORMATION.

DELIA'S DOCTOR-STORE, A GLANCE BEHIND THE SCENES. By HANNAH GARDNER CREEBER.

Met. 12mo. 120 pages. Boston. Price, 15 cents.

One vol. 12mo, pp. 262. Price 75 cts. Published by FOWLERS AND WELLS, Clinton Hall, 131 Nassau street, New York. Postage, 15 cents.

CONTENTS:—THE YOUNG INVALID—ELLA—ALLOPATHY—TABLEAUX—HYPATIAN—NEGOTIATION—ELASTICITY—IRON—HOMOEOPATHY—M. D. AND D. D.—HYDROPATHY—LIFE—HIC HOMO—HIC HOMO—SYMPATHY—MESMERISM—LES VOILA—LAW, ETC.

"In this work, many wholesome truths are conveyed, often under the form of a satirical comment on prevailing social customs and institutions, not even sparing the time-hallowed professions of medicine and divinity. Delia is a nervous young lady in a country village, whose various ailments defy the skill of the faculty, and are cured at last by a more faithful adherence to the laws of health in diet, exercise and employment of time. The change is produced by the advice of a strong-minded female friend, who does not disdain to add to her various accomplishments a knowledge of the conditions of physical well-being. In the course of the work, we find several lively sketches of rural life in New-England, portraits of marked characters, evidently drawn from nature, and piquant hits at fashionable follies, which show a capacity in the writer promising still more successful efforts than this unequal production. The "Glance Behind the Scenes" will afford not a little amusement as well as instruction to a large class of readers."—*New York Tribune*.

THE PRINCIPLES OF HYDROPATHY, or the Invalid's Guide to Health and Happiness; being a plain familiar exposition of the principles of the Water-Cure, by DAVID A. HARSHA; new edition, price only 12½ cents. FOWLERS AND WELLS, Publishers.

The first edition of this little work, printed in Albany, N. Y., at 25 cents a copy, was soon exhausted and a new edition called for.

With a view of extending its circulation, the author has consented to reduce the price of the new edition, without abridging the matter, from 25 to 12½ cents a copy. For 15 cents it will be sent, pre-paid, by mail to any post-office in the States.

Miscellany.

A NEW PREMIUM.—We cannot do less than offer our zealous co-workers the minimum of profit derived from the club prices on the Journal. Those who work for it, are entitled to it, and we therefore cheerfully make the following offer:

EVERY PERSON who obtains FIFTY SUBSCRIBERS for the FIFTEENTH VOLUME of the Water-Cure Journal, for 1853, and sends us \$25 00, shall receive Fifty Copies of the Journal one year, and the worth of Five Dollars in our Water-Cure books, and Fifty Copies of the Water-Cure Almanac for 1853.

To those who obtain ONE HUNDRED subscribers, and send us \$50 00, we will send one hundred copies of the Journal, Ten Dollars in books, and one hundred copies of the Water-Cure Almanac.

To those who obtain Twenty Subscribers, and send us \$10 00, we will send twenty copies of the Journal one year and 50 Water-Cure Almanacs for 1853.

Clubs may be composed of both the Phrenological and Water-Cure Journals. THE PREMIUMS may be drawn from our list of Phrenological or Water-Cure books, all deliverable at our office in CLINTON HALL, 131 Nassau-street, New York.

When Premium Books are to be sent by mail, the amount must be remitted with which to pre-pay the postage on the same. Subscribers' names should be sent in at once. The Premiums may be ordered any time between JANUARY and JUNE, 1853.

All present readers should make it their business, when they go from home, to take a sample number, or PROSPECTUS with them, recommend the Journal, and obtain subscribers. In this way large clubs may be raised in every neighborhood.

To those who feel interested in the advancement of Hydropathy, the time necessary to obtain a club of subscribers would hardly be felt, while they would not only enrich themselves, but confer a boon on their neighbor, which would be so highly prized, as never to be forgotten. May we not ask them, or even urge this duty upon all the friends of Reform? Who will send in the largest club of subscribers for 1853? And which shall be the Banner Town?

Already we have a goodly list of new names on our subscription books, and we expect to commence the new year with a "stronger team" of both WRITERS, and READERS, than ever before. Let "pile on" the names, "new and old," until our list shall outnumber, in efficient co-workers, all other modes of preserving and prolonging human life and augmenting human happiness.

WATER-CURE IN BOSTON.—We have good news from the "Athens of America." It appears that Dr. Kittredge has a "great run" of Hydropathic practice, extending some hundred and thirty miles, into no less than three different States, besides a full house at home. This is owing to his skill as a physician, his lectures in all the towns, and his popular writings. But what he gains in practice is totally lost to the "regulars" throughout his "circuit." Should we not, therefore, pity them while we rejoice with him? We simply suggest the thing, in order to give those so inclined an opportunity to do so. We hope Dr. Kittredge will be merciful with those who are thrown out of employment on his account. We sympathize with the unfortunate everywhere. Let us be charitable.

A NEW VOLUME OF THIS JOURNAL commences with the JANUARY number. 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. The first number of the new volume will go to press immediately. Now is the time to renew all subscriptions, get up clubs, and send in the names to the publishers. For full particulars see Prospectus.

RAILROAD TREATMENT.—Strange as it may appear, we have in our possession documents containing the evidence of intelligent witnesses to the effect, that certain diseases have been cured by a railroad ride. It has removed despondency, doubt, and dulness, and produced hope, health, and happiness. It has removed monotony, moodiness, and moroseness; produced action, amiableness, and affability: removed crustiness, and excited curiosity; removed pain, and given pleasure.

These are some of the good effects of the railroad treatment. We shall give its application to other complaints at a future time, simply adding, in this connection, that this, like all other remedial agents, may,

when taken in excess, "shatter the constitution." But, when under the direction of competent railroad doctors, (engineers and conductors), but little danger need be apprehended. Among those most in use hereabouts, we may name the New York and Erie, Hudson River, Albany and Buffalo, New York and New Haven, New York and Philadelphia, the Eastern and the Western, the Northern and the Southern, with ever so many others that are, or are to be, opened in all directions, on which every body, who can afford to pay for drugs or doctors, can afford to ride. Then take a dose of Locomotive instead of Patent Pills—or other drugs.

MAMMOTH WATER-CURE OF THE WEST.—The Hydropathic season at Harrodsburg, Kentucky, closed on the 5th of October, at which time the physician, Dr. R. S. HOUGHTON, resigned the medical charge, with a view to resuming his practice in New York. We are requested to state that Dr. HOUGHTON's address, until further notice, is Flushing, Long Island, N. Y.

OUR CAUSE IN CALIFORNIA.—[It would appear from the following letter that "our cause is onward" in the Golden Empire of the South, as well as in the icy regions of the North, or the temperate zones. This recent letter, from a friend on the shore of the Pacific, will interest the reader.]

San Francisco, California.

MESSERS. FOWLERS AND WELLS:—It is somewhat unaccountable to me that a publishing house, exercising so extended an influence throughout the rest of the United States as yours does, should not, before this time, have established a connecting branch in California.

From the time I first became acquainted with your publications, (in North Carolina, some six or seven years ago), I have always been deeply impressed with their truthfulness, naturalness, and harmony with the eternal will and laws of the Creator.

In respect to the three great systems of treating disease and health, so far as my own limited knowledge and individual experience is concerned, my convictions and sympathies are decidedly—a thousand to one—in favor of Hydropathy. On an average, I suppose the periodicals and other publications emanating from your house, that I have read, have cost me from two to six dollars per annum for the last six years. The annual benefit I have received from them during the same time I value, at the lowest estimate, at from one to five hundred dollars. The "Water-Cure Journal" has taught me how to live without taking any more quack medicines, freed me from the aches and pains, constipations, convulsions, and debility that Allopathic quackery brought upon me in youth, and surrounded me with health, vigor, and cheerfulness. It has explained to me the laws of life, taught me temperance, cleanliness, economy, and virtue. It has given me such thorough command and regulation of myself that I now use my health much the same as I do my purse—at will, and as I please. It has made me my own doctor, and in connection with its kindred publications, to which I have alluded, made me more familiar with the proper relation I sustain to myself, my God, and my fellow-men, than I ever learned from all other sources.

I wish you could make suitable arrangements for engraving a scion of your great tree here in the Far West. No place in America, in my opinion, save the place at which you are now established, affords a greater field for Hydropathic enterprise and usefulness than California. As it is, Allopathy has the entire sway, and, as usual, is making greater havoc among the people than the worst kinds of pestilence. SUNNY SOUTH.

[We have shipped several invoices of our publications to San Francisco within the present year, and a ready market obtained. We also send quite a number

of our Journals to subscribers in California, and the demand is increasing.

Our books may be found, in San Francisco, at the book-stores of MESSRS. COOK AND LACOUNT, and in Oregon City, of Wm. W. MACY.

We think the experience and testimony of SUNNY SOUTH worth reading and recording. It is a straightforward and open statement, and in accordance with the testimony of many others. We hope to hear from him. —EDS.

WHEAT WITH CHAFF.—A patent pill peddler puts the following grain of truth into a newspaper column of laudatory recommendation of his infallible slops:

"THE HUMAN FRAME is the most perfect masterpiece of mechanism in the universe. Every artery, muscle, ligament and bone, exhibits in its formation the wisdom of the Deity. Every joint and sinew works harmoniously with each other, and upon the natural performance of every function depends the healthful action of the whole."

[Now what connection can this possibly have with the virtues of a patent compound elixir of dose-to-death? None whatever. It is simply a baited hook on which to catch the "quarters" of stupid humans. Look out for gull-traps, mock auctioneers, and other swindlers.]

WATER VS. OIL.—[Our allopathic friends have finally acknowledged that WATER is "good in its place," but protest that it is not what it is "cracked up to be," by enthusiastic hydropaths. We therefore take pleasure in informing them (the aforesaid allopaths) of all new discoveries by which the "article," water, is brought into more general use. A recent invention bids fair to drive "pure genuine" cod liver fish oil out of use, as applied to machinery, and substitute cold water. This would render a trip by steamboat less offensive than now, where the smell of "burnt grease" turns the stomachs of so many, and causes sea-sickness when it would not otherwise occur. Here is the statement from a reliable source:]

"The Newark (New Jersey) Advertiser states that a new contrivance, substituting water for oil to relieve friction in the action of iron machinery, the axles and wheels of cars, carriages, &c., was tried by an experimental trip on the railroad between Jersey City and Elizabethtown. The apparatus was attached to the boxes of two of the car wheels, so that the iron axles and the brass boxes within which they revolve, are kept continually wet with cold water. By this contrivance, and an anti-attribution composition, by which the water is kept cool, all the advantages of oil, it is claimed by the inventor, are attained at a saving of one-sixteenth in the expense; the difference being, oil at eighty cents a gallon and water next to nothing. Such is the claim."

[Thus, we have achieved with water, another TRIUMPH. Now, who will try it on to something else? We feel confident that it has other uses not yet discovered, and we are anxious to show up all its good qualities, for the benefit of the "regular profession."]

FATAL MISTAKE.—On Saturday night last (as we learn from the Barry Patriot), a man named Ordway broke into the house of Dr. Adams, in Oakham, and stole a jug of paregoric, supposing it to be rum. The next morning he was found in the doctor's barn, and died shortly after his removal. —N. E. Fountain.

[What a pity! But, on reflection, we cannot consider it a greater evil to set such traps for thieves than to feed the "foul stuff" to innocent babes, which, in all cases, hastens the dreaded, long, and fatal sleep!]

HOW TO LIVE FROM HAND TO MOUTH, OR OTHERWISE.—Buy two glasses of ale every day, at five cents each, amounting in one year to \$36.50; smoke three cigars, one after each meal, counting up in the course of the year to \$54.75; keep a big dog, which will consume in a year at least \$15 worth of provisions, and a cat \$5 more. Altogether this amounts to the snug little sum of \$110.25—sufficient to buy six barrels of flour, 100 bushels of coal, several barrels of apples and

other fruit, a comfortable suit of clothes, besides a frock for the baby, half a dozen pair of shoes, and, if no doctors' bills to pay, there will be enough left to buy a complete HYDROPATHIC LIBRARY, and to become a life subscriber for the WATER-CURE JOURNAL!!!

OUT-DOOR EXERCISE.—One of the sons of Esculapius, on being asked by a patient what were the best means for preserving health, replied, "Out-door exercise." "And what," added the patient, "is the best way to avoid taking cold?" The doctor again answered, "Out-door exercise." "And pray, Doctor, do tell me how I shall get an appetite?" "Why, by out-door exercise." Nothing so true, because it is the voice of nature. Franklin, who well understood the rules of health, observed, "Dress moderately, and take plenty of exercise, and you won't blame the climate for sins of your own making." —New York Recorder.

[In DELIA'S DOCTORS, or, "A Glance Behind the Scenes," by HANNAH GARDNER CREAMER, this principle, or recipe, is amply illustrated and enforced. It is respectfully recommended to all American women who would realize the full advantages of "out-door exercise."]

LONGEVITY.—The late census taken in Canada, brought to light several cases of remarkable longevity. The Montreal Herald says that more than twenty persons are returned whose ages exceed one hundred years. The most venerable patriarch of these resides in the township of Gray, Simcoe county, aged 115 years. Ninety-five years ago he scaled the cliffs of Quebec with General Wolf, so his residence in Canada is coincident with British rule in the province. He has attached himself to the Indians, and lives, in all respects, like them. This veteran is named Abraham Miller. Almost another equally distinguished personage is an old lady named Helen Maguire, one hundred and six years of age. She still dresses without help, and walks out for air and exercise whenever the weather is sufficiently fine to tempt her from the chimney corner. She still has all her faculties, and can thread a needle without spectacles. —Toronto Globe.

DR. NICHOLS TO DR. ANTISELL.—Dr. Nichols presents his respectful compliments to Dr. Antisell, and begs leave to congratulate him upon his success in proving, as has been so earnestly contended by all the flesh-eating physiologists, that man is not fitted by his anatomical structure to live on grass, like an ox, or on the tender twigs of trees, like the giraffe. He wishes, also, to express his obligations for the admission that "the cereal grains are excepted from this description of a vegetable diet;" and, if Dr. Antisell will also be pleased to admit that fruit is a proper article of human food, he will confer a great favor on Dr. Nichols, and many other vegetarians, who do not think that a "mixture of animal and vegetable food is not only most palatable, but most conducive to health," but, on the contrary, quite the reverse.

THE WAY IT WORKS.—[Extract from a letter received by a gentleman in this city, from a young nephew who had resided with him some years, and been converted by him to Water-Cure and Vegetarianism. The lad is a Louisianian, and now at a college in the West. Speaking of his young brother and himself, he says:]

"We kept up our vegetable diet whilst in Louisiana, except in a few instances when we went to birthday feasts; but we shall have to give it up here, for there are no vegetables except Irish potatoes. Your efforts for propagating the water-cure in — have partially succeeded,—for Dr. —* often employs it, and with success; though he sometimes applies it in the wrong way. And you hear the planters sometimes say that they will try the cold water on their negroes, after having used medicines in vain."

*The physician here named is an allopathic practitioner, confessedly the ablest in that district. His practice is immense, and keeps him going night and day.

AN ARKANSAS VEGETARIAN.—A correspondent writes from *Little Rock, Ark.*: GENTLEMEN—Some time ago I wrote to a brother of mine in New York, to send me the *Water-Cure Journal*, which I received a few days ago; and truly was I delighted with the perusal of the same, especially with Dr. Jackson's answer to Mrs. Gage on the animal food system of our day. I believe that I am the only animal in Arkansas who do not consider myself carnivorous, and people generally consider me a very strange man, and, were it not for my healthy appearance, they would have prognosticated my death long ago. I write this to show you how thankful I felt to see that letter of Dr. Jackson, "as I never saw anything written on that subject before." My abstaining from animal food originated from seeing the ghastly appearances of those who devoured a large quantity of carcasses. I therefore inclose to you two dollars, to send me such books as will enable me to rescue some of my fellow-creatures from their present miserable state of existence.

TUMBLE THEM OUT.—Those musty Old Foggy volumes, written and published in the dark ages.—The shelves of our libraries are loaded with heaps of this useless trash. Clear them away, and give place to "new lights." Think you that the ever-progressive *mind* can be thus stored away, bound up in sheepskin, kept fresh and alive? No; old books, like old ideas, must give place to the *new*. Consider for a moment the vast changes which have taken place in agriculture, commerce, mechanics, and in all the arts of life, within two hundred years, or one hundred, or fifty, or even twenty years, and say whether or not it is profitable to "look back" for light, life, or knowledge. It would be folly. It behooves us who believe in the eternal principle of PROGRESS, to look forward—yes, if we would even *keep up* with the rapid strides which are yearly, monthly, and daily making, we must *fly*. "Time flies," and we must go on with time, as well in mind as in body, or be left "behind the light-house." Then clear out your old mummy volumes, which are as useless as so much other old garret trumpery, and substitute in their place the emanations of *modern* minds. As curiosities to be sent to the museum, it is well enough to save specimens; but further than this, "old books" are of the past—belong to the past, and have no business in our way. So clear them out—out—out.

THE MISSIONARY SPIRIT.—[We are encouraged by kind words which come to us by every mail. We copy from a business letter the following paragraph]:—

"I am now spending a few weeks from home, a hundred miles distant, and I cannot find any Water-Cure Journals. I hope I shall be able to get a few subscribers while here, which may prove to be 'good seed,' and increase a hundred fold. I wish some good hydropathic physician, with a MISSIONARY SPIRIT, would come and preach the gospel of WATER-CURE to the people, 'who now sit in darkness, and have no light' on the subject. I am sure they would not fail of their reward."

ANNA D.

POISONED CANDIES.—In an article in the "Household Words," we find the following horrible statement:—

"British confectionery contains plaster of Paris, chalk, starch, sulphate of barytes, bronze, copper leaf, leaf tin, arsenite of copper, carbonate of copper, verdigris, chromate of lead, opiment, oxychloride of lead, red lead, and vermilion. The minerals here named are all poisonous. Our bright yellow comfits contain a dangerous and insidious poison—chromate of lead—which is used also largely for giving the slight yellow tint to ginger lozenges. Let the British consumer who has often, during the winter season, a ginger lozenge in her mouth, not be surprised at a slight failing in her health. The emerald green sugar plums and ornaments in sugar have been colored with a still more

dangerous poison—arsenite of copper. These mineral pills offered to the young population of Great Britain do their work. Dr. Letheby states that, to his knowledge, there have been seventy cases of fatal poisoning, during three years, traced to the use of confectionery made and colored in this country."

[To the above we may add, *American* confectionery is no less poisonous than English. And we admonish parents against eating it, or feeding it to their children.]

WINTER WATER-CURES.—Besides our city establishments—which are kept open for the reception and treatment of patients through all seasons—it is encouraging to notice the large and increasing number of country establishments, so liberally patronized, as to enable the proprietors to offer—through the winter—the same facilities to patients that they have hitherto only been able to do during the *warm* season. As our cause advances, these establishments will become permanent: the resort of thousands of invalids who seek the restoration of lost health. We believe in travelling, as well for health as for information, but feel quite confident that in a great majority of cases more health, strength, and vigor might be obtained, and at a cost, of time and money, vastly less, at our commodious Hydropathic establishments, than if spent in European tours. And we think the time will come when this course will be adopted. What invalids need most cannot be obtained when travelling among strangers in foreign countries, but which is always amply provided at every well-regulated Water-Cure.

For a list of establishments, which will remain open through the present winter, see advertisements.

The present season will afford our Hydropathic physicians an opportunity to enlarge and perfect their accommodations, to beautify their grounds, and increase their facilities for the successful treatment of patients.

New buildings, for Hydropathic purposes, should be erected at once in every city, town, and village in America, where good water can be obtained.

All establishments, well located and properly conducted, may be filled, in one month's time after due notice has been given, by health-seeking patients, who are now wasting away their lives and sinking to an early grave, vainly praying for aid under drug treatment. Water-Cure would save them. In the name of humanity, then, do we appeal to our truth-loving and life-saving Hydropathic disciples everywhere, to provide the means whereby this good work of restoring invalids to health may be done.

PERSONAL EXPERIENCE IN THE LIFE OF AN ALLOPATHIC DOCTOR.—[When sending subscribers for the Water-Cure Journal from Orwell, Vermont, the undersigned gives the following entertaining narrative, which we take the liberty of presenting to our readers.]

"I commenced the practice of physic and surgery at the age of 22: my early aspirations were so much in accordance with 'Noggs' description of the 'Pillcody Family' that I strongly suspect I may have been a distant relation. . . . For 25 years I was fully employed; I then abandoned the profession, removed to a small farm, which I now cultivate. I have surrounded my humble residence with the different kinds of fruit which our Green Mountain climate will mature, while my only unmarried daughter, in Bloomer costume, attends to the floral department; in short, we are all conscientious converts to the Water-Cure and Hygiene. Mrs. B. and Julia take to the water like ducks, while I only improve it during the warm season, substituting a tepid wash during the cold weather, but you must know I am on the last decade of time allotted to the age of man. I have read several of your publications, and the monthly Water-Cure is always an acceptable visitor. The few numbers taken in Orwell are extensively read, and are making converts. I am ready, at all times, to lay down my farming tools, and go to any part of the town (gratis) to give my

counsel to all who ask it, and I assure you, Sirs, I am getting some practice. There are several families in town who have adopted the Water-Cure, and, in every instance, with success. I preach to my old friends, who once had confidence in my opinions; I am endeavoring to extend the circulation of the Journal; I obtained subscribers to Mrs. Burt's list in Bridgeport, while on a visit. Did not my age forbid, I would like again to become, not a Pillcody, but a Water-Cure physician. The system is destined to become universal. We have two physicians in Orwell, in the prime of life; one of them once called me master;—well-educated men; of course they are opposed to the Water-Cure, although they know nothing about it. Dr. Shew has performed two cures in Shoreham (the town north of this) which has created a sensation, and tells well for future success. Excuse my desultory epistle—I intend it only for your eye—hereafter I will give you some reminiscences of my medical experience. Accept assurance of my devotion to the good cause,

"JOEL BARBER."

Business Notices.

CORRESPONDENTS who have interesting FACTS or CASES of cure under Water treatment, which they design for publication, will very much oblige the publishers by writing out the same on a slip of paper, separate from that containing subscribers' names. For this purpose we send each subscriber a Circular PROSPECTUS on which to record names of subscribers, new and old, with their Post Office addresses.

OUR JANUARY NUMBER will be sent to all whose subscriptions expire with this number, yet the Journal will only be continued to those who re-subscribe.

Our terms being payable in advance, it will be well for all, who intend to renew their subscriptions, to do so as soon as may be convenient after the reception of this number.

SPECIFY.—When our friends, co-workers, and agents send in their names, it will be well to specify, as follows: "FOR THE W. C. JOURNAL," as the PHRENOLOGICAL JOURNAL, THE STUDENT, and PHOTOGRAPIER, are published at the same office. Hence the necessity of SPECIFYING.

SAMPLE NUMBERS.—We are frequently requested to send sample numbers, of a particular date, when it is impossible for us to do so. We shall, in all cases, comply with such requests, when we can. Usually, we print an extra number of copies for this special purpose. We shall be glad to send SPECIMEN NUMBERS to regular subscribers, for them to distribute among their friends.

FRIENDS AND CO-WORKERS in the advancement of HYDROPATHY will see to it, that EVERY FAMILY is provided with a copy of the Water-Cure Journal for 1853. Now is the time!!

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

THE AMERICAN PHRENOLOGICAL JOURNAL for 1853, Devoted to Science, Literature, and General Intelligence. Published monthly, at one dollar a year.

PHRENOLOGY, the science of MIND, includes in its wide domain, a knowledge of all the faculties, passions, and powers of the HUMAN SOUL: all the bodily organism over which the soul presides, with its structure and functions; and all the realm of nature to which man is related, and with which he should live in harmony. It includes a knowledge of man and his relations, to God, and to the universe. It is thus a central and comprehensive science, beginning with the constitution of man, and ending with all his possible relations, SPIRITUAL and MATERIAL. It is thus that SELF-KNOWLEDGE is the basis of all knowledge.

THE PHRENOLOGICAL JOURNAL, therefore, has a sphere that is universal. All philosophy, all science, all art, all the details of practical life are legitimate subjects of discussion in its columns. From this vast field we aim to select the most important, useful, and interesting matters.

PHRENOLOGY, the science which unfolds to man the laws of his own **Passional, Moral, and Intellectual Being**, will still command our first attention; all other subjects being, in fact, but applications and illustrations of the principles of this science. We shall illustrate the varieties of cerebral development by spirited and truthful engravings of striking specimens of Human Nature, in its highest and lowest, its harmonious and discordant, its symmetrical and grotesque developments.

PSYCHOLOGY, OF THE SCIENCE OF THE SOUL, vague as it now is in its terms, uncertain in its facts, and indefinite in its conclusions, must still be to every inquiring mind a subject of intense interest. In the sphere of Magnetism, Psychometry, Neurology, or within the scope of dynamic, aërial, or spiritual phenomena, we shall ignore no well-established fact, and resist no legitimate conclusion. Especially shall we endeavor to develop the best ascertained, and most practically beneficial powers of human magnetism, in the control of pain and disease.

EDUCATION, or the best methods of developing, harmonizing, strengthening, and training the mental and moral faculties, not only in youth, but in maturity, and at home as well as at school, will claim at our hands the space its importance merits.

YOUNG MEN about launching forth upon the activities of life, and anxious to start right and understand their course, will find the Journal a friend and monitor, to encourage them in virtue, shield them from vice, and to prepare them for usefulness and success in life. The various occupations will be discussed in the light of Phrenology and Physiology, so that every one may know in what pursuit he would be most likely to succeed.

AGRICULTURE, the primitive, most healthful, and independent employment of man, will receive attention, and make the Journal eminently valuable to the Farmer, and indeed to all who have a fruit-tree or a garden.

MECHANICAL—As at least one-half the wealth of the world comes through the exercise of the faculty of Constructiveness, the various mechanical arts will be encouraged, new inventions explained and illustrated with engravings.

THE MECHANIC, the Farmer, the Professional Man, the Student, the Teacher, and the Mother, will find each number of the Journal an instructive and valuable companion.

THE JOURNAL will be published on the first of each month, on the following extremely low

TERMS, IN ADVANCE:

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

Please address all letters, POST-PAID, to

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

The New Volume commences in January, 1853. Subscriptions may be sent in at once. Now is the time.

A LETTER OF INQUIRY.—[While answering one, we may as well answer the questions of thousands, and therefore publish the following letter with remarks.—EDS]

Marion County, Mississippi.

MESSES FOWLERS AND WELLS—Some time since, I accidentally saw a number of the "Water-Cure Journal," and was induced from curiosity to give it a perusal, and was so struck with the reasoning on the philosophy of diseases, &c., that I am desirous of becoming a subscriber. But am at a loss to know how to proceed to effect my object, inasmuch as I know of no agent for the paper in this part of the country, and further, our currency here in Mississippi is metallic, consequently not very convenient to remit by mail. I could get some post-office stamps, if I knew that they would suit you, and send them by mail.

I wish to know something about the water-cure treatment, and there is no chance here for me to get any information on the subject that I know of, unless I could get it from you. I have been afflicted some three or four years with something like Rheumatism in my neck, and back part of my head occasionally, and have tried the common remedies without receiving but little benefit. My wife also has had health for several years, and I think has a liver complaint, and we wish to try the water-cure treatment if we knew how to commence it. Please let me know what you think I need. Direct to China Grove, Mississippi. By complying, you will oblige, very respectfully, your friend,
L. L.

REMARKS.—We have no local agent at this place, and must therefore solicit the services of those subscribers in that vicinity who have become acquainted with, and interested in the **WATER-CURE JOURNAL**. When bank notes cannot be had of the desired denomination, gold dollars or quarter eagles may be remitted at single letter postage. Half eagles, or five dollar pieces, with a sheet of letter paper, will only cost six cents for postage from any post-office in the States. All postage stamps of twelve, three, or one cent valuation,

will be received by the publishers at par for subscriptions to the Water-Cure Journal or for books. This is a convenient "United States currency," without discount or danger of counterfeits. For greater safety, large amounts should be remitted in checks or drafts on New York, Boston, or Philadelphia, made payable to the order of **FOWLERS AND WELLS**.

GLIMPSES OF PHYSIOLOGY—An esteemed correspondent wishes us to propound the following queries to the author of the recent series of articles on Physiology.

1. "What are the scientific and physiological proofs that the mind, or the 'true being,' does not reside in the brain, or the nerves; or, broader still, in the organism of man?"

2. "What is the evidence, if any, that matter, properly organized, cannot think?"

3. "What is the evidence that powers of feeling and thought require a spiritual nature?"

4. "Is not the result of the action of the nerves and brain, what we term feeling and thought?"

These questions, and a great many others, Dr. Nichols wishes us to say, he has discussed in his "Esoteric Anthropology," more at length than he could properly do in the Journal. In that work he has given his theory of spiritualism, as opposed to materialism; and anxious inquirers on vexed questions of physiology will see that they can far more reasonably look to such a work for the solution of their doubts, than to our columns, where the most of our readers expect matter of different character. The Doctor is not the man to flinch at anything; but he thinks, as we do, that there is a place for everything, and that everything should be in its place. Therefore he has written "Esoteric Anthropology," to find a place for many things which had, thus far, had no place awarded them.

OUR BOOKS IN SAVANNAH, GEORGIA.—Friends in this most thrifty of all the Southern States will be glad to find a prospect of our publications at this great depot. Mr. S. S. SIBLEY has opened a large book store in that city, and will supply any book published in the States or Europe. The *Savannah Morning News* has the following notice of Mr. SIBLEY.

"We congratulate him on his escape from the 'press-gang,' and hope that he will find his new vocation not only more agreeable, but more profitable than the editorial harness in which he has so long and faithfully labored. Success to his enterprise."

BY REQUEST, we copy the following announcement:—

REFORM MEDICAL COLLEGE.—**PROF. W. BEACH** has the pleasure of announcing to his friends and the public in general, that he has taken a place in Boston, expressly to teach the principles of the **REFORM OR ELECTRIC PRACTICE OF MEDICINE**. It consists of two departments—male and female. Every branch of Medicine will be taught necessary to qualify the student for successful practice. Dr. BEACH, the principal of the school, will be aided by suitable professors. There will be a winter and a summer session. The first will commence on Wednesday, 1st of December. The second or summer session, will commence on the 1st Monday in May, ensuing. When students are qualified for their profession, they will receive a Diploma without any formal examination, under the sanction of a Charter from the State of New York. Further information may be obtained of **W. BEACH, M.D.**, at the Marlborough House, Boston.

[Besides the above, there are several other Eclectic colleges now in full blast, competing with allopathic, homœopathic, botanic, galvanic, and other "atic" schools. One located in Cincinnati and another in Worcester, and there is a "portable concern" in Rochester and Syracuse.

Whether these "mixed up" minerals and vegetables pay expenses, including "Diplomas" on parchment, we cannot say; but presume they do not. The natural tendency of such things is "to run out" after the first crop of young doctors and doctresses—the most of whom are *gratuitous* graduates, to say nothing of those benevolent professors who "work for nothing (but honor) and board themselves." However, some say they do more good than harm, and we are always glad to notice their movements.]

CLUES OF TWENTY may be made up of subscribers to either or both **THE PHRENOLOGICAL AND WATER-CURE JOURNALS**. It will be all the same to the publishers. Many subscribers take both journals on these terms.

THE UNIVERSAL PHONOGRAPHER—Devoted to the Dissemination of Phonography and to Verbatim Reporting, with Practical Instruction to Learners. Printed in Phonography. Published Monthly, at **ONE DOLLAR A YEAR**, in advance.

The expense of this new style of printing is so great, that no discount or abatement can be made to clubs. Single numbers may be had, prepaid by mail, at **TWELVE CENTS** each.

GOLD DOLLARS.—Where small current Bank-notes cannot be obtained, it will be found perfectly safe and convenient to inclose and remit, at single letter postage, Gold Dollars, or Quarter Eagles. These pieces should be secured to a thin card, slip of paper, or by a thread, before inclosing in the letter. This will prevent the piece from slipping out.

WHEN LARGE AMOUNTS are to be remitted to the Publishers for Journals or Books, it should be sent in Drafts or Checks on New York, Boston, or Philadelphia, properly endorsed, and made payable to **FOWLERS AND WELLS**, or order.

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

Varieties.

THE ELECTRIC TELEGRAPH—ITS RAPID EXTENSION OVER THE WORLD.—In the nine years that have elapsed since Morse erected his first Telegraph from Baltimore to Washington, from twenty to thirty thousand miles of wire have stretched over this Continent. England sends her galvanic missions under the sea to Ireland, and beneath the Straits of Dover to France. Naples unites herself to Gaeta by a subterranean rod. In Austria 3,000 miles are in existence; in Germany 4,000, and all Europe is becoming rapidly interlaced with these thought-avenues, while Egypt, Asia and South America will soon become subject to their dominion. The earth might be more than circled with the aerial subterranean and submarine pathways for intelligence, now in operation."

"Old Fogies" say the world is either standing still or going backwards. But no matter, they are of no account, not worth minding. Let us put up the wires and lay down the rails, and build a road to the Pacific, establish the Maine liquor law, multiply school-houses and school teachers, build printing presses, multiply books and newspapers, vote "Free Farms" to the landless, improve rivers and harbors, beat the world with steam-ships, raise the biggest crops of wheat (we have machines to cut it), and all sorts of fruits, including white blackberries and pumpkin squashes, get one hundred thousand subscribers for the Water-Cure Journal, and in short go ahead in all directions on land, lake or ocean, like a live Yankee nation—so never mind the "Old Fogies."

SOCRATES AND SENECA were both put to death for avowing their opinions favorable to truth, in opposition to the established superstition of their times.

A DANDY is a thing that would
Be a young lady, if he could;
But as he can't, does all he can
To show the world he's not a man.

THE FEAST OF IMAGINATION.—Having no dinner; but reading a new cookery book.

MODERN CRITICS—Bilious wretches who abuse you, because you write better than they do.

To Correspondents.

SPASMS.—S. R. R., Miami, Ind.—We fear the case is hopeless. The symptoms strongly evince an affection of the brain, probably resulting from the injury you mention. Give him a tepid wash every day; feed him on plain vegetable food, and trust the rest to Nature.

EPILEPSY.—B. S. G., De Witt's Valley.—Your case requires a careful personal examination before the physician can rationally answer the several queries you propound. Constipation often produces all the symptoms you mention, the fits included; and as your best chance of a cure is through the Hydropathic system, we would advise you to go to a good Establishment.

GREEN PEAS AND BEANS.—Dr. E. S. P., jr., Farmosa, Ill., inquires:—"In examining the Hydropathic Encyclopedia, I find that in a number of places it recommends as food preserved green Lima beans, preserved green peas, &c. Will you please inform the reader how they are preserved in the green state?" Simply by drying them when fully grown before ripening. They require to be soaked in cold water from twelve to twenty-four hours, before cooking.

PALEY OF THE LEG.—F. B.—These cases require the full treatment to insure a reasonable chance for a cure. To write out a plan of treatment without knowing the full history of the case, would be impossible. She should consult a Hydropathic physician, or go to an Establishment. Elderberries are harmless, but not of much nutritive value as an article of diet. We have plenty of better fruits.

BAD HABITS.—S. E., Milford, N. Y., informs us that his general habits of living are prominently unphysiologic, and asks us to answer, in detail, a variety of questions about bathing, &c., &c. Such answers would be of no use to him. His habits must conform generally to physiologic laws, or it cannot be expected that any particular application of water externally, however good in itself, can prevent or cure disease. He should study attentively the books on Water-Cure.

NERVOUSNESS AND RHEUMATISM.—J. M. K., Fairfield, Pa.—The hip-bath, at seventy degrees, ten minutes, each evening, followed by syringing the ears or part affected with warm water, would be better than cataplasms to the hand. Continue the sponge-bathings. Two or three months' wet-sheet packing would be desirable.

MODUS OPERANDI OF EMETICS.—L. B. D., Commerce, Mich.—MESSRS. FOWLERS AND WELLS: The writers for the Water-Cure Journal, Dr. Trall, in his Encyclopedia, and S. Graham, in "The Science of Human Life," have told us the "modus operandi of emetics," i. e. "physic" emetics. They say that vomiting is caused by the resistance which Nature makes to the medicine introduced into the stomach. The effects of these "unnatural" emetics are deprecated by these writers, because they provoke vital resistance. How water acts as an emetic they have not told us; and as it produces the same effect, i. e. vomiting, how is it that they (water emetics) are not liable to the same objections as "physic" emetics? I am a firm and practical believer in Hydropathy—have read the Water-Cure Journal about one year—am preparing myself for the "Hydropathic Institute." Allopathy is sick here, and struggling as if in torment; one of its practitioners here told me, with much gravity, that the food we eat passes through the colon before entering the small intestine; and insisted that he was correct, until I showed him the "pictures." He says he has "practised" nine years; however, I have some hopes of him, as I sold him a copy of the Encyclopedia. He says he has cured diseases which the Encyclopedia says "can't be cured." I asked him to specify what diseases he meant, but he "didn't" do it. We have no Water-Cure physician in this vicinity, but we have several copies of the Water-Cure Journal, and some Water-Cure books. We hope, ere long, to see a better state of things, and that we shall not be looked at with astonishment, when we say that the body should be washed every day. Please give an explanation of the "modus operandi" of water emetics, in the next Water-Cure Journal, and oblige yours in the cause of truth.

The "explanation" above referred to, applies also to an emetic with simple water. If the temperature and bulk of the water together constitute an unphysiological condition, the same "vital resistance" produces vomiting by which the physiological condition is restored. We do not pretend that vomiting is a natural condition, by whatever provoked. So, if the nursing child imbibes too much of its mother's milk, the excess of bulk provokes vital resistance and emesis results. But the difference between vomiting by means of "drugs and dye-stuffs," and with water or milk, is "pretty considerable." One causes great and unnecessary waste of vital power, and poisons the system besides; the other does neither.

SICK HEADACHE.—E. B. T., Moriah, N. Y.—This subject is fully treated of in the Hydropathic Encyclopedia.

Book Notices.

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

PIONEER WOMEN OF THE WEST. By Mrs. ELLET. 12mo., pp. 434. New York: CHARLES SCRIBNER.

In her preface the author represents the present volume as a supplement to "The Women of the American Revolution," recently published. But we regard it complete in itself. It contains the biographies of upwards of sixty pioneer women of the West, written in a most entertaining style, and is full of interesting history.

The work is well printed, and bound up in an acceptable manner. Price \$1 25, and may be had at this office.

THE VOICE OF THE YOUNG, in behalf of Temperance, Truth, and Safety. By P. H. SKINNER. 18mo., pp. 148. New York: published by the author.

This earnest little volume comprises speeches, essays, mottoes, with prize addresses selected for this purpose. It will serve little folks as a fortification against yielding to a tempting appetite for strong drink. Model Orations—by young masters and misses—which would do honor to Randolph or Red Jacket. The book has several pictures not described in the text. Price 37 cents.

SHADES OF CHARACTER; OR, THE INFANT PILGRIM. By ANNE WOODROOFE. In two 12mo. vols., pp. 329, 306. New York: ROBERT CARTER & BROTHERS.

A deeply religious novel, through which the character of the child, the youth, is traced with almost agonizing solicitude, showing new phases of character at every turn. The book will prove acceptable to those who deem an early reli-

gious education of vastly more importance than physical development, yet it has important lessons for all who can draw correct inferences.

"Shades of Character" is not, as we were led to suppose, founded upon any physiological or phrenological theory, but is simply descriptive of life in a religious, and not in a scientific point of view.

DOLLARS AND CENTS. By AMY LOTHROP. 2 vols. New York: GEORGE P. PUTNAM.

A charming story, beautiful for its simplicity and naturalness, as interesting as the "Wide, Wide World," and "Queechy," to which it bears a faint resemblance. The plot is more carefully constructed, than in the popular stories by Miss Wetherell, and more skilfully unfolded. Its author wields a more practised pen. The style is graceful and lively; the characters are life-like; the incidents, those of every-day life. There is no sickly sentimentalism in the book—no love passages too extravagant to be real. A high moral tone pervades the whole. The power and excellence of religion are perhaps less forcibly illustrated than in Miss Wetherell's stories, but its influence and value are not underrated.

Whoever Miss Lothrop may be, we hope she will not rest satisfied with the reputation which her first attempt at authorship has won for her, but that she is now pluming her wings for another flight. We cannot have too many such books, safe books for the young, and whose influence shall be "good and not evil" wherever they are read.

MADELEINE: A Tale of Auvergne, Founded on Fact. By JULIA KAVANAUGH. New York: D. APPLETON & CO.

A beautiful illustration of the power of faith and of the great amount of good one individual may accomplish. The main incidents of the story are true, there was therefore less room for the play of fancy, than in "Nathalie." The simple, almost holy beauty of Madeleine's character needs no embellishment. The tinsel ornaments which ordinarily adorn the heroines of romance would be singularly inappropriate and out of place here. "The good works and alms-deeds which she did" clothed Madeleine in immortal beauty. Let the wavering, the desponding, and the faithless read the book, and learn from the poor peasant girl of Auvergne what may be done by undoubting faith, fixedness of purpose, and unwearied patience. It is a good book for the home circle. The lesson it teaches is one which every man and woman needs daily and hourly to practise.

THE TEMPERANCE OFFERING FOR 1853. Edited by T. S. ARTHUR. New York: CORNISH, LAMPORT & CO.

This is a beautiful annual, embellished with fine steel engravings, and filled with well-written articles in prose and poetry by authors not unknown to fame. Several of Arthur's excellent Temperance stories find a place here, and we notice also a beautiful article by Leigh Hunt on the "Deaths of Little Children." Mrs. H. B. Stowe, Fanny Fales, Mary E. Howitt, and Mrs. Joseph C. Neal are among the contributors.

While the Demon of Intemperance stalks as now, through our land, slaying thousands and tens of thousands, scattering sin, misery, and death in his path, the friends of Temperance and good order should hail joyfully every instrumentality, however humble, which opposes its weakness to the giant strength of this hideous monster. This little Temperance Offering will be useful. As quaint George Herbert says,

"A verse may find him who a sermon flies."

TWO LECTURES ON INTERPERANCE. By HORACE MANN. 18mo., pp. 127. SYRACUSE, N. Y.: HALL, MILLS & CO., New York: FOWLERS AND WELLS. Postage, 5 cents.

LECTURE I.—The effects of intemperance on the poor and ignorant.

LECTURE II.—The effects of intemperance on the rich and educated.

A THEME worthy of a SAVIOUR! and yet but little attention is given to it by his professed followers. Men "of the world," who have suffered a living death, have taken up the subject, formed societies, besought legislators to pass laws for the protection of the weak and erring. But, with what effect? Aye, we shall see. In the book before us, we have the opinion of an able MANN, who pronounced the MAINE LAW not only "constitutional," but regards it the grandest Asylum ever conceived for the reformation of the inebriate.

We have not space here to speak particularly of the merits of this production; but those who have read "A Few Thoughts for a Young Man," will need no further recommendation than this—these Lectures on Intemperance were written by the same "MANN." Price 25 cents.

DIARY OF REV. SOLOMON SPITTLE. Dedicated to the Chewing, Smoking, and Snuffing Clergy and Pious Laity of the United States. 56 pages, price 12 1-2 cents.

This anonymous production is supposed to have been written by a clergyman. It contains the famous letter of JOHN QUINCY ADAMS, and some Observations by Rev. Dr. COX. Object, to annihilate the practice of using tobacco. For sale at this office.

ORACLES FOR YOUTH: A Home Pastime. By CAROLINE GILMAN. 12mo pp. 31. New York: G. P. PUTNAM & CO.

A pleasant intellectual exercise for children and youth—a sort of game at fortune telling—which cannot fail to interest little folks, and we may add, introduce an "idea" into their minds, and impress a moral, or inspire them with an ambition to do something useful in the world. The book is elegantly printed.

Advertisements.

The Magazine for your Family! Prospectus of Volume VI.

THE STUDENT.—A family miscellany and monthly school-reader, edited by N. A. Calkins. This work entered upon its *Sixth Volume* with the November number, with more flattering prospects than ever before. Its objects—PHYSICAL, MORAL, and INTELLECTUAL IMPROVEMENT—have been so successfully carried out, as to meet the unqualified approbation of its thousands of readers. Being so arranged as to adapt it to every member of the family, from the child to the parents, it occupies a broader field than any other magazine extant, and is emphatically THE FAMILY MISCELLANY.

THE PLAN OF THE WORK is unlike any other before the public. Several pages are devoted to articles in prose and poetry, from the ablest writers, embracing subjects of interest for the older members of the family, and the advanced classes in school. The *Youth's Department* contains narratives to teach valuable moral lessons, relating to habits, conduct, etc.; also, travels, natural history, and articles on scientific subjects, adapted to the capacity of the young. *For Children* a few pages contain articles with easy words and simple ideas. *Teachers and Parents* will find a portion devoted to useful suggestions relating to their duties and responsibilities. A *Record of Events*, embracing a brief summary of the news, from month to month, is given.

OUR MUSEUM is a feature which attracts much attention from the young and old. Among its varieties may be seen, origin of words, of sayings, questions from correspondents, their answers, also enigmas, puzzles, wit, and pebbles uncommon picked up along the shores of reading.

A MONTHLY SCHOOL-READER is one of the leading characteristics of this work. It is adapted to classes of different grades, and furnishes fresh and entertaining matter every month, thus imparting to the pupils a variety of useful information that cannot be obtained from their school-books, while it develops a taste for reading.

THE AIM OF THE STUDENT is to develop body and mind, interest and instruct the intellect, enkindle a love for such learning as will be practically useful in life. While its pages breathe a high moral tone, and inculcate none but pure principles, they will be free from party and sectarian prejudices, endeavoring to do the greatest good to the greatest number.

THE STUDENT commences its *Sixth Volume* with NOVEMBER, and will be published on the first of each month, containing THIRTY-TWO large octavo pages, with numerous illustrations, on the following

TERMS, IN ADVANCE.

Single copy, one year - \$1 00 | Eight copies, one year \$6 00
Five copies, " - 4 00 | Fifteen copies " 10 00

Sample numbers will be sent gratis, when desired. Please address all letters, POST-PAID, to

FOWLERS AND WELLS, 131 Nassau-st., N. Y.

AGENTS WANTED in all parts of the Union, to whom the most liberal encouragement will be given.

A limited space of this Journal will be given to advertisements, on the following terms: For a full page, one month, \$20. 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.

DR. S. B. SMITH'S TORPEDO ELECTRO-MAGNETIC MACHINES.—These Machines differ from all other Electro-Magnetic Machines. The inventor has made an improvement by which the primary and secondary currents are united. The cures performed by this instrument now are, in some instances, almost incredible. For proof of this I refer to my new work lately issued from the press, under the title of "The Medical Application of Electro-Magnetism." Mail edition, 25 cts. The Torpedo Magnetic Machines are put up in neat rose-wood cases of a very portable size. Price, \$12. A discount made to agents. Address, S. B. Smith, 297 1/2 Broadway, N. Y. Dec. 11.

WATER-CURE ESTABLISHMENTS.

HYDROPATHIC INSTITUTE.—Dr. TRALL receives patients at his commodious city establishment, 15 Light street, New York, (the oldest city Water-cure in the United States), one door from the beautiful promenade grounds of the St. John's Park, and in the immediate vicinity of the Hoboken Ferry. The house enjoys one of the most open, airy and quiet localities in the city; and a sail of ten minutes across the Ferry brings the cure-guests to the shaded walks and delightful groves of the Elysian Fields.

In addition to the usual appliances for full Water treatment, he has with the assistance of Dr. J. L. HOSFORD, established a department for the special management of those female diseases which are incurable without peculiar mechanical and surgical treatment. Consultations and city practice attended to as heretofore. June, 11.

JULIUS SHREW, 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. 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. Lectures free \$50, payable in advance. Board, \$3 per week, washing extra. The entire expense, books included, need not exceed \$100.

The Second Term of the Young Ladies' Institute of Physiological Education, will commence on the first Monday of June, 1853. 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. N. S. GOVE NICHOLS.

YELLOW SPRINGS WATER-CURE ESTABLISHMENT, GREEN COUNTY, OHIO.—The Public are respectfully informed that the above establishment is now open for the reception of Patients and Visitors. It is located one mile south of the town of Yellow Springs, in a region of country well known for the purity of its atmosphere, healthiness, and for its beautiful and romantic scenery. The buildings were erected for their present purpose, are large and commodious, and capable of accommodating over one hundred Patients. The Bath-rooms are large, and fitted up with every convenience for the application of water; having 109 acres of the most beautiful woodland attached, comprising every variety of hill and dale, with a clear limpid stream running through it. There is sufficient space for exercise within the enclosure. The Springs are inexhaustible, and of the purest water. There is also a bowling racoon 140 feet long, with other descriptions of amusements, where patients can engage in such healthful and diverting exercises as will be best calculated to restore their muscular strength. The great success which has attended our treatment in nearly every case of chronic disease, including those diseases peculiar to females, has been such as to warrant us in holding out inducements and encouragement to the afflicted to try the effects of the healing properties of nature's great curative agent, "Water," particularly in Rheumatism, Nervous affections, Spine diseases, Dyspepsia, Chronic Diarrhea, Chills and Fevers, Diseases of the Lungs, and, indeed, in almost every form of chronic disease, the success of Hydropathy, or Water Cure, has been unparalleled. To remove wrong impressions, we would wish to remark that winter treatment is always more successful than summer, patients not being subject to the debilitating effects of the weather. The Medical Department is under the care of A. CHENEY, M.D., and G. W. BIGLER, M.D. TERMS.—For Board and treatment from the 1st of October to the 1st of April, from \$6.00 to \$8.00 per week, according to the room occupied and the length of time the patient may remain. Friends accompanying patients, \$4.00 per week. Visitors, \$5.00 per week; transient do., \$1.00 per day. Patients are requested to bring two cotton sheets, and one linen sheet, three comforts, one blanket, and four towels. Patients not bringing the above will be charged \$0.50 per week extra. The Establishment can be reached by railroad from almost every direction. Persons will please notify the Conductor on the cars, who will leave them at the station expressly erected for their accommodation, immediately opposite, and a few rods from the house. Further information will be given on application, by letter or otherwise, to Dr. A. CHENEY and Co., at the premises, or to Dr. G. W. BIGLER, N.W. cor. of 6th and College streets, or to Dr. BEHMOND, 7th street, between Vine and Walnut, Cincinnati, Ohio. Dec. 11.

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

THE ELMIRA WATER-CURE will be open on the First of June, 1854. 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 diuretic 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, SANR., at Dr. Shadgett's Institute, Mountain Road, Plainfield, New Jersey, post paid. Nov. 11.

CONCORD WATER-CURE.—Dr. VAIL'S ESTABLISHMENT, located at the capital of "the old Granite State," has met with an unprecedented patronage during the past summer, and nearly every patient has been benefited or cured. The establishment will be open for winter treatment, and none will be found better located for this purpose. Situated on the principal street of the town, pleasant opportunities for exercise are at all times afforded. The bath-rooms will be kept warm, and patients can have fires in their own rooms if they wish: they will thus find the treatment as pleasant in winter as in summer; and its effects in some cases are more marked. Our water is very superior, and our fixtures excellent. We invite such friends of the "good method" as would like to improve their bodily condition to give us a call. Terms in winter, from \$4 to \$6 per week; in summer, from \$6 to \$8. Oct. 31.

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

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

Terms, from \$3 to \$12 per week. Patients furnish the packing materials, and towels. Address Mrs. C. ELLIS, or W. W. BACKHOFF, M.D. Dec. 21.

JAMES R. GRAY, M.D., would announce to the citizens of New Orleans and vicinity, that he has opened a Water Cure Establishment in that city, and is in readiness to receive Patients at the residence of Kendall, Fox and Co, corner of Tchopitoulaz and Gravier Streets.

Patients are requested to furnish themselves with two linen and two cotton sheets, two heavy comforters, four towels, and linen for bandages; and those who are very helpless an attendant, who may obtain board on very reasonable terms.

Charges for board, lodging, and medical services, will be from ten to fourteen dollars per week, according to the attention required.

Ample facilities are provided to secure all the advantages of the various hydropathic and dietetic appliances, and no labor will be spared in providing for the comfort and speedy recovery of patients. Dec. 11.

FORESTVILLE WATER-CURE. By Drs. PARKER and AVERY. Apply Forestville, Chautauque Co., N. Y. Dec. 11.

WINTER TREATMENT AT GLEN HAVEN.—Those who read the Water-Cure Journal and Water-Cure books, will learn that treatment in the cold months, even to the feeblest, can be made pleasant and profitable. To show that the true idea is getting abroad, let me say that at the Glen we have already forty-two persons, who have taken rooms and commenced winter treatment, and we have applicants enough to make our number up to fifty persons. These are of both sexes, old and young, of great variety of ailment, and from the following States—Vermont 2, Massachusetts 4, New Jersey 1, Pennsylvania 1, Mississippi 3, Florida 1, Ohio 1, Indiana 4, Wisconsin 1, Canada 3, and the balance from New York. We shall be happy to accommodate all who may come, and will try to do them good.

Route.—On the Albany and Buffalo Railroad to Skaneateles, N. Y., where inquire for Mr. James Tyler, who will cheaply, safely, and comfortably bring persons to the Glen. For the proprietors, J. C. JACKSON, M.D. P. O. Scott, Cortland Co., N. Y. Dec. 11.

FOR SALE THE WATER-CURE ESTABLISHMENT AT PHILLIPSBURG, BEAVER COUNTY, PA.—Family circumstances induce the undersigned to offer for sale his well frequented and favorably known HYDROPATHIC ESTABLISHMENT.

Phillipsburg is a healthy and beautifully situated village on the east side of the Ohio River, 25 miles below Pittsburgh, and opposite the village of Rochester, the Depot of the Ohio and Pennsylvania Railroad, with a good Steamboat landing, and telegraph office, &c. The Establishment has accommodations for 25 patients. The main building is surrounded by one and a half acre of ground, with shrubbery, ornamental and fruit trees, a bowling alley, saloon, and other requisites. The water is clear and abundant. For particulars, address Dr. EDWARD ACKER, Rochester P. O., Beaver County, Pennsylvania. Dec. 11.

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

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.

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

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.

DR. HENRY MEIER, Practitioner of Hydropathy, apprises his friends and the public in general that he has left Willow Grove, and established a Hydropathic Institute, 239 Spruce-street, below 8th, Philadelphia. General Practice attended to; also in Surgery and Obstetrics. Terms moderate. Call!

CINCINNATI WATER-CURE, near Carthage, will remain open during the WINTER for the reception of Patients.

This Institution is not surpassed by any in the United States. For particulars, address D. A. PEASE, M.D., Carthage, Hamilton Co., Ohio. Dec. 31.

THE LENAWEE COUNTY WATER-CURE, Raisin, Michigan, is in successful operation. All letters, post paid, and addressed to Dr. JOHN B. GULLY, will receive immediate attention. STOUT and LUTHER, PROPRIETORS. Dec. 11.

Dr. E. SNELL'S Water-Cure Establishment is at Easthampton, Mass., and is fitted up for winter use. The fall and winter is the time to gain health, did people only know it. Terms, \$6 per week. Dec. 31.

CHICAGO WATER CURE RETREAT, corner Indiana and Rush Streets, recently opened for the reception and treatment of Patients, by J. WEISBERG, A. M., M.D. Nov. 11.

NEW GRAEFENBERG WATER-CURE.—NO CURE, NO PAY. For further particulars, address R. HOLLAND, M.D., New Graefenberg, N. Y. Dec. 11.

PENNSYLVANIA WATER-CURE ESTABLISHMENT.—By Edward Acker, M.D., Phillipsburg, opposite the town of Beaver, on the Ohio River, Beaver County, Pa. Dec. 7.

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

Mrs. M. H. MOWAT, PHYSICIAN, No. 23 South Main street, Providence, Rhode Island. Feb. 14.*

Dr. BEBORTA'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug. 11.

THE WATER-CURE JOURNAL

Our
NEW PROSPECTUS
for



[The beneficence of Water, which refreshes plants, quenches thirst, restores vigor.]

The
FIFTEENTH VOLUME,
1853.

HEALTH REFORM is emphatically the GREAT DEMAND OF THE AGE. Disease and infirmity hang like deadly incubuses on the cause of human progress, marring the happiness of mankind, and paralyzing the best energies of the human race.

THE WATER-CURE JOURNAL has undertaken to educate the people in a knowledge of the LAWS OF HEALTH; and in fulfilling this great mission, it has attained a circulation and influence unprecedented in the annals of medical literature. Wherever its doctrines are thoroughly examined, they are approved in principle; wherever they are intelligently tested, they are adopted in practice.

THE PHILOSOPHY OF LIFE will be unfolded in all its PHYSIOLOGICAL, SOCIAL, MENTAL, and MORAL RELATIONS. Believing that "sound minds in sound bodies" must be the general rule in the community, instead of the exception, as at present, before humanity can work out the glorious destiny of which it is capable, the natural and perfect integrity of the WHOLE HUMAN BEING will continue to be the leading theme of the JOURNAL.

THE PRESERVATION OF HEALTH will involve a consideration of the relations of AIR, LIGHT, FOOD, DRINK, BATHING, TEMPERATURE, EXERCISE, CLOTHING, OCCUPATION, the FASHIONS, &c., as well as of every other hygienic influence which concerns the growth and development of the human organism.

THE TRUE HEALING ART, which may be resolved into the two general processes of PURIFICATION and INVIGORATION, will be taught by scientific discussions, and illustrated by examples in Hydropathic

practice, excluding all drug-medication, and all other destructive or injurious agents or processes.

UNIVERSAL REFORM.—Under our sub-title of HERALD OF REFORMS, we shall not be unmindful of any scheme which contemplates accomplishing much or little for the improvement, elevation, and happiness of the human family.

THE RISING GENERATION are most deeply interested in acquiring a knowledge of the SCIENCE OF HUMAN LIFE. The young, the gifted, the accomplished, are daily and hourly cut down in their promise, whilst manhood is blasted in its prime. Here, again, ignorance is the evil—knowledge the remedy.

THE MOTHERS OF OUR RACE.—It is indispensable to the physiological regeneration of our race that our mothers be healthy in themselves, and wise in the regulation of the dietetic and other voluntary habits of their children; and we know of no publication, save this, which supplies the needful information.

A POPULAR WORK.—Let it be borne in mind, that the WATER-CURE JOURNAL is a thoroughly POPULAR WORK, a work for the people, and not the organ of a profession or sect. Its aim is to make every reader acquainted with the structure, functions, and relations of his own body; and to be to every one an unerring guide in the preservation of health, or its restoration. It will contain the principles of science, and the facts of experience; the wonderful statistics of Hydropathic Establishments, and the equally astonishing and even more convincing records of HOME PRACTICE.

THE PAST AND FUTURE.—Whilst 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, 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.

OUR CIRCULATION.—We are anxious to place a copy of this Journal in every family in the land. Believing that no agency can be more efficient in extending Water-Cure principles and reformatory education, we rely on the FRIENDS OF OUR CAUSE to continue their benevolent exertions.

THE JOURNAL will be published the first of each month, on the following extremely low

TERMS, IN ADVANCE.

Single copy, one year, - - - - One Dollar.
Five copies, one year, - - - - Four Dollars.
Ten copies, one year, - - - - Seven Dollars.
Twenty copies, one year, - - - Ten Dollars.

Please address all letters, POST PAID, to

FOWLERS AND WELLS,

Clinton Hall, 131 Nassau-street,

New-York.

The New Volume commences in January, 1853. Clubs should be made up, and subscriptions sent in at once. Now is the time!!

Opinions and Notices.

ONE of the most beautiful works we receive. It looks as sweet, clean, and healthy, as though it had been treated by its own favorite system, and purified from everything ordinary, foul, or offensive.—*Model American Courier.*

We do think that a gushing stream of fresh, pure, and sparkling water, running through all the old systems, would greatly cleanse, purify, and improve them.—*Green River Whig.*

Suffice it to say, were we sick, and without any previous knowledge of the first principles of the healing art, we might possibly choose those doctors who give no medicine.—*Boston Medical and Surgical Journal.*

This Journal ought to be published in every language, and read in every family in the world.—*Golden Era.*

It is one of the most interesting periodicals which grace our table, and we should be sorry to do without it.—*Portsmouth Enquirer.*

A work of great value—ten times as much as its subscription price, which is only one dollar a year.—*American Union.*

It presents a splendid appearance. It is a work that should be placed in the hands of every family.—*Dem. Reflector.*

Its contributors are among the best medical writers in this country.—*The Radii.*

The taking of this Journal will be found a money-making business.—*Christian Freeman.*

Full to the brim, as usual, with matter of the highest importance to the people.—*Portland Transcript.*

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.

THE only way to secure a complete file of this Journal, is by subscribing for it at the beginning of the volume. The Journal is not stereotyped. Back volumes cannot be supplied.

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, EIGHTEEN HUNDRED AND FIFTY-THREE.

ALL 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 mis-carriages, mistakes, and delays.

ON THE SAME TERMS.—It will be the same to the Publishers if TWENTY COPIES of EITHER of BOTH the Water-Cure Journal or Phrenological Journal are taken in one club.

WHEN BOOKS are wanted to go by mail, the order should be written on a slip of paper separate from that containing the names of subscribers.

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.

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