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Contents.

FACTS AND OPINIONS, 25	A Bequest, 38
Water-Cure in Surgery, No. V., 25	A Regular Regulated, . . . 38
Aphtha, or Thrush, 28	The Test, 38
Hints to Women.—No. II., . . . 29	Med' al Hump, 39
Diary of a N. Eng. Physician, . . 29	Access to the Bloomers, . . . 40
Ice, 31	Water-Cure in the West Indies, 40
My Countrywomen, 32	GENERALITIES, 40
DISTRICTS, 33	Hints to Strangers.—No. I., . . 40
Flesh-Pot Literature, 33	Public Lecturing and Lecturers, 41
What are we to Believe? 33	VARIETIES, 41
The Preservation of Fruit, 33	TO CORRESPONDENTS, 42
DRESS REFORM, 34	Professional Matters, 42
Bloomers, 34	Business Matters, 43
The American Costume, 35	TALK AND TOPICS, 43
A Letter to Mrs. Nichols, 35	Gossip from Ohio, 43
VOICES FROM HOME, 35	Good Fruit, 44
POSTAL, 36	Gossip from Boston, 44
Let it Alone, 36	A New Life Insurance, 44
THE MORNING, 37	A New Year Present, 44
February Topics, 37	Isaac Babbit, 44
Death of Walter Forward, 37	LITERARY NOTICES, 45
MISCELLANY, 38	ADVERTISEMENTS, 46

Facts and Opinions.

OUR NUMEROUS CONTRIBUTORS will ANSWER FOR THEMSELVES. Each of them entertains opinions of his own. We do not endorse all we print, as all views and all systems, when properly presented, are allowed a place in the JOURNAL. We desire to "PROVE ALL THINGS," and to hold fast ONLY "THAT WHICH IS GOOD."—PUBLISHERS.

WATER-CURE IN SURGERY.—NO. V. BROKEN BONES.

BY JOEL SHEW, M. D.

In consequence of falls, blows, and other accidents, the bones of the body are sometimes broken; *fractured*, as we say in surgical practice. Some of the most dangerous of all accidents to which the human frame is liable, are of this kind. Hence, some degree of knowledge concerning fractures is a matter of importance to every one.

A fracture is said to be *simple* when it is not accompanied with a wound of the flesh; *compound* when the soft parts are wounded or torn so that the broken bone protrudes; *transverse* when the bone is broken square across; *oblique* when broken in an oblique direction; *longitudinal* when split endwise; *comminuted* when broken into several fragments; and *complicated* when occurring in connection with the dislocation of one or more of the joints.

CAUSES.—The exciting cause of fracture must be either mechanical violence or muscular action; the former being by far the most common. The mechanical violence may be *direct* or *indirect*; direct when it causes a fracture at the part to which it is actually applied, as in a fracture of the skull by a blow from a sharp instrument, and indirect when a force is applied to two parts of a bone, which gives way between, as in the case of fracture of the clavicle (collar-bone), from a fall or heavy blow on the shoulder; the sternal or inner end of the bone is impelled by the weight of the body, and the acromial or outer end by the substance that comes against the shoulder. The bone thus acted upon by two forces gives way in the middle.

Almost any bone, if preternaturally weak, may be fractured by muscular action. This happens now and then to the humerus, femur, &c.; but still oftener to the olecranon and patella. But these accidents are far less common than those of the former kind.

The *predisposing* causes of fracture are numerous. *Original conformation*, by which, without any assignable cause, the bones become exceedingly brittle; *disease* of the bone, occurring more particularly in old

people, in which the bone is absorbed to a mere shell filled with fat; *cancer of the bone*; *softness of the bone*, such as occurs often in old age; *disease*, as in bed-ridden people; these are the predisposing causes of fracture.

REMARK.—Few persons have any idea that the health of the bones depends as much upon good habits and good general management, as that of the other parts of the system. The osseous structure, it should be remembered, is formed from the blood just as much as any other part of the living body. Hence, it follows that the healthfulness of the bones depends upon the quality of the food and drink taken, and the habits of the individual, just as the healthfulness of the fleshy parts, and even the blood itself, depends upon these agencies. From infancy to old age, we are in no respect better rewarded for good attention to all dietetic and other hygienic habits, than in the securing of a firm and healthful condition of this framework of our bodies.

SYMPTOMS.—In general, it is not difficult to determine a fracture. This is especially true of fractures of the leg, thigh, arm and fore-arm. If any one of these parts is broken, particularly if at some distance from the end, the sufferer is incapable of lifting the part, and if by aid he attempts to do so, there is observed an unnatural bending and motion of the broken limb. There is often deformity, such as bending, shortening, or twisting of the injured member. One end of the bone may also be found to move independently of the other, or one part of it yielding when pressed upon. *Crepitus*, a grating sound, heard and felt when the broken ends of the bone are rubbed against each other, is also one of the most prominent among the signs of fracture. Besides these symptoms there is usually more or less pain, swelling, and helplessness of the injured part.

TREATMENT.—It is not to be supposed that non-professional persons will be able to understand all the detail of treating fractures; but inasmuch as there are usually many things to be done before a physician can be obtained, it is well that the public be advised how to proceed in accidents of this kind. Besides, at sea, among the backwoods of our country, and in different parts, it is sometimes impossible to obtain medical advice at all in a case. I do not, therefore, assume here to give a full detail of all the methods of treating fractures, but only some general hints of importance to all who are liable to have to do with this class of injuries.

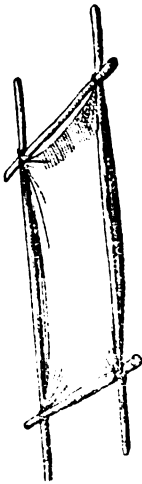
If a person is found on the ground speechless, and we have reason to believe that some of his bones are broken, or if we know such to be the fact, we must not handle him rudely, but in the most careful manner. If we find that the thigh or leg is broken, some means should at once be taken to convey the patient to the place where he is to be treated. A door, a win-

LAI D ON THE TABLE.—Several valuable articles have been "laid on the table," on account of a press of prior claims. Several articles (not so valuable) have been thrown under the table. "A Lecture to Young Ladies, on Hygiene," by Mrs. J. Pennell Stephens, and "Who are our Hydropathic Teachers," by A. W. S., M.D., are accepted and placed on file for our next number. The reply of Dr. Cox, of Marietta, Ga., to some remarks of our correspondent "M.F.R." was accidentally omitted, and the omission discovered, much to our regret, too late to remedy it. It shall appear in our next. We are glad to learn that our correspondent was misinformed in regard to the alleged hydropathic practices of the Dr. — to whom he refers.

AMONG THE BUSINESS NOTICES—May be found our proposed PREMIUM, with all the conditions. We hope our friends will not omit to instruct us *how, when and where* to send the same, to all who entitle themselves to a NEW PREMIUM. The postage should be pre-paid, when sent by mail.

IN PRESS—to be published Feb. 10th.,
THE MILK TRADE IN NEW YORK AND VICINITY, giving an account of the sale of Pure and Adulterated Milk—the Daily and Yearly Consumption—the Dealers and Dairymen of Orange and other Counties—Injurious Effects of impure Milk on Children—Advice to Country Dairymen. By John Mullaly. With an Introduction by R. T. TRALL, M.D. New York: published by FOWLERS AND WELLS, No. 131 Nassau-st. Price, pre-paid by mail, 30 cents.

dow-shutter, or two or three boards cleated together, or what is better, a blanket or coverlet fastened securely to four poles (see Fig. No. 1) is to be used. Whatever mode is adopted, it should be made as easy as possible to the patient. When he is arranged upon the blanket, door, or other article, it is a good plan to place the broken limb close to the sound one, and tie them both pretty firmly together with two or three handkerchiefs. By doing this, great support will be given to the injured limb, and any movement of it is almost wholly prevented. After all is properly arranged, two or more persons should carry him, always keeping time as they step. This method of conveying a patient is incomparably better than by the easiest vehicle drawn by horses or other animals.



When the fracture is at the arm—above or below the elbow—it is less painful if the patient has the member in a sling, the fore-arm at right angles with the upper, the palm of the hand being turned to the body; and the sling should be wide enough to reach from the fingers' tips to the elbow. With this arrangement he can walk if his house is not too far off, and walking is less painful than to ride under such circumstances, especially if the roads are rough and the carriage hard. Or if he cannot walk conveniently, he may be carried as when the leg is broken.

If the skull is supposed to be broken, no particular care is to be taken of the limbs, but the patient should be most carefully handled in all other respects.

WHEN SHOULD A BONE BE SET. Usually, when a bone is fractured, people think that everything depends upon getting the doctor *at once*, that he may set the bone. It is always best to have good medical advice as soon as may be when it is needed; but in regard to broken bones, it should be understood that there is generally no need of hurry, because it is not to be really set for a number of days—about one week, say, after it is broken. At first, there comes on a good deal of pain, swelling, &c., which totally prevent keeping the bone in its place. At the end of about one week, these symptoms abate; and then it is that nature is ready to begin that beautiful process of healing which I have below spoken of. The practice of the best surgeons now-a-days, is to arrange the broken bone in as comfortable a position as may be, applying cooling applications, and using, perhaps, a single splint lightly bound on (which can be taken off at pleasure) to keep the limb a little steady, attending to constitutional symptoms as they may arise, and after the swelling has subsided, then set at work with splints, etc., to keep the bone in its exact place until it has sufficiently united to sustain itself. I repeat, then, get a good doctor as soon as you can, when you need him; but don't run yourself or neighbors out of breath to get the bone set.

The process of healing a broken bone is one of the most beautiful that can be conceived of. It happens in this wise: After the fracture of an ordinary bone, a quantity of lymph collects among the tissues surrounding the broken part. This in two or three weeks becomes converted into what surgeons call a provisional callus, which completely surrounds the broken part and adheres firmly to the bone, above and below it, thus keeping the broken ends in their proper place. In two or three weeks more—the time varying according to the age, health, and other circumstances of the individual—the callus ossifies, i. e., becomes bone. But it is not until some months have elapsed, that the ends of the bone become really united. In a half year, less or more, the ossific union becomes com-

plete, after which the *provisional callus* is absorbed or taken away. But it is not true, as some suppose, that a broken bone becomes stronger than it was originally. Such is never the case.



Fig. 2.

FRACTURE OF THE CLAVICLE, OR COLLAR-BONE.—This most frequently occurs at about the middle of the bone. (See Fig. 2.) It is usually an oblique fracture, and may, if the patient is not very fat, easily be detected by passing the finger along the bone. The patient is unable to lift the arm of the side affected, and supports it with the other hand at the elbow. The shoulder sinks downwards, forwards, and inwards, in consequence of the fractured ends of the bone sliding past each other.

This is one of those kinds of fractures which any one of ordinary mechanical ingenuity can manage readily enough. In the first place, a pad about twice as large as a man's fist, and about twice as long as large, is to be placed high up in the arm-pit, and retained by a tape passing from each end of the pad over the neck, at which place there must be a cushion to prevent galling. Secondly, a firm bandage is to be passed two or three times round the body and the arm of the affected side, a little above the elbow, to keep the arm close to the body, which causes the bone of the arm to act over the pad as a lever in keeping it in its proper place.

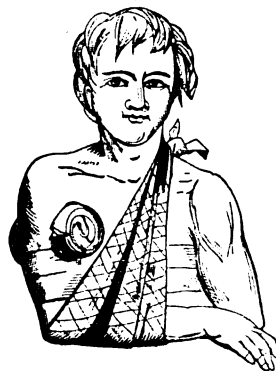


Fig. 3.

The elbow is then placed in a firm sling, which is made to hold the arm well upwards. (See Fig. No. 3.) The effects of these appliances, when properly made and kept in their place, is to bring the shoulder upwards, backwards, and outwards, which brings and maintains the bone in its normal position. The clavicle, unlike most bones, should be fully set at the very first, and the apparatus should be kept on constantly; otherwise, the broken ends of the bone will lap over each other, causing a drooping of the shoulder, for which deformity there would be no remedy, for which deformity there would be no remedy, for which deformity there would be no remedy.

FRACTURE OF THE UPPER ARM, OR HUMERUS.—This injury is known by the limb being bent, shortened, and helpless, and by the crepitus which is easily felt. In treating it, four splints about three finger breadths' wide, with pads, are necessary. The pads should be a little wider and longer than the splints, so that they may extend over the end to be tacked fast. After the first swelling has passed off, the fracture is reduced by drawing the elbow downwards while the shoulder is supported. After this, the whole limb is to be rather loosely bandaged; a padded splint, long enough to reach from the arm-pit to the knuckle of the elbow, is then applied, together with the three other splints on

the different sides of the limb. These are kept in place by a bandage, or what is cooler, tapes or straps.

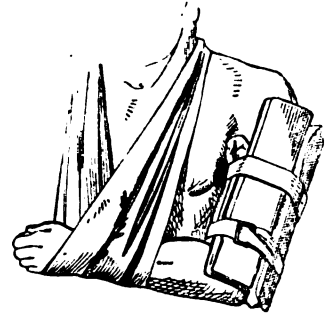


Fig. 4.

(See Fig. No. 4.) It is important, also, to keep the elbow close to the body, and the hand in a sling. The apparatus must be continued four or five weeks.



Fig. 5.



Fig. 6.



Fig. 7.

FRACTURES OF THE FOREARM, IN THE RADIUS AND ULNA.—If both bones are broken, (See Fig. 5,) it is easy to distinguish this fracture; but if only the radius is broken, (See Fig. 6,) or the ulna, (See Fig. 7,) it is not so readily determined. The fracture is to be treated on the same general principles as the upper arm. If one bone only is broken, the other helps to keep it in place. If both are fractured, two splints are in gene-

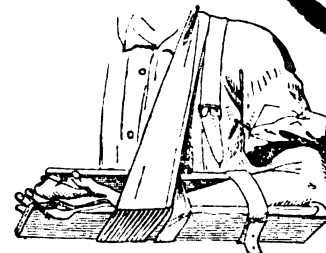


Fig. 8.

ral sufficient, extending from the ends of the fingers to the elbow, (See Fig. No. 8.) But if it should be necessary, three or four splints are to be used. The whole are to be firmly secured, and the forearm should be kept in a wide sling.

FRACTURED THIGH-BONE, OR FEMUR.—If the thigh-bone is broken at some little distance from either end,

the difficulty is known by the unnatural bending of the part, and by the person being unable to lift the limb. It is, in some respects, a more serious accident than either of the others mentioned, but is not more difficult, on the whole, to treat. It may even be managed without splints, as follows:

The patient is placed upon a hard bed, which should rest upon boards laid across the bedstead. The broken limb is then extended, and a pad is placed between both the knees and ankles, after which the limbs are bound tenderly, but firmly together, the knee of the well limb being a little uppermost to prevent the broken one drawing up, as it tends to do. (See Fig. No. 9.) The patient must be kept in this position long enough to allow the bone to heal, which will require about one month.

Another method is to use a single splint, half an inch or more in thickness, three or four inches wide, and long enough to reach from the arm-pit to an inch or two beyond the sole of the foot. The splint is measured upon the sound limb, and a hole must be cut in it to give room for the outside of the ankle. The patient lies upon a bed as before, the limb having been previously bandaged, and then the broken limb is to be drawn down and made to correspond to the sound one. A roller is then applied from one end of the limb to the

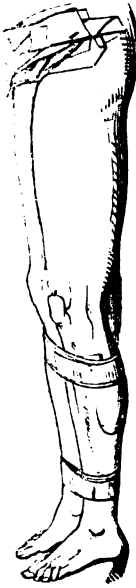


Fig. 9.

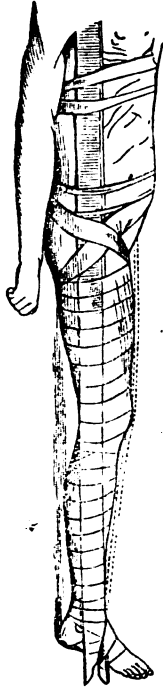


Fig. 10.



Fig. 11.

other, as also two or three times about the trunk, to keep everything in its proper place. (See Fig. No. 10.) Some persons, however, cannot endure this straight position. A better method is the following:

Two pieces of hinged boards, of the right length, are made to form upon another board a double inclined plane. (See Fig. No. 11.) Over this, the limbs are to rest. Some pegs are also inserted into the boards at each side of the limb to keep it in place.

The broken thigh is brought close to the sound one, and the knees and ankles are tied together with handkerchiefs. Pads are used between the joints and upon the boards, according to the patient's feelings of comfort. Short splints are then used upon the thigh, according to the necessities of the case. These appliances must be used from thirty to forty days.

FRACTURES OF THE LEG—TIBIA AND FIBULA.—When both of these bones become broken, it is an easy matter to distinguish it; if the small one only is fractured, it is not always so easy to ascertain it; but it is not of great consequence to do so, for if the patient only remains quiet, as, indeed, he will be pretty certain of doing, because of the pain he will suffer in attempting to move about, the healing will go on very well in consequence of the shin-bone acting as a splint to keep the small bone in its place.

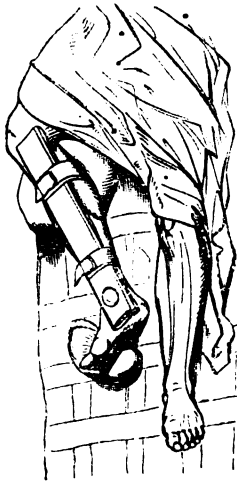


Fig. 12.

FRACTURED KNEE-CAP—PATELLA.—This accident may happen from a log falling upon the part, but oftener by a person having the knee much bent under him, and being in danger of falling, he tries to save himself by throwing the body forwards.

In order to keep the parts of the broken bone together, the limb must be kept constantly as straight as possible. If the parts can be kept in complete apposition, the union is much more apt to be bony; if they are not, a ligamentous union only will be formed. After the swelling has subsided, which is often very great, a couple of straps, rollers, or handkerchiefs, are put about, one just above and the other just below the knee-cap, and these are made to come somewhat nearer together by tapes from one to the other on each side of the knee. In this way the broken parts of the bone are kept in close contact with each other. This being done, the patient is to be "tied neck and heel together," and he must maintain the position as well as he can



Fig. 13.

If both bones become fractured, the case is different. After the swelling has gone down sufficiently, the leg may be bandaged firmly, so as to keep the bones in place while the healing goes on. A preferable mode, however, is to use two splints two or three inches wide, according to the size of the limb, and long enough to reach from the knee to the sole of the foot. These are arranged in the usual way, and the knee is to be kept somewhat bent, as may be seen in the cut. (See Fig. No. 12.)

for about one month, (See Fig. No. 13.) but he must not begin to make much motion with the limb short of about six weeks. If everything has been well managed, he will gradually regain the use of his limb.

In the treatment of fractures generally, it is to be observed that the affected part should be kept as cool as may be, and free from the weight of bed-clothing and other articles. In order to carry out these objects,

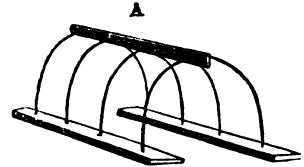


Fig. 14.

what is termed a *cradle* may be used. It consists of some bent iron wires passed through three wooden strips, as may be seen in the cut. (See Fig. No. 14.) Or one may be made by nailing two or three

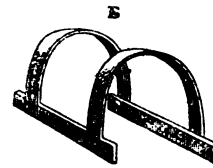


Fig. 15.

pieces of common hoops to two strips of wood, as in Fig. No. 15. An ingenious person can easily make some contrivance of this kind in several ways. The *cradle*, it will be seen, is an admirable contrivance for keeping the bed-clothing off from a fractured or wounded part.

COMPOUND FRACTURES—those when the soft parts are wounded in addition to the injury of the bone—are often very formidable accidents. It is advisable, in these cases, to make the fracture a simple one as soon as possible, by healing the wound. Here, again, as in all other wounds, the great superiority of the water-dressing over all others is clearly shown. It not only heals the part sooner than any other application can, but assuages the pain in a most remarkable manner, and is almost, if not quite, a perfect safeguard against that dreadful disease, tetanus, which is so often caused by a wound.

So, too, in causing a bone to unite the more quickly and firmly, water should be freely used upon the part, whenever this is at all practicable. True we cannot in all cases remove the splints, &c., to enable us to bathe the limb often, but in many instances this can be done. After the bone is once healed, showering, ablutions, &c., will aid materially in restoring the lost energies of the part.

I conclude this article by relating an anecdote which used to be given by Hunter in his lectures, which proves admirably how well Nature is calculated to act for herself, even under unfavorable circumstances.

A madman at Edinburgh, being sometimes sensible, was allowed the privilege of walking in the garden of the madhouse with a keeper. He one day attempted making his escape whilst the keeper was at a little distance, and going to the top of the wall, which was but a little height from the ground on the side next the garden, jumped down on the other, where the ground being much lower, his fall occasioned a compound fracture of the leg. He was carried to the infirmary, the fracture reduced, and secured by the eighteen-tailed bandage and splints. He was very unruly all the time the surgeons were engaged in setting the limb; but as he seemed pacified afterwards, they left him, hoping he might get some sleep. As soon as they had withdrawn, he very carefully took off the splints, bandages, &c., and placed them in the same manner on the sound leg. Then tearing a hole in the tick of the bed, he thrust the fractured leg among the feathers. When the surgeons came next day and took off the bandage, they were surprised at not finding any fracture. The physician who was

present, as in those days it was customary for the physician and surgeon to visit together, asked the surgeon how this had happened. The surgeon replied he could not tell; he was certain there was a fracture the day before. At this the madman was very angry: "Pretty fellows," he said, "not know when a leg was broken; but to bind up a sound leg for a broken one!"

The doctors then insisted on seeing the other leg, which the patient said was very well, and pulling it out from the bed, shook it at them, saying, "See, this is a sound leg." Upon examination, they found that the feathers had become so clogged to it by the blood, as to keep the broken bone in place, and admit of his stirring his limb about. As the tension seemed in no wise increased, they thought it best to humor him, and let the leg remain as it was; besides, he would probably undo all their work. So to please him, they bound up the well limb, leaving the other to itself, and it did perfectly well, the feathers not falling off before the bone was healed.

APHTHA, OR THRUSH.

BY ROLAND S. HOUGHTON, M.D.

APHTHA, or *Thrush*, is a disease of the mouth and pharynx, to which infants and children are especially liable. It is apt, however, to occur in the course of other diseases in adult age; and is then of some importance as a guide in forming an opinion as to the probable result of the original disorder, as well as in determining upon a plan of treatment. The most characteristic symptoms of the *thrush* are as follows: Upon examining the tongue and the lining membrane of the cavity of the mouth and fauces, we find a number of small, irregular, but usually round, white specks, or patches, scattered over the surface, and sometimes thickly spread throughout its whole extent—the cheeks, the angles of the lips, the palate, the *velum pendulum palati*, the tonsils and the pharynx. They look like little drops of tallow, or morsels of curd, sprinkled over those parts; they project a little above the surrounding surface; and, in fact, they are mostly formed by elevated portions of the mucous epidermis (or scarf-skin) covering a small quantity of a serous or gelatinous fluid, which separates the scarf-skin from the true skin lying underneath. These portions of the scarf-skin detach themselves and fall off, leaving behind them a reddish, raw-looking surface, or sometimes a foul and ash-colored spot; and successive crops of these specks or patches are apt to be formed. The other symptoms which attend the *thrush* are drowsiness, sickness, constipation, (and sometimes diarrhoea), and more or less feverishness. The complaint sometimes appears to be the result of improper diet; at others, of obstructed cutaneous perspiration, bad hygienic agencies, etc. Its general duration is eight or ten days. It is not attended with much danger, except in certain cases, when the surface is left brown or bluish after the loosening and separation of the crusts. In such cases, the local affection is apt to run into a bad kind of gangrenous ulceration, and the discharge from the bowels become slimy and shreddy.

"*Aphthæ occurring in adults*, in the course of other diseases, are often the harbingers of dissolution. They denote considerable debility; and they point out the propriety of *sustaining the patient's strength* by bark, wine, and nourishing food. It is remarkable how treatment of this kind will sometimes tell. I had a patient, last summer, who lived for some months, and in tolerable comfort, after a second attack of apoplexy. Every now and then he would have a crop of *aphthæ* appear, which was always an admonition to us that he not only would bear, but that he required some tonic. A more generous diet, with bark, would dissipate them in a day or two."—(Watson.)

A tonic course of treatment is also indicated when

aphthæ occur at the decline of remittent fever, marasmus and pulmonary consumption.

Muguet.—The troublesome affection which the French writers call *muguet*, is a species of *thrush*, very different from the *aphthæ* which occurs in the adult as well as in the infant. *Muguet* is a disease of the mouth, occurring in infants during the period of suckling, in which the tongue and the inner surface of the lips and cheeks are covered, to a greater or less extent, with minute portions of a white matter resembling curd. It appears to depend upon an erythematic inflammation of the mucous membrane of the mouth, in which an altered secretion, in the form of small, and curd-like particles, or flocculi, or of large patches of seemingly-membranous matter, takes place upon the surface of the inflamed membrane. [True *aphthæ*, as I have already said, is found on the true skin, beneath the outer cuticle; while *muguet* is seated on the external surface of the epidermis.] In mild cases, the inflammation of the mouth quickly disappears; the particles of curdy matter becoming detached, fall off and leave the membrane beneath a smooth and healthy appearance. In other cases, the inflammation continues for a greater length of time with little abatement: the spots of curd-like matter increase in number, and, occasionally, form by their union large patches, often of considerable thickness. These patches sooner or later become detached and fall off, and their place is quickly supplied by a new exudation; this separation and renewal of the patches continuing as long as the inflammation lasts. In some instances, the patches upon the tongue, lips and cheeks, coalesce, and the whole of these parts become coated with a whitish, granulated crust, which not unfrequently extends into the fauces, pharynx, and occasionally into the larynx. In situations where a number of children are crowded together, in ill-ventilated apartments, the patches of exudation often acquire a dark color; the breath of the infant becomes fetid; the sub-maxillary glands enlarged and painful; the face swollen, and of a dusky red hue; the lips and gums become tumid, and bleed upon the slightest touch, while a fetid, sanious saliva flows constantly from the mouth. Diarrhoea often attends—the discharges being dark-colored and highly offensive. The disease, in its milder forms, is rather troublesome than dangerous, and it may be removed very speedily by an appropriate treatment; but when it is attended by the symptoms last described, it is very apt to terminate fatally—death being occasionally preceded by a deep comatose condition.—(Condie.)

Medical writers differ somewhat as to the extent of the morbid exudation beyond the mouth and fauces. There is no doubt that, in severe cases, it has been found in the œsophagus, as far down as its cardiac orifice; but while some assert, with Billard, that it has been observed throughout the whole tract of the alimentary canal, others maintain with Veron that it has never been met with beyond the œsophagus. Of our own writers, Dewees, Eberle, Condie, and others, incline to the latter opinion.

True Aphthæ.—We are to recollect that the disease just described (*muguet*) is the result of an erythematic inflammation of the mucous membrane of the mouth: true *aphthæ*, however, is produced by a follicular inflammation of the same membrane;—the former is superficial, while the latter is more deeply seated. It is more commonly observed about the period of teething than at an earlier age; and it is particularly liable to occur in children of a lymphatic temperament, or in whom nutrition has been rendered imperfect by improper food, a damp and cold or impure and stagnant atmosphere, exclusion from light, and neglect of cleanliness. It is also of very common occurrence during most of the chronic affections, especially of the intestinal canal, in persons of all ages.

In the commencement of the disease the mucous membrane of the mouth becomes increased in redness; and upon the inner surface of the lips and cheeks, on

the sides and inferior surface of the tongue, and occasionally over the greater part of the soft palate, there soon appear a number of distinct white specks, which upon examination are found to be small, transparent vesicles, of a grayish or whitish color, each being surrounded at its base by a raised, hard ring of a red color more or less decided. These vesicles often occur in groups, or they may cover the whole of the lining membrane of the mouth and fauces; extending, in some cases, into the œsophagus, and throughout the alimentary canal; while in other cases they penetrate into the pharynx, and, according to some writers, into the larynx and even the trachea. The follicular inflammation will often continue for some time, as just described, without making any further progress, and it may often be arrested before ulceration ensues. Usually, however, the vesicles enlarge in size, rupture and give discharge to a whitish matter; a superficial ulcer now occurs, with slightly elevated edges, and surrounded by a circle of inflammation. These ulcers often secrete a white, curdy matter, which adheres, at first, to their surface, but becomes subsequently detached, and is either swallowed or ejected with the saliva. It is often succeeded by a new exudation of a similar matter, and thus, in protracted cases, the crusts of curdy matter are repeatedly detached and renewed; or only a portion of the crusts are detached, while the general layer of curdy matter remains adherent—often for weeks. When the aphthous ulcerations are numerous, and in close contact, this curd-like exudation may spread from one to the other, and form a layer, often of considerable thickness and extent. Occasionally, the exudation from the ulcers is mixed with a small portion of blood; it then forms dark-colored crusts, which have not unfrequently been mistaken for gangrenous sloughs. Upon the subsidence of the inflammation, the ulcerated follicles readily cicatrize, or heal over, without leaving any permanent scar.

Occasionally, particularly in children of debilitated habits, and who are deprived of proper hygienic influences, the aphthous ulcerations become gangrenous, their edges shrink and assume a ragged, flabby appearance; and a brownish slough forms in their centre, which, on separating, leaves a granulating surface of a vermilion hue; or, in place of a slough, the ulcers become covered with a brown, creamy fluid, that exhales a very decided gangrenous odor. The parts surrounding the ulcers become tumid, soft, and of a violet hue. From the half-open mouth of the child is discharged a ropy, often fetid, saliva. The countenance becomes pale and puffy; the pulse feeble; and the entire surface of the body pallid, and deficient in sensibility:—repeated vomiting, profuse diarrhoea, and a tympanitic condition of the abdomen generally occur; and occasionally, hiccup with frequent eructations, and the patient finally dies,—according to Billard, without febrile reaction or cerebral excitement.—(Condie.)

TREATMENT.—In almost all cases of *muguet* and *aphthæ*, there will be so many symptoms of indigestion, acidity of the stomach and constipation to overcome, that *emetics* and *enemata* will be found indispensable. Both should be thoroughly and perseveringly administered in order to be of any benefit. *Tepid half-baths*, *wet bandages* around the throat and the stomach, and cold-water gargles should also be employed from the start; and every effort should be made to prevent the disorder from progressing to the ulcerative stage heretofore described. Should the disease occur to an infant fed by the spoon, and a healthy wet-nurse can be conveniently procured whose milk corresponds in age to that of the child, suckling should be had recourse to:—otherwise, barley-water, or thin gruel, should be prescribed for food—since farinaceous decoctions contain gluten and saccharine matter, which are nearly the same elements as those found in the milk, with the exception of oil. Should the attack be severe, and

the infant continue in a state of emaciation, indicating defective absorption and nutrition, injections to the bowels must be regularly administered—three or four times daily—for the purpose of removing the morbid secretions which obstruct the mouths of the lacteal absorbents. If, on the other hand, there should be diarrhoea from the outset, it must be counteracted by injections of *cool* water, wet bandages around the abdomen, etc., etc. Special emergencies require, of course, the close attention of a medical man; and, in all cases, defective hygienic conditions must be promptly corrected, in accordance with those principles of which this JOURNAL has been the exponent from its earliest date.

HINTS TO WOMEN.—NO. II.

BY MRS. R. B. GLEASON.

We must take good care of the old ladies, for we shall never have any more, said a shrewd physician of my acquaintance.

Within the last century, the genial rays of science and religion, have shone *more and more* on woman's pathway; and before their rising light, length and strength of days have fled "like the morning cloud and early dew."

When the notion was, that all the knowledge of geography she needed, was to know the rooms in her house; and of chemistry, to be able to cook well a meal of victuals; when plain fare, and unremitting toil, were hers; then we had blooming wives, healthy mothers, and thriving children.

Now, with less labor, less anxious concern for daily sustenance, and more leisure for literary pursuits, the rose-tint has faded from her cheek, save where an artificial bloom has been imparted by the aid of rouge and carmine—the clear complexion has grown sallow, and must now be whitened or whitewashed with foreign powder, and the temporary stimulus of tea, coffee, tonic-bitters, and bitter tonics, together with plasters, braces, and supporters, furnish a poor substitute for her former native strength.

To my mind, the solution of this strange enigma is this: We are in the transition stage from the reign of nature to that of art.

The promptings of instinct guide the Indian women; and thus were the mothers of the last century guided in the care of themselves and in the rearing of their offspring. Now, amid the confusion and clamor which the new rules of civilization, fashion, and gentility impose, the voice of unerring instinct is unheeded. With all our science, enlightened intelligence, and refinement, we have not arrived, in our physical habits, to the correctness of unerring instinct. An ignorant mother, in the state of nature, will generally bestow on her child a good constitution; but in proportion as the elegancies of civilization supercede the simplicity of nature, just in that proportion do we need the light of science to counteract the tendency of so-called refinement.

Now, *we*, as a people, have passed the period of "happy ignorance," and are at that point where neither nature, nor enlightened reason, guide us in our habits healthwise; hence, to say nothing of the men, we have sickly, early-fading women, and puny, peevish children.

The prevailing inquiry, in reference to rules of diet, dress, exercise and equipage, has been, not what is *healthful*, but what is *fashionable*. When the table is spread the query is, not what will digest well in the stomach, but what will please the palate. When a garment is to be made, the question which arises has reference to the present style, and not to comfort or convenience. For employment we seek to do that which is considered *genteel*, often to the neglect of that

which would be invigorating to ourselves or make us useful to others. Some of our young ladies with a "finished education," pride themselves on their inability to perform any useful labor.

The result of this is, that most of the *reliable* feminine bone, muscle, and sinew, in our cities and larger towns, is to be found among the more gross foreign population. Much as we pride ourselves on our superiority, lightly as we estimate their strength, we are many of us literally their dependants. Nature and revelation teach the great doctrine of universal brotherhood; yea, and of sisterhood too. This much-depised class are, in a great degree, what circumstances have made them, and we should not only deal with them kindly, but also learn from them the worth of muscular power, and how it may be retained or regained.

In their native homes in the old world, where, on the "lower class," the iron hand of both poverty and oppression rests heavily, how could they rise in intelligence and refinement. Their legacy is large bones and strong sinews, which when imported to this country of weak women, should be considered a rich endowment, and would be if combined with sufficient refinement and mental and moral power to ensure respect.

Here, under our free institutions, with the abundant facilities for spiritual, intellectual, and social culture, proffered us on every hand, our girls have a most pitifully one-sided education. Little care is bestowed to ensure strength of body, the great effort being to impart refinement of mind and manners.

If we could have well-disciplined minds, and rightly-developed hearts combined with strong hands, how much more efficient would be the plans and labors of the wise and good. Many of our best-educated women lack the physical power to make the healthful, indelible impression on the world which they would otherwise effect.

They are like a ship at sea, with a valuable cargo on board, but without strength to resist winds and waves, and bring their treasures safely into port. So our most promising wives sink under the cares and labors which maternity brings, and the grave covers them while they are, or should be, in the bloom of womanhood; or the infirmities of the *flesh* extinguish the light and life of the *spirit*, so that they are measurably dead while they yet live.

How many a blooming bride at twenty, with face bright as a May morning, temper sweet as a rose-bud in June, and heart happy with fond hopes for long years to come, finds herself at thirty wrinkled and care-worn, unreasonable as a wife, irritable as a mother, and almost useless as a citizen. And why? because she aches here, is in pain there, and, in short, "feels weak and bad all over."

As the first means of preventing the premature decay of our sex, let our girls have a good physical training, and a good physiological education. Whether a woman know anything of the piano or guitar or not, let her be well versed in the mysteries of that harp of thousand strings, which, in these days of physical degeneracy, does not maintain its harmony as in the days of Watts, who expressed his wonder that it should keep in time so long.

Such an acquisition, though considered less ornamental, would be in truth of greater personal and family utility than that of any other.

It is true some say that we, the weaker sex, are so impressive, so excitable, so imaginative, that the less we know of medical matters the better, being prone to think we have every disease the symptoms of which we here describe. In proof of this, they urge the fact that many a woman in tolerable health has been made to think herself sick by listening to a lecture, or reading a pamphlet, coming from some self-interested vender of traps and drugs. No doubt many a woman has dosed herself with syrups, loaded herself with

plasters, braces, and supporters, because her medical adviser was more interested for the improvement of his own purse than of his patient's health. Instances like these only serve to illustrate the *occasional* truth of the saying, that "a little learning is a dangerous thing," and argues the need of woman having *more* rather than *less*, medical knowledge, that she may not fall a prey to those who "go to and fro" seeking whom they may—*doctor*, irrespective of their need of being doctored.

Another class fear or fancy that minute anatomical and physiological knowledge will serve to render feminine feelings obtuse, gross and vulgar. Then are woman's *peculiar virtues*, and *most pleasing attractions*, "such stuff as dreams are made of," that they vanish for any illumination on the laws by which life and health in all its details are regulated. Can it be that the study of any work of the Infinite Artist can degrade the mind of either sex, and especially that of the crowning work of the Creator?

If so, that mind must have power to turn pure gold into base alloy. Is not the human form in all its parts the work of the same hand which "clothes the lilies of the field?" May woman, for her mental and moral elevation, study the stamens and pistils of a flower, to see how they are perfected and perpetuated each in its own order; while if she inquire how we, who are "more fearfully and wonderfully made," are begotten and brought forth in parental likeness, it will tend to her mental and moral contamination? So dream some. She must watch closely her plants, see that they are sunned, aired and watered, that no bug bite and no frost blight them. This purifies her thoughts, softens her temper, and elevates her taste. All this is *very true*. But should she not study to understand those more precious buds to which in time she may give birth—perhaps soon to wither, perhaps to live on, and wither on, through many a weary year; and all, perchance, because the mother has unwittingly disregarded those laws which would have secured to them a healthful bloom for three-score years and ten?

Let indolence and ignorance be no longer cherished by us as the mothers of innocence. Let helplessness "nervousness," and feebleness, be numbered among the blemishes not the beauties of our sex. Let us all strive, individually, for a *more perfect knowledge*, and a *more perfect development* of our physical, intellectual and spiritual nature.—*Elmira Water-Cure*.

DIARY OF A NEW ENGLAND PHYSICIAN.

NUMBER FIVE.

BY NOGGS.

I NEVER shall forget the impression made upon me by the array of bottles filled with "specimens" of diseased humanity, aligators, lizards, "snakes, toads, and dung worms," deformed babies, half-grown monkeys, enormous tumors and malformations of every name and nature, that greeted my sight on entering the Anatomical and Surgical Museum of ——— College.

I was young then, and I instinctively shuddered at these horrid after-death appearances. I could not help feeling, though perfectly sound, that I might one day, by some mishap, be bottled up in part for the good of science, and the idea of becoming a "specimen," even for so laudable an object, was somehow indescribably horrible. But I soon got used to these "representative ideas," and learned not only to look upon them without shuddering, but with a keen relish, as I found them very useful in telling how folks ought *not* to be.

I was not less astonished, but much less unpleasantly affected, by witnessing the display in the mineralogical and chemical departments, and my wonder and admiration knew hardly any bounds when the venter

able and well-beloved Professor —, of chemistry, demonstrated to our inquiring minds the wonderful transformations chemical agents could produce. I had "read of" changes many and wondrous, but did not fairly realize what they meant till I came to behold them actually happening under the apparently magic touch and agency of the good old professor. Deep blues, by the simple addition of some few drops of something white, would instantaneously change to green or red; and metals that were harder than a miser's heart, be burnt to cinder in a jiffy by being brought into the focus of a galvanic battery; and all sorts of other things equally curious were daily performed by this unequalled American Mineralogist, &c.,

"Till stronger and stronger my wonder grew,
That one small head could contain all he knew;"

but it did.

This same professor, by-the-way, was also professor of *materia medica*, and this it was that gave me so much confidence in the power of medicines to heal and save. It seemed impossible to doubt anything a man so learned as he said about the virtues of any plant or mineral.

"Did Marcus say it? then so it is,
No truth so valid as a word of his."

Once in awhile, 'tis true, the idea would come into my brain that such poisons as the professor demonstrated to us would kill a cat quicker than you could let her alone after you had begun to experiment with her, was rather dangerous to a man's enjoyment, to say the least, when introduced into the stomach; and that they *might* possibly do some harm, especially if they didn't happen to pass out again as they ought to, as the professor admitted they would not always do; but I felt guilty afterwards of infidelity towards the learned father in medicine, and mentally begged his forgiveness, and should have been willing then to have swallowed a whole bottle of dye-stuff, bottle and all, if the "good father" had insisted upon it!

(And here I would respectfully suggest the propriety of swallowing bottle and all in some cases, as being much less dangerous! if well corked!)

Oh,

"What is in a name?"

The very name of professor to a young man in those days was *terribly* suggestive of wisdom, learning, and greatness.

Now-a-days things are different somewhat. I have seen some "professors" of modern times that didn't seem a bit wiser or greater, in reality, than some other folks who were not titled at all! In the days of which I write, the title was confined almost exclusively to those who really knew something, and were capable of teaching others; now-a-days it is most often assumed by those who are just the reverse of this.

Nothing, to the young student at college, that came from the lips of one of the "Profs." was ever thought of being doubted, any more than anything is thought worthy of belief that comes from the mouths of the self-styled professors of modern times; hence the firmness of my convictions that drugs and medicines were necessary to man's very existence in this mundane sphere, when such professors as the benevolent and learned Cleaveland, and Delamater the "professor of Theory and Practice," both of whom had grown hoary with the years of experience, and whose brows were loaded with the honors of admiring thousands who had listened to their teachings, said so.

Aye, I fully believe that had I been sick, and Dr. D. had told me I must not think of getting well, though conscious of no severe illness, I should have given up all hope immediately, and should have pertinaciously persisted in dying, "whether or no."

And I remember, in after-days, how *very* much provoked I got with a patient who insisted upon it that

certain medicines which I gave him did him more harm than good, when I showed him the identical notes taken upon the spot from the mouths of Professors D. and C., wherein was duly noted that said medicines were made and provided especially for such complaints as his, and they were bound to depart hence and know him no more forever; but the obstinate fellow maintained his ground stoutly, averring that he knew best what helped him!! A doctrine like this was so absurd that I told him to go to the — for a conceited old hunker, and left him in disgust. The next day I met him out of doors. I might have forgiven his having a mind of his own, as I am fond of such things myself, but to be sick a bed and taking medicine one day, and the next to stop and be up and out, was what I felt I ought to show proper resentment for! So I crossed over and saw him not.

Yes, many and beautiful were the experiments tried daily at old Bowdoin, to show us the wonderful power of medicine, &c. Among others, the professor of *materia medica* used to administer strychnine to various little animals to show how beautifully it would produce action in the muscular system, and hence prove that it must be just the thing for paralysis!

This I tried myself in after-days; but although I found it produced action amounting to fits, and resulting invariably in death in cats and dogs, it did not cause any movement in the palsied limbs of my patients—in fact there were a great many things among the drugs, &c., that would make healthy cats kick and die, yet somehow they wouldn't make the dead limbs of sick men move a bit! which I thought then was very unkind in them, to say the least; and meeting with one of the professors shortly after, I asked him if there might not possibly be, in some cases, a difference between healthy cats and sick men with dead limbs; and he frankly admitted that "there might perhaps be some!"

Another one was the application of galvanism to dead frogs' nerves, thereby making 'em leap across the table, which was shown us to prove how efficacious it must be in all cases of palsy; but somehow, though I applied it with all faith to my patients in such cases, they wouldn't budge an inch—in fact, as far as my experience went, it was right the other way; the more I applied it the more my patients couldn't move! And I well remember how guilty I felt when I for the first time harbored the thought that, *perhaps*, violent excitement might be just the thing that had killed the limbs, and therefore might be the very worst thing I could do for them.

The question also kept coming up, why don't you search for the *cause* and try to remove that, instead of "poking sticks" at the local nerves, who were in no-wise to blame, and who could not, if they would, move a hair, while the brain or spinal marrow was compressed; but I fought off these intruding inquiries as unworthy of consideration, because diametrically at variance with doctrines of the schools and the books. Oh, how I wish I had as many dollars as I had faith in the days of my college life in all that was written and spoken concerning the remedial powers of drugs and medicines, &c., &c., &c.!

Whence came this faith?

Why, from the professors, and the dread array around me in that same college. At least I know no other source.

But you didn't believe in 'em, simply because somebody said so, did you?

Well, I didn't do anything else: *it was all I had to do!*

The *why* and the *wherefore*, we humble students never dreamed of prying into; it was enough for us to know that such men as Cleaveland, Delamater, and a host of others, said it was thus and so; presumptuous, indeed, must that young man be who would dare to doubt, when such old, experienced, and learned men laid anything down as truth.

The simple fact is, that most people in this world take things for granted, of this kind especially, rather than take the trouble to look into it for themselves!

And then, again, mind rules matter, and talent and learning awes.

Why, two-thirds of all the class, and two-thirds of the other third, were ready, aye anxious, to believe anything; they came there, not because they were "called," but because they were too lazy to work; didn't know enough, or couldn't get learning enough to be lawyers, and weren't good enough to be ministers, and so they thought they would be doctors!

Say what you will, it is a lamentable fact, that a great majority of our medical students are no more qualified, either by nature or education, for the responsible position they aspire to, than are the medicines they so implicitly rely on qualified to fulfil the requisite indications of disease, and the expectations of the givers.

If you ask, "How it is they are enabled to pass the examinations?" I can only say, that, in my opinion, if there were no competition among the colleges, and no fees from the students—each professor having a salary from the state—you would find a very different class of men in the profession, and less of them.

Then, again, more depends upon memory than real talent, in passing an examination. The law requires three years' study; but any man, with an excellent memory, could prepare himself in about that number of months, to pass a much better one than do most of those who graduate!

All the professors that I ever heard lecture on the nature of medicines, their uses, &c., agreed as to their *power*, but they differed very much about their *usefulness*. Some boldly averring that iodine, for instance, would cure scrofula—giving, in proof, cases where it was given, and scrofulous tumors soon disappeared. While, on the other hand, it was as boldly affirmed that it would not cure scrofula, though it would, they allowed, carry away swellings of the glands, and even the glands themselves, it being a powerful stimulant which spent its action on the absorbents chiefly; but there remained just as much scrofula as ever after the gland and all was gone as before!

The glands being affected were only a secondary affair; and their going or staying didn't alter the case at all, any more than "blowing a man's nose would cure a cold!"

Some of them, too, insisted upon it that emetics were useful in almost all cases, and others as stoutly maintained that they were seldom necessary.

Others declared bleeding, either general or local, was absolutely important in the treatment of all acute, and very many of the sub-acute and typhoid diseases. While their collaborator in the same work, would assert that it was only justifiable in *very* acute cases, and seldom if ever in sub-acute or typhoid cases!

And so we had it, and didn't dare to doubt either, so we believed both—while they were talking—if no longer!

"Who shall decide when doctors disagree?"

Where will you find two doctors, or at least two authors, that agree?

I remember once, in my early practice, of meeting in consultation with a doctor who had been educated years before I was, who differed from me *in toto*, in regard to the treatment of a patient: when I, to settle the difference, triumphantly quoted the exact words of some popular author; but he, instead of owning up beat, as I expected, with great confidence quoted from another equally popular writer sentiments directly the reverse! And for hours we debated the question, neither being willing to give in.

In the meantime, the patient, who was considered to be dangerous—very—got mad, because we wouldn't do anything for him, and, what was worse for us, got into a perspiration, and then got well, without estab-

lishing the veracity of either of our authors, and much to the amusement of such as "Jef," who declared it was a pity there wasn't such a conjunction of doctors in all bad cases, and then he guessed there wouldn't be so many deaths in the country as there were now; remarking, also, "that it was an ill wind that blowed nobody down," as the negro said! for though we doctors couldn't either of us have our way, nature, for a rarity, owing to our dispute, was allowed to have hers in the sick man, and so got him through it, and no thanks to anybody, except our disagreement!

The first course of lectures a student attends is generally the happiest period in his whole career, for here, at the college, opens upon him for the first time fully, the great *arcana* of the book of nature.

Here he finds out how much he *doesn't* know!

Here he realizes that "man," indeed, "is wonderfully and fearfully made."

Oh the "beauty in harmony" of man's anatomy;—oh the wisdom that must have planned it.

The wonderful freaks, too, of nature, in her malformations, and diseased manifestations, some of which showed that man was sometimes as "fearfully" *unmade* as made.

The ten thousand beauties, too, of the vegetable world, were here unfolded, for the first time, to our delighted and astonished eyes, and the almost magic transformations before alluded to in the chemical department, all, all combined to make the college, to every inquiring and enthusiastic student, the one place desirable to abide in; aye, to be where you are conscious of a daily and hourly expansion of the mind and soul, is this not the vestibule at least of heaven? And here, let me add, is one way to account for our faith in medicines. We see such unerring certainty and wisdom displayed in the formation of each beautiful plant and mineral, and such learning and skill made manifest in the description and properties thereof—who can doubt at such times?

No, no; none but the hardened skeptic can doubt at such a place.

The young and the inexperienced are the real worshippers at the shrine of medicine.

Oh what would not any of us who have survived the wreck of matter around us these twenty odd years bye-gone, give to be able to believe as we did when thus much younger we saw everything through the glowing prism of fancy,—when we thought that all was in reality what it seemed,—when we believed that, man like! the plants were true to nature, and, in the main, to themselves and God? But, alas! where now the faith in man and his judgments that we then possessed? Where the snows of those same winters are!

The second course, if it is to be the last, is not quite so interesting; for however well prepared we may be, we cannot help feeling a little anxious about the result.

Though there is generally only one, or at most two blanks in about fifty prizes, more or less, yet somehow fear, the craven oppressor of the human race, made us all—prizes undrawn though we were—fear we should be those identical blanks.

I have been in many a tight place in my day—have been in a gale of wind in the Mozambique Channel for hours and hours, going we knew not whither, at the rate of twelve knots the hour under bare poles—have been off a lea shore inhabited by cannibals, with the vessel beginning to "ground," and wind blowing harder and harder inshore, and our only hope of earthly salvation depending on our ability to throw overboard enough of our cargo to make her float faster than she grounded—have even sat down in a dentist's chair, with the determination of having out a tight old grinder, which would no longer work without growling—have faced death, in short, in many ways, but never dreaded I anything as I did that final examination before the august faculty of Bowdoin.

But I was more scared than hurt; it didn't amount

to much, after all. Whether they, seeing my timidity, and therefore graciously favored me, I know not; all I know is, that I was only kept in suspense a very few minutes, or seconds, in another room, after the examination was over, before I was called back and presented with an order on the secretary for a diploma—signed, sealed, and delivered—wherein was certified that I had studied three years, read and defended a dissertation on some medical subject, and had passed a satisfactory examination, &c., and was duly admitted to be one of the noble profession of doctors, and was entitled to all the honors, &c., belonging to that ancient and honorable fraternity. One poor devil was rejected, whom they said was a "little lacking" somewhere; on that ground, very few of us would have passed, if it had been made a rule. Some of the students said it was only a bone thrown at the community, who would otherwise have said that they passed every body who came along. One thing I know, he knew enough about politics, if he didn't about physic, and had the good taste to prefer them to physic.

One thing I forgot to mention as being one of the wires usually pulled at all medical institutions, was that the professors usually each gave a party during the term, which served as a bridge between teacher and pupil, bringing both together, and "the good things" thereof was the cement or *sticking plaster* that bound them in perpetual union. It was one of the "*quid pro quo's*" for the fifteen dollars received, and a sort of genteel "retainer" for your good services in sending all your students and friends to their "mill." Whether any of them felt as though they hadn't rendered an equivalent for the "am't rec'd" I won't take it upon me to say.

Behold me now, a live doctor! what I had been pining to be for years. Oh, who shall describe the felicity that I felt when I fully realized that I was indeed "one of 'em!" I didn't faint, 'tis true, when the professor addressed me as "Doctor Pillicody," but I felt as if I had been taking exhilarating gas. Oh, didn't I have a good opinion of "them are professors," and didn't I make my patients afterwards believe that what they didn't know wasn't worth knowing, and that all they knew I now knew; and when they were disposed to doubt any particular medicine, I used to tell 'em that that was the medicine of all medicines, and that if they would only take that they would not only get well, but stay so *forever*; and to prove it instanced one man in Brunswick who had tried it *twice*!

The next number will contain our first "call" and visit, how we felt on those occasions, &c., &c.

ICE—ITS HISTORY, PRESERVATION, AND USE.

—
BY A TRAVELER.
—

THE Romans understood the luxury of ice and snow in the summer. They preserved them in pits, and hawked them about their streets. Even now, a little above Rocca di Pappa—on the ancient Mons Albanus is a plain, called Hannibal's camp, from which snow is collected annually for the use of Rome. On this dry plain they dig pits about fifty feet deep, and twenty-five broad at the top, in the form of a cone. The larger the pit, no doubt the snow will preserve better. About three feet from the bottom, they commonly fix a wooden grate, which serves for a drain, should any of the snow happen to melt, which otherwise would stagnate, and hasten the dissolution of the rest. The pit thus formed, and lined with straw and prunings of trees, is filled with snow, which is beaten as hard as possible, till it becomes a solid body. It is afterwards covered with more prunings of trees, and a roof is rais-

ed in the form of a low cone, well thatched over with straw. A door is left at the side, by which men enter and cut out the ice—for such it becomes—with a mattock. The quantity daily demanded is carried to Rome in the night time, in carts well covered with straw. It is found by experience that snow, thus pressed down, is not only colder, but preserves longer than cakes of ice taken from ponds and ditches.

For the south of Italy and Sicily, snow is preserved in several caverns of Etna, and brought down to purchasers, who compete for respite with the eagerness of roasting men. In Lima, cheap ice, from the Cordilleras, is a cry to our own cheap bread. The public mind makes about six revolutions a year in any state of South America, but in all its tumult ice-mules bear a sacred burden. Nobody dare meddle with the people's ice. The Chinese understand the use of ice very well indeed. As for Wenham Lake, folks at Boston talk about the state of the ice crops as we talk about the state of wheat. In European capitals, ice is not only an article of amusement but of trade. Who has not heard of the delights of the sleigh, galloping over ice and snow at the rate of twenty miles an hour? Then there is the Russian version of the ice palace on the Neva, built at the marriage of Prince Gallitzin, with ice masonry that blunted all chisels, ice chairs, ice dining-table, and ice cannons that fired hempen bullets.

An immense quantity of ice is consumed in Russian housekeeping. Throughout the summer, ices are sold in the streets of every Russian town; and not only iced wine, iced beer, but iced tea is drunk in immense quantities. The short but excessively hot summer would spoil most of the food brought to market, had not the winter provided, in abundance, the means of guarding against such rapid decomposition. An ice-house is, therefore, looked upon as an indispensable appendage, not merely to the establishments of the wealthy, but even to the huts of the peasants. In St. Petersburg alone there are said to be ten thousand ice-houses, and it may easily be supposed that to fill all these cellars is a task of no trifling magnitude. It is not too much to calculate that each ice-house, on an average, requires fifty sledge loads of ice to fill it.—The fish-mongers, butchers, and dealers in quass have such enormous cellars that many hundreds of loads will go into them; and the breweries, distilleries, &c., consume incalculable quantities. According to the above calculation, five hundred thousand sledge-loads of ice would have to be drawn out of the Neva every year; but this calculation is rather under than over the mark. It is certainly the merchandise in which the most extensive traffic is carried on in the winter. Whole processions of sledges laden with the glittering crystals, may be seen ascending from the Neva; and thousands of men are incessantly at work raising the cooling produce from the parent river.

The breaking of the ice is carried on in this way:—The workmen begin by clearing the snow from the surface, that they may clearly trace the blocks to be detached. They then measure off a large parallelogram, and mark the outline with a hatchet. The parallelogram is subdivided into a number of squares, of a size to suit the capacity of their sledges. When the drawing is complete, the more serious part of the work begins. A regular trench has to be formed round the parallelogram in question. This is done with hatchets, and as the ice is frequently four or five feet thick, the trenches become at last so deep that the workmen are as completely lost to the eye as if they had been laboring in a mine. Of course a sufficient thickness of ice must be left in the trenches to bear the workmen, which is afterwards broken with bars of iron. When the parallelogram has thus been loosened, the subdivision is effected with comparative ease. A number of men mount the swimming mass, and with their pointed ice-breakers, they all strike at the same moment

upon the line that has been marked out. A few volleys of this kind make the ice break just along the desired line, and each of the oblong slips thus obtained is broken up again into square pieces after a similar fashion. To draw the fragments out of the water, a kind of inclined railroad has to be made on the side of the standing ice. This done, iron hooks are fastened into the pieces that are to be landed, and amid loud cheers, the clear, green, crystalline mass is drawn up by willing hands. As the huge lumps lie on the snow, they appear of an emerald green, and are remarkably compact, without either bubble or rent. As soon as the sledge is loaded, the driver seats himself upon his merchandise, and thus coolly enthroned, glides away to the cellars of his customers, enlivening his frosty occupation with a merry song. It is by no means without interest to visit the shafts of the Neva, and watch the Russian laborers while engaged in a task so congenial to the habits of their country. In the cellars, the ice is piled up with much art and regularity, and all sorts of shelves and niches are made, for the convenience of placing milk, meat and similar articles there in hot weather. Such a description at least applies to what may be called a tidy, orderly ice house; but tidiness and order do not always preside over Russian arrangements, and in the majority of cellars the ice is thrown carelessly in and broken into pieces, that it may be packed away in corners, and that as little space as possible may be left unoccupied. The consistence and durability of the ice do not appear to suffer from this breaking process; on the contrary, the whole, if well packed, will soon freeze into one compact mass, that is afterwards proof against the warmest weather. The Russians are so accustomed to these ice-houses, that they are at a loss to understand how a family can do without them; and their housewives are in the greatest trouble when they think they have not laid in a sufficient supply of ice during the winter, or when in summer they fancy their stock likely to run short. It may be safely estimated that the ice consumed in St. Petersburg, during the summer, costs the inhabitants from two to three millions of roubles; that is to say, from three hundred thousand pounds to four hundred and fifty thousand pounds, or two millions of dollars.

MY COUNTRYWOMEN.

BY JAMES C. JACKSON, M.D.

LISTEN to me. You that are strong and in good health, listen. You that are weak and confined to beds of sickness, listen. You that are weak, and are not confined to the sick chamber, listen. It will not harm you to *hear* me. Whilst I cannot flatter, I shall speak so that true modesty may not have its cheek mantle with red; and as for mock-modesty, that which has its source in affectation, why should I, with a great truth to utter, heed it? In this world of ours, counterfeit presentments are as good as the originals. Paste diamonds hang from many a lady's hair; galvanized watches are in many gentlemen's fobs; worthless bills on banks are about in the circles of business; bogus dollars are passing and repassing the smaller channels of business; and the wagging, jogging, wild-pated multitude know not the difference. But there is not a boy or girl sixteen years old, who has grown up naturally, who does not instantly discern the truly modest man or woman from the awkwardly modest. So do not affect a horror at what I am going to say. Deal kindly with your own higher natures, and you will thank me for my speech.

I am provoked at the silly and wicked fastidiousness which exists among women, at any attempts to talk to them of the diseases which affect them as women. 'Tis time it was at an end. 'Tis time women valued life for its ends. 'Tis time they welcomed into the field of investigation those who are honest and brave,

who are close in their study and correct in their statements, who like to administer to them in health, and aid them in their development of body and mind, and honor them with their confidence and friendly regard, and who delight, if possible, to discover the causes which pluck their blossom of health from its stem, and leave them to wither and die in their prime.

It has fallen to my lot to give the deepest thought and the most thorough investigation of which I am capable to the diseases of your sex. My practice has been wide and very successful, and what was once believed of the superiority of the water treatment over other modes for the cure of female diseases, is now knowledge. In and out of my Establishment have been prescribed for and treated by me, over five hundred women, whose diseases ranged the whole province of ailments which are characteristic of woman; and the success of the prescriptions has not only equaled my wishes, but has more than equaled the expectations of most of those who have received them.

I will venture to give two extracts from New England women who have been home patients of mine, both being unable to reach my Institution at the time their prescriptions were given. You will see that they have come from the grave's mouth to sit again at their firesides, to bless their husbands, or parents, or children. The first writes:

"I am almost well; and all this I owe to the *Water-Cure* and to thee. But for thy kindness and skill, this great reforming agent might have been working wonders, and I descended to the tomb crushed by disease and medicines. To thee, then, as the agent of great and never to be forgotten good, must my earnest and grateful thanks be given. But why should they? Can they add one drop to thy cup of happiness, which is already overflowing with the consciousness of having conferred a great and noble blessing? If so, accept my gratitude and prayers for thy prosperity; and the grateful and affectionate respect of my parents."

The next extract is from a lady in one of the New England States, who writes:

"It is with the liveliest emotions of gratitude that I write you and tell you how much I have been benefited by the use of water under your prescriptions. If you will refer to the letters I wrote you in Aug. and Oct. 1851, you will see what a miserable situation I was in, and had been in for years. Now, I am a happy woman and enjoy life. My peculiar difficulties are vastly better, and my stomach better than it has been for ten years. My old allopathic physicians say 'I have worn my disease out, having had it for seven years, and the organization changes its particles in that time.' But my husband and friends think that it is a triumph of Hydropathy over medicines, and that nothing else would have saved me. I feel like one raised from a lingering death. God bless and keep you, sir!"

It is in my power, were opportunity given, to present the readers of the Journal with hundreds of such testimonials from women, occupying positions in society of high rank to those less favored by fortune, all tending in the same direction of the letters from which extracts have been given: such testimonials as would set you who are *unbelievers* at thought, and would, I think, make you the fast and intelligent friends of the *Water-Cure*.

For the past year, my practice at the Glen, and at the homes of the sick, has trebled in amount that of the year previous; and, were it not for the great wisdom of women in refusing information, cases of exceeding interest could be laid before them. Cases where females, utterly given over and condemned to die by their physicians, have been thoroughly renovated. And this folly of yours, in deciding not to be informed lest your modesty should receive a shock, is a means of great cruelty to others whose modesty would not be shocked at being plainly, yet properly, told how to rid themselves of the diseases which afflict them.

I am the more indignant at the false views taken by women on this subject, because their course precludes the making of any discoveries in the treatment of female ailments available to those who need to avail themselves of such discoveries. Give me the liberty to report cases—keeping back the names—of persons treated after my method, and I should hope to be a benefactor to you. Otherwise, how can the knowledge possessed by me be communicated to you? I cannot get it before you through books, because I have no money to *publish* books; and if I had, thousands who would read the Journal would never see the books. The fact that the Journal is not open to the reporting cases of this sort, does not place the fault at the door of the publishers. It settles back on to the public opinion, as false as it is wicked, which you hold chief influence in forming. I beg of you to alter your views on this subject. If you must be fastidious, and affectedly delicate, please to exercise your taste in a direction where human life is not involved, and instead of condemning such as would gladly give you the results of their effort, hold them up when they have important statistics to present.

I have not the least desire to *puff my wares*, as a nostrum vender does, and only claim that, if in the progress of events new light comes home to me, and by it I am able to perform cures where on my old mode I failed, and where others who still follow that mode fail, I shall be at liberty to give the results at least of the method. Even for this I may have to wait till opinion takes on more healthful tone; meanwhile, affirming it to be your duty to aid in making speech free on a subject involving woman's highest earthly interests.

When I was a boy, a carpenter once said in my hearing to his apprentice, who was hewing timber, "*Hew to the line, lad, and let the chips fly where they will.*" It was good advice, and comprehensible, and I treasured it. In a reformation of the habits and practices of women, such as the *Water-Cure* contemplates, its writers and defenders must "*hew to the line.*" The truth must be told; there is necessity for it. The justification lies in the necessity. It is not *divinely* ordained that women should be sick, from the dawn of womanhood till death. She is entitled to *health*. If well, she can learn how to keep it; if sick, she can, in many instances, be restored. But these can never take place whilst women are afraid to have the diseases to which they are liable, and with which they are cursed, spoken plainly about. Regarding woman with the highest consideration, my love for the Truth is the greater,—believing as I do, that, in the application of Hydropathic treatment to the diseases of women, it has been my good fortune to discover better methods than those now in use. I shall frankly submit to the risk of being thought an egotist, and affirm it. Even the doubter must admit that such is possibly the case, for the investigations of the ablest practitioners show that progress is continually being made. And as Time and Toil test everything, and raise or sink it to its natural level, so *Water-Cure*, and the various methods of its use, will rise or sink to their levels. For my own part, I cheerfully abide the issue, only regretting that all the women in this land do not know what I know of its admirable adaptations to their morbid states of body.

FROM WILBRAHAM, MASS.—MESSRS. FOWLERS AND WELLS:—I send you a few new subscriptions this year, and what must be equally pleasing to you, renew nearly all the old ones. I seldom find a person who has once taken either of your Journals, that is willing to do without them. To old subscribers they seem like visits from a cherished friend, who comes speaking words of encouragement and hope; especially welcome are they to us poor *Bloomers*. I for one should hardly have confidence enough to wear the dress, in the face of all opposition and ridicule, were it not for the encouragement I receive from my Journals. That you may live long, and be richly rewarded for your labors in the cause of humanity, is the earnest wish of L. M. B.

Dietetics.

UNDER this head we design to discuss Vegetarianism, in its various aspects and bearings—physiological, mental and moral, and to exhibit its effects in contrast with those of a mixed diet.

FLESH-POT LITERATURE.

As a complete illustration of the depraving influence which flesh-eating exerts on the moral sense, we select the following articles from one of our Sunday papers. We have no idea that the writers have the least suspicion that flesh-eating leads naturally to brandy-drinking, and is indirectly the cause of an immense amount of "rowdyism." When a man's appetite is so contaminated that he wants his mince-pie so strong with brandy that it will make him sneeze, we wonder not that he is morally dull, if not intellectually stupid :

"ROAST TURKEY AND MINCED PIES.—Let the fat denizens of the British isles talk as they may of their 'roast beef and plum pudding;' but, to our own appetite, nothing can compare to a fine young turkey, nicely browned, and a minced pie so saturated with ripe old brandy as to raise a sneeze at every mouthful. We should like—nay, that is not the word—we should *love* minced pies for their very antiquity, even if their contents were not the delicious compound they are. The minced pie flourished and was famous centuries before the beef-steak emerged from the humble grade of common food. To say nothing of rare Ben Jonson's mention of 'mynced pyes' in 1616, we have the authority of one Master Horner in our favor, than whom no individual of ancient or modern times can be named as a more experienced connoisseur of the article in question. As for roast turkey, comment is quite superfluous. We have no cruel desire to make the mouths of our readers water for an hour, by reciting the luscious details of this prince of the feathered tribe. We will say nothing of the pleasant odor that ascends from the kitchen, aggravating the appetite an hour or more before dinner is served up, nor of the smooth brown skin glistening in its nice cookery, nor of the delightful aroma that arises to greet the nose of host and guest as the carving knife is plunged into the precious carcass. Of these glorious realities we will say nothing, but rather indulge the hope that every reader of the *Times* may, throughout the holidays, have abundant opportunity of practically accounting for our unlimited confidence in Roast Turkey and Minced Pies."

"NIGHT TRAVEL ON CITY RAILROADS.—The keen observer of human character will find abundant aliment for his appetite for human peculiarities on the Sixth or Eighth Avenue railroads any time after midnight. It is well worth the while of a man to whom belongs obedient perceptive faculties and strong nerves to take passage in one of these cars during the term intervening between the close of night and the appearance of daylight. A temperance lecturer would be very well instructed by an occasional journey such as we allude to. Before starting, he should spend half an hour or so at the corner of Chambers street and West Broadway, where passengers 'most do congregate.' Here he would view a series of peccadilloes arising from a mixture of two spirits—that of alcohol and that of rowdyism—quite novel to the peace-loving and peace-following citizen. After taking his seat in the car, he would be apt to witness a number of fellow-beings in all stages of intoxication—some jocose, some quarrelsome, some mandrin, some idiotic, others drowsy and helpless, and others again lachrymose and nauseated. In fact, the scenes to be witnessed in the city railroad cars, after midnight, are as unique as can well be imagined. They develop human nature in its most melancholy phases—indeed, they show up human depravity in several acts almost every trip, and after a

fashion that might be described, but scarcely with full justice, by the pen of a Dickens, or the unmatched pencil of a Cruikshank."

Now, then, if we were to assert that brandy-drinking is the general cause of the aforesaid "rowdyism," the above writers would agree to the proposition at once; but when we assert, what is equally self-evident, that the eating of brandy-soaked food creates the appetite for, and leads to brandy drinking, the above writers will, in all human probability, call us cabbage-head fanatics, &c., &c.—so inconsistent is poor mis-educated human nature!

WHAT ARE WE TO BELIEVE?—DEAR EDITORS:—What are the laity to believe, if they receive an opinion or doctrine on trust, or the mere authority of others? I have been puzzled most amazingly while reading the different views of writers, concerning the relative nutritive value of vegetable and animal food. It appears that men of science (so called) differ very widely in their opinions about the natural diet of man. By such men as Drs. Nichols, Trall, Alcot, Graham, and others, we are told, that bread made of the cereal grains, such as wheat, corn, barley, and oats, is nearly three times as nutritious as the best of flesh. But, in a late number of the WATER-CURE JOURNAL, Dr. Antisell, who has been trying to enlighten us about the "chemistry of life," tells us, that the "cereal grains approach flesh very nearly in nutritive value." He appears to think coarse bread and water are not sufficient to support a laboring man, "and keep him from becoming lank;" and if bread is the most nutritious article of diet, except flesh, I suppose, according to this meat-doctrine or appetite, that if we had good bread, and all other vegetables good for man to eat added to it, and if we partook freely of this diet, and if we could well digest and assimilate such food, our lean and "attenuated condition would be incompatible with health and vigorous muscular effort." Now, the men who tell us that the farinaceous grains are nearly three times as nutritious as the best of flesh, and those who tell us that they are very nearly equal in nutritive value to flesh, one or the other party must be in a great error. So I ask you what are the laity to believe? Now, I know nothing about organic chemistry, but all the argument that could be adduced would not make me believe that bread, fruits, and roots are not sufficient to support man in the highest health and strength, and enable him to perform as much, if not more, manual labor than he could on a mixed diet; but persons who are not in the habit of thinking, reasoning, and experimenting for themselves, will always decide in favor of habit and taste. Yet it seems strange to me that men, who think they understand organic chemistry, should come to such widely different conclusions. A READER.

REMARKS BY DR. TRALL.—We can very easily put "A Reader" in the way of answering these mixed questions without the assistance of any learned man's opinions. When doctors disagree, appeal to nature. When men differ about truth, go to the truth itself for evidence. Dr. Antisell, like ten thousand writers, lecturers, and book-makers, who have gone before him, quotes the floating opinions of the day, and hands them over to his readers as veritable facts, without reflection or examination, otherwise he could not write such manifest absurdities. There are two ways of demonstrating, most conclusively, that the cereal grains are far more nutritious than flesh. In the first place, all human experience proves that those who subsist almost wholly on flesh-meat, eat three or four times as much as those who subsist almost wholly on bread; secondly, organic chemistry proves that the best flesh-meat contains nearly seventy-five per cent. of water, while wheat, rice, corn, &c., contain only about fifteen per cent. Hence, if we judge an article nutritive according to its solid matter, the cereal grains are three times as nutritious as flesh.

THE PRESERVATION OF FRUITS.—The importance of preserving all the many and luscious fruits of our country, throughout the year, with all the freshness, flavor, and healthful properties of their season of growth, will be readily appreciated by the readers of the WATER-CURE JOURNAL. Many experiments have been made, within a few years, to preserve fruits without the addition of any extraneous ingredient. One plan, which has been practised on a small scale, and which will apply equally to fruits and vegetables, and, indeed, to all kinds of food—viz., keeping in the atmosphere of an ice-house, at a temperature far below the point of fermentation: the other plan has always contemplated the prevention of fermentation by exhausting the air from the vessel in which it is contained, and perhaps, in some degree, from the fruit itself. In this line of experimentation, Mr. Smith and his wife have already realized eminent success, as the following testimonials will show.—EDS. W. C. J.

PRESERVING FRUIT IN A FRESH STATE.—Wm. R. and Eliza Smith, of Macedon, N. Y., have devoted nearly their whole time during the fruit season for the present and past year, in perfecting their process for preserving soft and perishable fruits in glass jars, in a fresh state, like that when first taken from the tree. Their mode consists substantially in expelling the air from the jars by heat, and then hermetically sealing them; but there are so many minute particulars to be attended to, that one who should remain a whole day in their laboratory, and closely observe every part of the process, would not probably succeed as they do, after a month's trial. In truth, one might as well think to draw a fine picture without experience, by watching for a few hours the brush of an eminent artist. They preserve strawberries, cherries, raspberries, peaches, plums, pears, tomatoes, &c., and so different are the details of the process for each of these, that the necessary requirements for one sort, would, if applied to others, entirely spoil them. Of their fruits prepared last year, when they had much less experience, some proved imperfect by losing a part of the peculiar fresh flavor of newly-plucked fruit, while other specimens which we examined, and more especially the *cling-stone peaches*, could hardly be distinguished from those of yesterday's ripening. They are particularly successful with tomatoes, the flavor of which, after months of keeping, we much prefer to that of the specimens which are usually brought early in summer from the Island of Bermuda. They have now on hand a large collection of jars or bottles for distribution, and we hope they may reap some reward for the extraordinary labor, skill, and ingenuity which they have bestowed in perfecting their process.—From the *Horticulturist*, for November.

AMERICAN INSTITUTE, FARMERS' CLUB.—The regular meeting of the Farmers' Club was held in the room of the American Institute, yesterday, at twelve o'clock M.—R. T. Underhill, of Croton Point, in the chair.

On motion of Mr. Dickey, the club proceeded to consider the fruit produced and preserved by Mr. W. R. Smith, of Macedon, Wayne county. The chairman made some comments on the salutary character of fruit on public health, especially in cities, where the action of heat was prejudicial to the liver, and of course to health. Any person, therefore, who extended the domain of fruit, would contribute greatly to the public health and happiness. Several jars of fruits preserved by Mr. and Mrs. Smith were laid on the table. They were pronounced very fine by the members of the club.

On a call from the chair, Mr. Smith entered on an interesting explanation of the method of preservation. He introduced no foreign substance, but preserved the fruit by a chemical process, without sugar or alcohol. He had a few thousand bottles produced from his own farm. About three years ago he commenced experiments to attain a superior method of preserving. At first they failed, and lost hundreds of bottles spoiled in

color or taste; but now they had, though not brought to perfection, attained a very superior degree of preservation. The peaches tasted were very fine, also the quinces. Success, Mr. Smith said, depended not so much on the possession of an important secret, as on close attention to every manipulation, and choosing the fruits at the moment they were fit for the dessert. The cherry, as generally brought to market, was not wholesome, but when ripe and fresh it was very healthful. From the various specimens produced, tomato, raspberry, quince and peach were remarked as most perfectly preserved, containing the natural aroma and taste of the fruit. Of the tomato, the chairman said that the taste for it was an acquired one; but being a very healthy vegetable, was an inducement to acquire a taste for it. Mr. S. said they had also succeeded in rhubarb, to perfection.

On motion of Mr. Hardenbrook, it was "Resolved, That the thanks of this club be tendered to Mr. and Mrs. Smith, of Macedon, N. Y., for their presentation of preserved fruits, and the members having eaten of the different varieties, consisting of peaches, cherries, tomatoes, quinces, raspberries, &c., unite in expressing their high approbation of the excellent flavor of such fruits."

Mr. Smith returned thanks for the honor, in a few very appropriate remarks.

Prof. Antisell said that the resolution had not done sufficient justice to Mr. Smith. The Professor made some very interesting remarks on the labor expended in preserving these fruits in their singularly perfect state. Their color showed the care with which they were selected and handled. It was a principle that two fluids, with a porous substance between them, would unite. So, in preserving fruits in alcohol, the weightier fluid, or juice contained in the fruit, was replaced by the lighter fluid, alcohol; and we eat alcohol instead of fruit; while in preserving them in saccharine juice the flavor went entirely into the syrup, leaving the fruit comparatively tasteless. The plan pursued by Mr. Smith, of preserving the fruit in its own juice, obviated these difficulties, by making the syrup of equal density with the juice within the fruit, thereby preserving both aroma and flavor.

Dress Reform.

BLOOMERS;

OR, IS IT A DUTY TO WEAR THE NEW COSTUME?

BY JULIA KELLOGG.

Who does not love to peruse the words of an earnest writer? Earnestness is indeed one of the most attractive features which can recommend and adorn a literary production—it is its very *soul*. Proceeding, as it always does, from an active mind and an ardent heart, it at once arouses our intellect and vivifies our affections. But it has been truly remarked that every evil is the perversion of some good, and there is an evil to which these charming, earnest people are peculiarly liable. It is a great proclivity of our fallen, disorderly nature, and is commonly called "running into extremes." This phrase, I have no doubt, may sound very suspiciously in the ears of most of the readers of the WATER-CURE JOURNAL, as indeed it often does in mine, inasmuch as I have usually heard it used to stigmatize all earnestness and consistency. But don't be alarmed, friends, I am no conservative, though my discourse may seem to savor of the tombs. I take it for granted that *all* will allow there is such a thing as "running into extremes,"—that is, allowing an undue predominance to one idea, or set of ideas, over-estimating their *relative* value, and allotting to them so disproportionate a share of our attention that we over-

look others of equal or greater importance; thus becoming mentally one-sided and squint-eyed. Heaven preserve us all!

These reflections have been occasioned by reading Mrs. Dr. NICHOLS' last letter on the Dress Reform. That is to say, I have been *driven* to think on the subject of the Dress Reform by that letter. Of course I do not mean to insinuate that the said estimable and eloquent lady is subject to the mental deformities alluded to; on the contrary, I confess to the consciousness of an imperfection in my own vision which prevents me from seeing so clearly "to the bottom" of the matter as I could wish, and I shall be glad to have the benefit of her professional skill, or that of any others, among my *Water-Cure* friends, though I shall strenuously protest against their prescribing any of those bitter allopathic doses which I perceive they sometimes so treacherously administer to each other. To me the subject in all its relations seems rather a complicated one. A great variety of things are to be considered, which I doubt not have puzzled the brain of many a poor woman beside myself. I write this mainly to elicit the opinion of others more capable of reasoning and judging than myself.

Now be it known to my readers that I have a decided fancy for Bloomers, and being but little troubled with the cowardice of which Mrs. Nichols so pathetically complains, I have actually had the temerity to wear them a great part of the time for more than a year past, notwithstanding my *principles* (as she may think) are not very good. I certainly have found the "Bloomer" neater, more comfortable, and in every way more convenient than the old fashion, and I should *suppose* that all who would but "try it" would be of the same opinion, though I do not *believe* they would, for the simple reason that I never heard of such a wonder as every one agreeing about *ANY* one thing. But Mrs. Nichols does not put the matter solely on the ground of comfort and convenience, she evidently considers that a proper and conscientious obedience to the physical laws of the Creator would oblige all women to adopt the Bloomer Costume; and certainly one cannot but admire that conscientiousness and benevolent regard for the welfare of others with which she is so wonderfully supported. Now if it is my *duty* to wear Bloomers at *all times* and under *all circumstances*, and to brave all unpleasant consequences which may result from so doing, I want to know it, and will do so if I am mobbed every day; at the same time I must say that nothing but an imperative sense of duty could lead me to make such a sacrifice of feminine delicacy, and I think my sisters will agree with me that nothing else *should*. This feminine delicacy, let us be assured, is no imaginary or capricious thing. Woman has been endowed by her Creator with a *perceptive* wisdom which, like the Mimosa, shrinks *instinctively* from every wide touch which threatens to injure the delicate spiritual tissues, or disarrange the organized forms of the soul. This, I apprehend, is what we call delicacy. In this age of the deification of *rational* wisdom let woman beware how she undervalues or disregards the dictates of that beautiful perceptive wisdom which is peculiar to herself. Let her be truthful and she will find it true to her.

I have worn Bloomers both at home and in the village near us, where our family is well known and respected; but I have not felt myself called upon to do so when visiting friends who I knew disliked them, or in the city streets. In the first place, it has seemed to me that the long dresses might be made healthful by leaving off a superfluity of skirts—suspending those worn so the weight would come on the shoulders—making the waist loose, and leaving out the whalebones, and making the skirt short enough to clear the floor or streets. It is not, I know, so convenient; but then one *can* hold them up in special cases where that is called for. Having a great regard for my health,

and a great reverence for the physical as well as moral laws of my Creator, I managed in this way for years before the Bloomers "came out," and I *know* that one's health depends much more on the way clothing is made and worn than on the *length* of it. The Bloomer Costume may be so made and worn as to be unhealthy, and long dresses may, with a small degree of the heroism required to wear Bloomers, be made in a manner consistent with health.

With regard to wearing Bloomers in the streets of the city, where few or none who see us know who we are, I should suppose that it could do little or no good by way of example, and would be much more likely to bring ridicule on the Costume than to recommend it; and I believe experience bears them out in the opinion. With regard to wearing the Bloomer Costume among friends who dislike it, I think we have no more right to adopt a *dress* which is disagreeable to others than a set of disagreeable manners. We may say, no one has a right to dictate to me, I will dress as I like; but Charity and propriety demand that the tastes and opinions of others should be consulted. We were not created *isolated* or independent beings, and it would seem that it is not *orderly* or *seemly* for us to attempt to act as such; excepting where we clearly see that others are acting in a *disorderly* manner, or, in other words, in contrariety to the laws of the Creator, which are the very laws of order, life, and happiness. I should like to know what the "brethren" think on this point, "and when I say brethren, I mean sisters too." The Bloomer dress, I can say, from much experience, is much more favorable to freedom of movement than the long skirts, and is, for that reason, at once more comfortable and more promotive of healthful exercise. It is not, however, *necessary* to taking that exercise, and by no means secures it. It makes exercise easier and pleasanter, and thus tends to encourage it, and make the same amount of effort more conducive to health.

Holding as I do this belief, it may seem strange to some that I do not at once see that it is my "*bounden duty*" to wear Bloomers; but then I am similarly impressed with the conviction that it would be still more for my health and comfort to wear my night-gown through the warm months; but for *some* reason there seems to be an insurmountable objection in my mind to such a costume, though certainly it would involve no indelicate exposure, and would scarcely be more uncommon than a dress up to the knees. Here, again, it would seem that our social relations are deeply involved in questions of this kind. I confess I have sometimes been withheld from wearing Bloomers by the conviction that it would give me a reputation for eccentricity and want of sobriety which would injure my influence for *good* over *some* among my acquaintances. I have also made some concessions for the sake of cherishing family affection and harmony—a jewel ever to be fondly guarded. Indeed, the more I think about it, the more I am convinced that more than *one* thing is to be considered in determining this question. It involves principles which underlie many questions pertaining to human action and *individual* rights. Who will give us more light on the subject?

The National Costume, it has been truly remarked, is an outward expression of the National character. It will, therefore, be no easy matter to change it. History abundantly testifies to this. It must of necessity be the work of time. No good is to be procured by attempting to *force* the matter. It will only *repel* those who are not quite prepared for a *great* and sudden change, but would fall in with progressive and wisely-concerted measures. I cannot but think that if the present Costume had been introduced *gradually*, it would have been much more likely to be generally adopted. This would, it seems to me, have been more orderly—more in accordance with the way in which the all-wise Creator accomplishes his purposes. It appears very evident to me that the time for the

general adoption of the Bloomer Costume is not yet come; but I see no reason why all who like it should not wear it in the freedom and privacy of their own homes, provided they do not violate domestic harmonies in so doing. I think that most, if not all, might do this by the concession of wearing long skirts in public, and as a "dress up" in the afternoon. A little compliance often accomplishes wonders, especially with our male friends, and on the other hand I can assure all my inexperienced female readers that there is no small degree of comfort in wearing a Bloomer while "doing up" one's morning work. [*Metamora, Ill.*]

THE AMERICAN COSTUME.

BY MARY E. TILLOTSON.

MY favorite JOURNAL requests that all interested in the Dress Reform express their views through its columns, and some one has added, "through all accessible columns."

A willing compliance is granted by one whose interest is manifested by having worn the new costume more than a year, and on no occasion returned, or desired to return, to the fettering drapery that is yet burdening the masses.

With grateful pleasure I receive the greetings that reach me monthly from the pens of some of my emancipated sisters, and cheerfully respond. I love them though unseen, and should prize their society. They, the truly converted, persevering and faithful, need not the encouragement of my words, and those who do will probably give no heed: nevertheless, my voice may add testimony in favor of the great improvement, and I will speak.

To the sneerer, the hooter, the prejudiced by ignorance and interest, I shall not at present deign attention; but there is a numerous class with which I crave the privilege of a brief conversation. That class is composed of those who see and feel the necessity of the change, and would fain throw off the cumbrous load that is daily augmenting their sufferings, but are prevented by the opposition of friends, or the reproach and abuse meted out to those who have had the spirit to obey the mandates of conscience, and attire themselves comfortably. Perhaps I cannot fully sympathize with this class, as my husband had the good sense to appreciate the improvement, so that I had nothing to encounter at home; yet had he thought otherwise, and had my efforts to prevail by entreaty over his dislikes been fruitless, I should long ere this have made the change, knowing its use would soon discover to him its benefits, yes, and its beauties. It must be worn to know its superior advantages. No eulogy bestowed on it is exaggerated. And now, after observing how its appearance changes in the eyes of honest opposers,—how it grows becoming as they get accustomed to it,—after knowing that all the "want of protection" and "indecent" are on the side of long skirts and no trowsers—that not one reasonable objection has been or can be raised against it; and noting how flimsy and contemptible is all that has been attempted against it,—after this, I am satisfied that 'tis the imperious duty of every woman who desires the adoption of the American costume, to put it on immediately, fearless of consequences. Should we regard the disapproval of those who care less for our health and happiness than for the perpetuity of a most pernicious custom? Should we heed the displeasure of fashion-goers, when we know their ways are perversions of nature, and must end in premature and unnatural death if persisted in? Should we dread singularity of appearance for a time, more than a life of uselessness, torture and remorse? In short, should we, knowing our duty, do it not, because forsooth a sinful world frowns on the righteous doing? Answer these questions, and let your practice tell whether

moral courage and freedom of soul, or fawning vassalage, holds dominion in your nature—whether you possess an individual character or not.

Some tell us we shall lose friends by changing the mode. *Lose friends?* never! We may lose flatterers, and who would not lose all they have of such? The society of those thus estranged could never bless us, but continually wrong us by its false, wily pretensions. So here is gain instead of loss. It is much, to me at least, to distinguish my real friends from foes in complacent masks.

I know "innovations are painful," and singularity of appearance is unpleasant, but the dress-reform is momentous, and will more than reward its votaries for all disagreeable concomitants. It were far better for whole communities to adopt it at the same time, or for companies, even though they be small, than for single individuals to stand a mark for the foul multitude's ignominious shafts. But if others hesitate, it is better to reap the reward of improvement alone, than still plod on, the unwilling bearer of life-corroding bonds.

Some say our apparent singularity will destroy our influence. Our influence for what, let us ask? Not for the promotion of good, surely. But the influence we have ever lent to fashions that debase the moral, and enfeeble the physical nature, we gladly lose.

Others, acknowledging the utility of the change, say we shall become martyrs to our devotion to it, in the present impure state of society. To them, we reply, it will be a martyrdom far preferable to the embrace of the empire, a martyrdom that lightens all our burdens. Would that none were harder to endure.

What principle is there in a heart that countenances vice which it knows to be vice, merely to secure approval and a place among the vicious multitude? In mercy deliver us from such approval, and such a place so sought. Those who still love to buy flattery with flattery,—to sacrifice honor on the base shrine of policy, will never be envied by the good for their puny popularity and all its paltry considerations. O, Principle! how rare a jewel.

But the time has come when light from heaven is dawning on the understanding of mortals. Men and women are being enabled to explore the hitherto barred chambers of their own souls; and while there discovering vast requirements and capacities, among the first is visible the necessity of liberating the perishable tenement from enormities an exceedingly corrupt custom imposes, that the imperishable spirit may be permitted to expand and expatiate in more elevated enjoyments. And shall we, knowing this necessity, shrink from the easy effort of unchaining our limbs and unlading our bodies, that we may walk forth in the freedom and vigor of life, allowing our immortal minds power to become free also—to rise in the strength of knowledge and ever-increasing wisdom?

Nay, though, in addition to all things else, the charge of boldness is preferred against us, let us labor for liberty. In the cause of human Redemption, injured Truth and persecuted Right, Heaven will qualify us to uncoweringly face all the Falsehood and Wrong this little orb can array. [*South Oxford, N. Y.*]

A LETTER TO MRS. NICHOLS—More than a year since, when about to start with my husband to his appointment as a missionary of the M. E. Conference, to the newly-settled parts of the State, I ventured to array myself in a comfortable, though, I acknowledge, not very tasteful short dress. Dyspeptic, nervous, weak, irresolute, &c., &c., I felt that I was and should be wholly unfit for the new and responsible duties before me, until I could summon moral courage to act up to my profession—to fear God more than the ridicule of ignorant men and women—to "lay aside every weight," and use every possible means to restore my God-given powers to health and fitness for service in his vineyard.

I walked many miles—was quite independent of my husband's assistance out of and into the wagon; and in climbing the hills and wandering off into the uncultivated flower-gardens, felt more free and joyous than I can tell you. I felt like leaping, and praising God that the day had already dawned in which civilized white woman, too, could breathe the air of "Free America" unloosed from fashionable bondage.

En route, we called at my father's. His first words, I think, on seeing me, were, "The Lord bless you, Jane! You remember your poor mother: don't you! She died in consequence of wearing long skirts. I have begged of and pleaded with the girls to adopt the reform, but they are too cowardly to be the first."

Our mother, in the bloom of health and prime of life, (they say she was a noble woman) got her dress drabbed when it was not convenient to change or dry it—"took a cold," which settled on her lungs, and in a few days left her four little children with my father a disconsolate and almost ruined man, to mourn a "mysterious Providence."

I am trespassing on your valuable time: have patience with me, while I indulge a desire, long felt, to communicate with some one laboring in a cause so near my heart.

In view of the *unbecoming* as well as killing fashions that had been noticed only to be admired and copied by very many professors of Godliness, I had no adequate conception of the amount of prejudice that would be raised against us even in the church. When it became apparent, for the sake of my husband and his mission, I told him that if he desired it I would wear a long dress. His reply was, "If you think the reform is right and will benefit the race, don't abandon it. Will stand by you." Thus encouraged, with occasional cheering, *strengthening* words from you, reformers, (Heaven reward you!) through the JOURNAL, I could not be frightened back into petticoat slavery, although I have yet seen but one woman—the wife of an M. D. of Delevan, Wis., (I looked upon her with admiration,) who dared appear in public in a Bloomer dress. If some contributor to the WATER-CURE JOURNAL would give us a pattern—pretty, economical and easily made, with directions for material, quantity, &c., remembering that we can't all employ dress-makers, and have little leisure to experiment, I think many who are waiting to see a style that suits them, would adopt it.

Mrs. GOVE NICHOLS, Port Chester, N. Y. [J. A. S.]

Voices from Home.

EXTRACTS FROM LETTERS.

FROM TERRE HAUTE, IND.—[The writer reports Allopathy in his vicinity, as "running out at the little end of the horn." "Not having time," he says, "to crawl out of the way of its pursuers, it is fast killing itself, and by the aid of Hydropathy will surely die! Yes, though the Water-Cure is so healing to the human system, it is death to the system of drugs!" He gives several cases of successful "home practice," of which we can find room for only one at present:—]

About one month ago, my mother was attacked with Chills and Fever; also with Liver Complaint, to which she is subject, and which generally goes very hard with her.

While the chill was on I kept her in a tepid bath, using a good deal of friction, which kept the chill nearly all off. When fever came on I put her in the wet-sheet pack, when she would go to sleep in a few minutes, and wake in from one to two hours, or when she commenced sweating. Then I gave her the cold douche, using a dry towel after it; she wore also the wet bandage. With such treatment she had only the third chill, which was very slight. She still continued the treatment for liver complaint, which brought on a crisis, (diarrhœa.) which lasted about two days. Since that time she has been in better health than for a long time before; besides, she is a convert to the Water-Cure, which was not the case before.

FROM REEDSBURG, WIS.—The cause of Water-Cure progresses swimmingly on these frontiers, considering the amount of knowledge we possess. The M. D. who claims an allopathical mortgage upon all the sick in these parts, is quite vexed to have us agitate Water-Cure here, but he can lay no embargo on our tongues. Truth, like the soft pure waters which flow through our villages, is pressing onward, and has reached many families which, a few months ago, knew nothing of the art of healing by water. No intelligent family to whom it has been fairly presented has rejected truth on this subject. I am astonished to see the progress of the cause—can only account for it on the principle that the medical philosophy that would poison men to cure them, is founded in error, and that the Water-Cure philosophy is founded in truth—truth so plain that it commends itself to every discriminating, inquiring mind.

About four years since we commenced the practice of Water-Cure in our family, as a matter of necessity, with hardly a syllable of knowledge on the subject, having never seen the WATER-CURE JOURNAL, or read a page in any Water-Cure book. With a meagre amount of information collected in a single conversation with a stranger, whom we met in a journey on the frontiers of the Wisconsin river, we returned home and tested the virtues of Water in the entire and speedy cure of a daughter attacked with lung fever, and another a few weeks after, taken with bilious fever. We began to read and practise in our family with entire success. We find, in conversation, many people who are anxious for Water-Cure light, but they know not where to find it. They are ready to receive truth as soon as presented. We need several good practitioners in Wisconsin. The field begins to whiten for the harvest. God speed the Water-Cure, till it shall find its way to all the suffering families of earth; and men, everywhere, find at their own doors the antidote for their ills, which they have long in vain sought in foreign climes. B. A. D.

FROM BROOKLYN, CONN.—I have had your "Journal" for two years, and so much do I prize it that I should be unwilling to give it up, even at many times its cost. We shall send you soon a list of some fifty subscribers, from this and neighboring towns, as a substantial evidence that we estimate your labors, and wish to lend a hand in furthering the cause in which you are engaged. The Journal needs only to be more extensively known and read to ensure a circulation equal to your most sanguine expectations. As an Allopathic physician, of some thirty years' experience, I consider myself in a position to make fair observations relative to both sides of the question; and I can, and must candidly say, that the Water-Cure practice cannot, at any rate, be subject to any more failures, to say the least, than the old way. Wishing you all success in your good work of wholesome reform, I remain yours, respectfully, T. H.

FROM NORTH BERWICK, ME.—[A teacher, who has done, and is doing, good service in the cause of Reform, within the sphere of his influence, writes as follows. His example is worthy of imitation. He has not labored in vain, nor shall he fail of a rich reward, in the consciousness of untold good accomplished:]

"It is now a year since I first became acquainted with your Journals. Having seen a prospectus of the *Phrenological Journal*, I sent for a sample number, and received a number of each *Journal* and of the *Student*. I immediately subscribed for the *JOURNAL*, and my brother for the *Student*, and here I must say, that they have been welcome visitors, and I have been very agreeably entertained and instructed by their company. This winter, soon after I commenced my school, I determined upon making an effort to introduce the *Student* into my school, and taking the *Journals* in connection with it, I commenced taking names about three weeks since, and have thus employed the most of my spare time, before and after school; how I have succeeded the sequel will show, although it has cost me no little time and trouble, residing as I do in a somewhat sparsely-settled part of the town, and the people not being acquainted with your publications, and consequently not able to appreciate their value, yet I have done it cheerfully and willingly, being confident that I was engaged in a good cause, and that it will result in the benefit of those whom I have been the means of introducing as your readers. Let others go and do likewise, until your truly valuable works shall find their way to every fireside throughout the length and breadth of our land; then, indeed, a great and good work will have been accomplished, which will result in the intellectual advancement, prosperity and happiness of the race." J. A. D.

FROM NEW HARTFORD, ILL.—[From a letter enclosing the writer's subscription for the *JOURNAL*, for 1853, we take the liberty to clip the following brief extract:]

Although poor, and without some of the essentials of a perfect life—a constant supply of pure soft water, and good Graham flour—we still feel that to be without the WATER-CURE JOURNAL would be our greatest source of discomfort. It sustains us in our newly-awakened ideas of "Dress reform," "Internal improvements," "Efficacy of cold water;" and leads us 'on' 'up' against a strong current of opposition with a hand gentle but powerful. W. W. M.

N. B.—You have our hearty consent for adding the vegetarian department. I once recovered from chronic diarrhoea by an abstemious vegetable diet, after all the regular remedies had failed! M.

FROM PRINCETON, N. J.—[A student writes from this place as follows:]

I have not been able to get many subscribers to your Journals as yet, my time being principally taken up with my studies, but I shall use my endeavors to introduce your publications whenever I have opportunity. Quite a number of the students have the *Water-Cure Encyclopedia*, by Dr. Trall, and various other of your publications. I enclose a subscription for the WATER-CURE JOURNAL. There are several others of the students, who, I expect, will subscribe soon. G. F. L.

CHATHAM, CHESTER CO., PA.—I cannot forbear telling you how more than thankful I am, that I am one of the readers of the *JOURNAL*; and why should I, why should any who have realized the truths it advocates and defends—who have learned, in spite of insinuations and prejudices, to value health, with unburdened limbs, and lungs left free to inhale the pure air of heaven; who have learned to use freely the clear waters with which God has so plentifully supplied us, and to eat, drink, and sleep, in a manner consistent with the laws of nature; in short, who have learned to think for themselves, to think reasonably, and to act in accordance with their thoughts, independent of the misguided opinions of the weak and worldly-minded. I ask, why should any who enjoy these blessings, hesitate in raising their voices in commendation and encouragement, and lighten, if possible, the honorable task of illuminating the world with the lights of "Water-Cure," and the principles of "hygiene." My voice may be weak, but my heart is "strong and willing;" and on closing this unimportant note, with a promise to render all the aid in my power, I, a lover of all that is true, and pure, and holy in nature, utter a sincere prayer for the success of your glorious cause. IVY WAT.

GRASS LAKE, MICH.—It gives me pleasure, gentlemen, to be able to tell you that, since taking your valuable *JOURNAL*, I have left off the "flesh-pots," and the "grunter's grease," and have adopted the vegetarian system. The following is the result: I came to Michigan in the spring of 1847. At that time, and until recently, I indulged in the use of tobacco, coffee, tea, meat and grease, and have been unable to do any work between harvest and winter, every fall, except one, since I have been in the State. In the latter part of May last, after reading a few numbers of your *Journal*, I wrote the following pledge in my memorandum book, which I have observed to the very letter:

"PLEDGE.—Whereas I believe the use of ardent spirits, tea, coffee, and tobacco, (and I may now add, meat,) to be not only useless, but injurious to health and character, I pledge myself to abstain from the use of either, in any way whatever, and in all suitable ways will endeavor to discontinue their use throughout the community.

I have had no sickness the past season whatever. The *JOURNAL* comes regularly, the first of each month, "with healing on its wings." I hail it as a treasure; so interesting are all its contents to me, that upon its arrival, after plucking here and there a bit, I commence and read it through from beginning to end, and feel sorry that the numbers are so small and so far between. J. B. B.

FROM ALTOONA, PENN.—["Hard soil" for "new notions," if the following be a fair representation. It is well that our co-working missionaries are sowing good seed broadcast over the benighted regions of our own great country. "A little leaven" will, in due time, astonish the natives. But that our readers may know the present condition and necessities of a portion of our poor fellow-humans, we quote from a recent letter:]

I have repeatedly tried to get subscribers for the *JOURNAL* in this State, where I have felt that it would do much good. I have uniformly offered it at club prices, and pay the postage on the letter myself; but as yet I get no one to fork over the fifty cents. They will look at me with a peculiar leer, as much as to say, "no, you don't (sponge fifty cents out of me,)" or with a sober, cast-iron, expressionless face, turn away with owlish dignity.

I thought I had been among conservative people, but Pennsylvanians take the rag off the bush "intirely." I would sooner undertake to get ten subscribers for the WATER-CURE JOURNAL, in Illinois, than one here. But I will keep on trying, perhaps I shall get one after awhile. Reckon I shall hardly catch a native though.

HOMER BROWN.

FROM LANSING, IND.—MESSRS. EDITORS:—I have been a reader of the WATER-CURE JOURNAL the past year, and can truly say I have derived more benefit from it than I have in the past twelve years from the best physicians the country affords. Now, be it known, that I have suffered ill health, with all the miseries thereunto appertaining, for the past twelve years, and have gone through all the different modes of treatment of the day, but grew no better, but rather worse, not being able to sleep more than half of the time, and quite unable to attend my household affairs; when a neighbor kindly loaned me a WATER-CURE JOURNAL. I read, believed, and commenced practising the rules of bathing, exercise, diet, &c., which have nearly restored me to health; my friends and neighbors are astonished to see me so much improved in health and spirits. I have loaned our *Journals*, and scattered them over the country far and near. I have talked and preached much (in my weak way, of course), and people are beginning to ask, are these things so? can man be thus physically redeemed and raised to a new life? I can confidently answer yes, and point to the facts to sustain my assertion.

A WESTERN BLOOMER.

Poetry.

LET IT ALONE.

—
BY CHARLES SWAIN.

—
IVY WAT.
Though the bowl and the bumper
With spirit be filled;
Though the nectar, like Jove's,
Be ambrosia distilled!
Though wit, song, and laughter,
Lend joys of their own;
Take counsel from caution,
And let them alone;
Let them alone.
Take counsel from caution,
And let them alone!

If a friend have a scheme
That he shows, very clear,
Will bring you two thousand
Or upward a year;—
Though it seems like a fortune
To other hands thrown,
Take counsel from caution,
And let it alone;
Let it alone.
Take counsel from caution,
And let it alone!

The fountain of fortune
But slenderly flows;
Wealth, got in a moment,
As suddenly goes!
And Wine's giddy laughter,
'Tis easily shown,
Brings sorrow hereafter—
So let it alone;
Let it alone.
Brings sorrow hereafter,
So let it alone!

The Month.

NEW YORK, FEBRUARY, 1853.

"If THE PEOPLE can be thoroughly indoctrinated in the general principles of HYDROPATHY, they will not err much, certainly not fatally, in their home application of the WATER-CURE APPLIANCES to the common diseases of the day. If they can go a step further, and make themselves acquainted with the LAWS OF LIFE AND HEALTH, they will well (emancipate themselves from all need of doctors of any sort."—HYDROPATHY FOR THE PEOPLE.

FEBRUARY TOPICS.

BY R. T. TRALL, M.D.

A REMARKABLE WINTER.—The first half of our winter season has been remarkably mild, forming a *feeling* contrast with that of last year, which was excessively cold. Rain and mud have succeeded last winter's snow and ice. As a consequence of the "open weather," the prevailing diseases of this winter vary considerably from those of the last. Colds, coughs, influenza, and scarlet fever, have been common in this city and vicinity, whilst in many eastern cities and villages they have prevailed very extensively and very fatally. A correspondent of one of our daily papers, writing from Boston, says:

"The singular weather that we have had has been productive of a great amount of sickness, especially among the youngest portion of the community. That scourge of modern times, and which seems to have taken up the terrors long ago laid down by the small-pox at the command of science, scarlatina, has been, and is frightfully raging in and about this city. In one small town, not ten miles from the city, over one hundred cases are mentioned, and eighty deaths, and probably the numbers are larger. In some families all the children have been swept away, to the number of three and four in some instances. This disease appears to be the most severe the nearer places are to the sea; and in country towns, not above twenty miles from here, not a case has occurred. Whether this is a law of this peculiar form of pestilence, is a point upon which I do not profess any ability to speak. Probably it is not, and the disease is capricious. Besides this, we have colds in all their infinite variety, and vast powers of annoyance. Influenza prevails almost everywhere. Fevers are common as sin. The foundations of consumption, and others of the grisly family of disease, are laid most abundantly. Many a ruined constitution will date its fall from the 'remarkable winter' of 1852-3. When people talk of 'fine weather,' they ought to recollect these things, and then they will not improbably come to the rational conclusion that warm weather in December is as bad as snow would be in June. It is fine only for doctors and sextons."

Eighty deaths, in one hundred cases of scarlet fever, is a most extraordinary fatality, as well as another melancholy illustration of "The deadly virtues of the healing art," as administered allopathically. But our present purpose is mainly to notice the statement in the above extract, that the disease is more severe near the sea-shore. We have often contended that

bad food and erroneous dietetic habits were the chief causes of scarlet fever, especially in its malignant form. We have also, heretofore, expressed the opinion that salted sea-food and all forms of swine-food, were among the articles most especially conducive to this disease. Near the sea-shore, it is well known, a greater proportion of both fish and swine food is consumed than in the interior; hence, the greater prevalence and more malignant character of the mortality may be, in our opinion, at least in part, accounted for.

HOOPING COUGH.—This affection is unusually troublesome among children at the present time, in many places. Hydropathically, its management is not difficult. Be careful, in the first place, to keep the child, at all times, entirely free in the bowels, by suitable diet. Avoid all animal food, salt butter, fine flour, candies, nick-nacks, &c. Whenever there is much soreness of the throat, apply the wet bandage. If there is much soreness about the chest, or if the lungs evince signs of inflammation, apply the chest wrapper, especially during the night. When the whole body becomes feverish and preternaturally hot, a pack, prolonged so as to produce moderate sweating, is desirable; and when the windpipe is obstructed with viscid phlegm, so as to produce a sense of suffocation, a water emetic should be given. The patient should have a daily ablution of tepid or cold water; and when the fever increases, in the after-part of the day, it should be repeated toward bed-time. When the disease is accompanied with violent headache, a hot foot-bath will relieve; and when the whole system is sore and sensitive, with alternating hot and chilly sensations, a hot bath ten minutes, followed by a tepid or cool ablution, should be employed.

DEATH OF WALTER FORWARD.—We are deeply grieved to have so soon to record the death of another distinguished man, who has fallen, as we believe, a victim to a false and murderous medical system. We use strong language, but we know what we say. Mr. Forward was our friend, and a friend of the system we advocate. He was also a friend of progress and reform; and more than all, he was a friend to mankind. We therefore claim it as our privilege to speak of him, and of his medical treatment, precisely as we think. An intimate friend of his writes:

"It is a most distressing reflection, that so great and so good a man should have been so hurried into eternity. He was sixty-seven years of age, but robust and of very active habits; and three days before his death, had walked in from his country seat, five miles distant, as was his almost daily habit, to attend to his official duties in the city of Pittsburgh, Pa. I have no doubt his valuable life would have been saved, if there had been a good hydropathist in the place. His attack was a mere cold and colic, as he had frequently experienced before. A

post-mortem examination revealed a number of gall-stones in the ducts of the liver, but the doctors acknowledged they were no cause of danger or death."

The question then naturally arises, if nothing morbid was found except gall-stones, and these did not produce death, why did the man die? We have treated many cases of gall-stones and colic hydropathically in aged persons, and never suspected there was any danger of any of them dying from those diseases or from our treatment. Tepid injections, warm wet cloths to the abdomen, and warm hip-baths, have always succeeded in relieving all the trouble in a few hours; and, in some cases, even after as large doses of opium as other physicians dared to administer, had failed to produce the slightest relief.

Since the death of Mr. Forward, the attending physicians—Drs. King, Speer, and Spelter, of the Allopathic, and Drs. Penniman and Cote, Homœopaths, have been engaged in a newspaper controversy as to *who* killed him; each party not only suspecting, but directly intimating that he died of *some* doctor, and not of any disease. The main point of the controversy turns upon the effect of the large doses of opium which it is admitted the patient had taken, as the following specimen extracts will show.

Says Dr. King to Dr. Penniman:

"You say that when you were discharged others 'assumed the responsibility' of the case 'with its melancholy consequence, which is so frequently the result of large doses of opium,' &c.; thus boldly attributing the death to the opium employed, and reflecting upon the physicians who prescribed it. Were it not for the ignorance manifested in the last paragraph of your article, in relation to the toxical effects of opium, I should be without excuse for failing to rebuke in a proper manner the unworthy motive which prompted such a statement. But I may not pass unnoticed your inexcusable recklessness in attempting to treat a case of *hepatic colic* without a sufficient knowledge of the remedial agents by which alone it can be controlled. Having yourself once professed to be a regular practitioner of medicine, you should, if properly read in your profession, have known that in obstructions of the biliary ducts, as well as in obstructions of the urinary ducts, there is no remedy so reliable as opium. You should have known that it soothes the pain and controls the spasmodic contraction of the ducts, thereby allowing the accumulating fluid to force onward the calculus till it escapes. You should have known that the great majority of cases thus treated recover, whilst, as Dr. Budd informs us, a fatal termination is of rare occurrence. Your ignorance of these facts alone explains your conduct in hopelessly attempting to treat such a case by exhibiting infinitesimals, while the patient for five or six long hours writhed in the most excruciating pain.

"You also say, that on Monday evening, at 8 o'clock, after you were 'discharged,' you 'saw Mr. Forward, and that he was laboring under the effects of large doses of opium. Without dwelling on the manifest professional impropriety of sneaking back to see the patient

after you had been dismissed, I reply to your statement, as it regards the effects of the opium, that it is utterly false. No effect of opium was visible till after 9 o'clock, when the patient, as stated in the report, slept tranquilly, manifesting not the slightest indication of coma, or any other sign of an over-dose of opium."

Dr. Penniman to Dr. King, in rejoinder :

"You say that there was not exhibited any of the effects of opium at eight o'clock in the evening. I say *there was*, and the effects were so evident that Mrs. Marks observed them and spoke to me about them, saying she knew the symptoms, she had seen them often, and that his were the effects of opium. You speak of the patient's writhing in excruciating pain for five or six hours under my treatment, and admit that there was not any mitigation of symptoms until nine o'clock, under the stupefying effects of opium, which was nearly six hours from the time that I was dismissed. So much for your *only remedy*. You charge me with sneaking back. I felt a strong interest in the great man who had been my patient, and I had strong doubts of the propriety of the treatment that would be adopted, and determined to watch its effect. Mr. Forward had often expressed to me his detestation of the Allopathic practice."

THE ESCULAPIAN.—A new medical periodical, with the above title, has made its appearance in this city. Among the great "aims" which the editor announces in the first number is the following: "To show why the *old-established system* of medical practice is *alone* entitled to the confidence of the people." When he "shows" any *why* in the premises, our readers shall know *how* he does it. We expect, however, they will have to wait some time.

AN IMPORTANT PROPOSITION.—The *Boston Medical and Surgical Journal*, under the head of "Irregular Regulars," administers a severe castigation to its "recusant brothers" who are striking out into independent courses of medical practice, and dealing in preparations unknown to the "ordinary medical brotherhood." The journal says, quite deplorably:

"Presuming that others have contemplated the erratic course of many a recusant brother, what course, in their opinion, can be devised to uphold the respectability of the medical profession, and preserve it from the contempt of well-directed minds? The question is open for discussion."

That is a poser. How "shall the medical profession be preserved from the contempt of well-directed minds?" But—we have it. Stop your *ill-directed* warfare on human constitutions, with your thousand and one poisons which you fictitiously denominate medicines.

CERTAINTY OF MEDICINE.—We commend the following extract, from the *Boston Medical Journal*, to our Esculapian contemporary of this city. It may be of wonderful assistance in the prosecution of some of its aims:

"Dr. Bryan's introductory lecture before the Philadelphia Med. College, fully sustains his growing reputation. He is beginning to be a miracle of industry in medical matters; the press is often sending out something from his

prolific pen. Dr. B. seems to have found more certainty in the practice of surgery, than in the administration of drugs. In a word, if we understand him, there is no certainty in medicine beyond what is based on a most thorough and complete knowledge of the properties of the articles given; the structure and constitutional circumstances of the patient; the conditions of the climate; the chemical combinations and changes that take place in the stomach by the introduction of supposed remedies for undefined diseases."

Perhaps the Esculapian will condescend to show us why *supposed* remedies for *undefined* diseases are *alone* entitled to confidence! &c.

Miscellany.

A BEQUEST—A NEW FEATURE IN THE HEALTH REFORM.—Let us introduce the subject with a brief preface.

Donations, Bequests, and Contributions, are solicited, received, and appropriated for every conceivable benevolent object—under the general title,

"CHARITY."

PHYSICAL REFORMS, however, have not hitherto been favored in this way. How much more important the distribution of religious matter may be to communities—Home and Foreign—we do not pretend to judge or to say. But we may venture the remark, that to secure and insure "a sound mind in a sound body," would be quite as acceptable to God as any service we may render, while laboring in His field—the great human vineyard. While others seek to diffuse morals and religion, through tracts, papers, and pamphlets, irrespective of the Vital or Physical Constitution of Man, we feel it a duty and a pleasure, *First*, to disseminate the laws and principles of LIFE and HEALTH;—how to preserve the former, and prolong the latter; and, *Secondly*, to develop, cultivate, and improve MIND AND MORALS. Then, we may direct our attention to the completion and perfection, so far as possible, of the Human Edifice—the Crowning Glory of God—the development of "a perfect man." This is the order of our work: We prefer to begin at the beginning. Young people should understand Physiology. Children must be born of a healthy parentage. Their bodies properly developed by proper food, exercise, sleep, air, clothing, and proper training. This would ordinarily secure life, health, and a green old age, except in rare cases, as by accident and calamities. Even epidemics would be rare, if not unknown, were all these laws observed. It is our mission, among other duties, to promulgate and teach these laws to the world. We began our work almost "single-handed and alone," as *all reforms* begin. We ventured only to ask for *patronage*, not for "pecuniary aid." But, at length, it came voluntarily, and without solicitation. A FUND (the only lever at present with which to move the world) is proposed. The following correspondence, which we copy, will explain:—

"COPY."

Big Spring, Laporte Co., Indiana, }
Dec. 7th, 1852.

DEAR FOWLERS AND WELLS:—Do you know how a man feels when his whole soul is filled with emotions of gratitude to his benefactor, when he knows he has received very material and lasting benefit, and has secured years of health and happiness through the instrumentality of an individual, when he knows he has been saved from becoming a victim to the horrid system of Allopathy? If you do or do not, I will take this opportunity to give you a faint idea:—

MR. JOHN JOHNSON, a native of London, England,

and one of your subscribers, cannot express his gratitude to you, for the benefit he has received by following the precepts of your WATER-CURE JOURNAL, more fully, than by bequeathing to you One Hundred Dollars. This amount he wishes you to accept as a token of his especial gratitude. He is now about sixty-five years of age, and possesses a sound and healthy constitution, rendered so by practising the Hydropathic system. Before he became a subscriber to the WATER-CURE JOURNAL he was anything but a healthy man. His chest was contracted, he walked in a stooping position, and his countenance indicated premature consumption. Now he walks as erect as an Indian, his chest is six inches larger than before he was led into the light of the glorious principles of Hydropathy. Oh! what a change has come over him.

He wishes to retain the interest of the Hundred Dollars to supply himself with the A. P. J., and the W. C. J., books, &c., during his lifetime, and at his decease remit to you with the principal; and at your decease he wishes the principal to be left for some charitable purpose, as you may think best. Mr. Johnson wishes you to answer through me, and if the amount shall be accepted please direct how it may be sent. Please make out and send a form of the Bequest. I have not written this with the expectation of its publication, but if you think best you may publish it. I shall soon send you a good list of subscribers for both Journals, and the *Student*. Yours truly,
INGRAHAM GOULD.

"ANSWER."

New York, Dec. 14th, 1852.

INGRAHAM GOULD, Esq.,
Big Spring, Indiana.

DEAR SIR:—It gives us great pleasure to acknowledge the receipt of yours of the 7th instant, containing the very generous offer of Mr. JOHN JOHNSON. We cannot do less than to thank Mr. JOHNSON most heartily, to accept his offer, and enter into the obligation to appropriate the principal and interest as he may direct. He may rest assured, that we shall do all in our power, with all the means at our command, to promulgate the principles advocated in the WATER-CURE JOURNAL, being satisfied that this is our highest earthly duty, and by which most good may be done to the living. We have been blessed hitherto for all the good we have ever done, by which our fellow humans have been benefited—and we have the fullest faith to believe that God will bless all good efforts—as well in this as in any other field of labor.

We inclose the form of a Bequest, which may be altered and adapted to the views of Mr. JOHNSON.

Repeating our thanks for this manifestation of gratitude, we close by subscribing ourselves yours, and the friends of humanity,

FOWLERS AND WELLS.

[In conclusion, we may add, that the above voluntary offer has induced us to say to our friends and the public, that it will give us pleasure to receive from them any sum which they may feel inclined to appropriate, for the diffusion of Physiological knowledge among men.

The rich and opulent, the benefited and the well conditioned of the world, may aid most effectually in this way to cure, elevate, and improve humanity, physically, intellectually, and morally; and to this end, we annex the following

FORM OF A BEQUEST.

I give and bequeath to "THE AMERICAN HEALTH REFORM SOCIETY," in the city of New York, the sum of ——— dollars, to be applied to the uses and purposes of said Society.]

To carry out this great work on a large scale, a scale worthy its objects and name, we shall need a series of cheap Health Tracts, which are already commenced, that may be printed by the million, and scat-

tered broad-cast over the civilized world. But let us begin at home, and when good health prevails throughout our country, and when premature death and juvenile decrepitude are with us no more, then we will go abroad and enlighten the heathen.

We must use the same means for this purpose, that others use for other purposes. Shall we have the means? and shall the work go on? A commencement has been made, shall it be finished? CONTRIBUTORS may remit \$5, \$10, \$50, a \$100, or a \$1000, and have the amount expended in Tracts, or any other Health publication which they may name; or, if left with the Society, the donor may rely upon its judicious appropriation for the objects above specified.

ANOTHER LECTURER IN THE FIELD.—I wish to inform you, gentlemen, that as I have been a student of medicine for many years, and have practised both Allopathically and Hydropathically, to some extent, my experience has led to the decided opinion that the latter mode of practice is the best and safest to cure the "ills that flesh is heir to." With this opinion and the "Hydrophatic Encyclopedia" for my guide, it is my intention to give Public Lectures on the subject. I wish to be an itinerant expounder of Hydropathy; I think that mode of life will suit me in more than one respect. I think, also, that I shall be conferring a great benefit to the public. If I do so, I shall have an opportunity of making known your HYDROPATHIC JOURNAL and other books. I think that I shall be enabled to raise a club of subscribers in nearly every town where I shall have an opportunity to discourse. A. S.

[We cannot too much commend the course which A. S. proposes to take. We cannot have too many missionaries in the field. See our remarks on "Lecturing and Lecturers."

A REGULAR REGULATED.

Airmount, Clarke Co., Ala., Dec. 17th, 1852.

DEAR GENTS OF THE WATER-CURE JOURNAL:—In the November number of your Journal, I find that you have taken the liberty of publishing a letter of mine, with the following preface: "On the Anxious Seat. We cannot withhold from our readers the following good-humored strictures on the WATER-CURE JOURNAL, from a 'Regular,' who has not yet become a convert or a subscriber. But the candor and good feeling which he exhibits, induces us to believe that he will soon become both." Now, gentlemen, I have some good-humored strictures to make on the liberty you have taken with my letter, and I hope that you will do me the justice to publish them, as you did the others, and thus do me the honor of delighting you and your readers *once* more. In the first place, I think you have taken an unwarrantable liberty in publishing a private letter and in appending my name to it. I think it might have subserved your purpose equally well, to have published the letter without the name, or with the initials only. I think, gentlemen, that I have just cause to complain in this matter, for the following reasons: I am a REGULAR physician, and always expect to be; I am an uncompromising opponent of all kinds of empiricism, and of every exclusive system of medication—Hydropathy among the rest, as an exclusive system, though I still think more of Hydropathy than I do of any of the exclusive systems of the day; I am not only a regular physician, but I take pride in doing all that I can to retain the confidence of the noble body to which I belong, by studiously avoiding every alliance with the heteroclitical errors of the day. And this, gentlemen, is my principal ground of complaint, for should your Journal fall into the hands of any of my brother practitioners, (which is not likely to happen, happily,) they might be induced to believe that I had deserted the majestic temple of legitimate medicine—"the towering pride of twice a thousand years"—for the fleeting ephemera, Hydropathy. Having now defined my position plainly, I think it probable you will conclude that you have fallen into some errors in your preface, and set me down as a "hard case"—too hard even for Hydropathy. You say in your appendix to my letter, that your "object is to break up, overthrow and destroy" our practice. Your voice is still for war, *open war*, regardless of my kind admonitions. Well, let it be so. We have no cause to fear. What is true in your system will be appropriated, and incorporated among the truths of Science. Your system,

being thus deprived of its vitality, will "as surely fall as the beacon darkens when the blaze is out."

In conclusion, I beg to give you a quotation which happily illustrates your war on legitimate medicine, and its results:

"The feeble sea-birds, blinded by the storms,
On some tall lighthouse dash their little forms,
And the rude granite scatters for their pains
Those small deposits that were meant for brains.
Yet, the proud fabric in the morning sun
Stands all unconscious of the mischief done—
Nay, shines all radiance o'er the scattered fleet
Of Gulls and Boobies brainless at its feet."

This letter may not be quite so pleasing as the other; but as you published that *without* my consent, I flatter myself that you will publish this by *special request*.
Respectfully,
JNO. S. WILSON, M.D.

REMARKS BY DR. TRALL.

Being one of the "Gents of the WATER-CURE JOURNAL" towards whom the above blunderbuss seems to have been directed, and being withal a "regular physician," and moreover "always expecting to be," I take upon myself the liberty of criticising the above criticism. I know not by what principle of business, rule of etiquette, or "code of medical ethics," our friend la-hes us for publishing his former communication. He claims it was a *private* letter; yet its whole scope and tenor were about this JOURNAL, which is getting to be rather *public*, and the system it advocates, which is also fast gaining *publicity*. What earthly motive can any "regular" have to write us long letters about water-cure, drugs, steam, patent medicines, &c., &c., and expect it will be considered as private and personal? We are *public* servants; our writings, books, journals, &c., are the people's; and if regular doctors can't give us a prescription, or a little advice, or a "blowing up," that is fit for the public eye, they had better spare the shedding of precious ink. The doctor particularly objects to having his name appear. Well, that is characteristic of the system he advocates, or rather finds it his interest to stick to. *It wants to do everything in the dark!*

Now, we "Hydrophatics" are willing to put our names to all we have to say. We are willing to abide by what we do say, and "take the responsibility." We despise anything like skulking-places, as much as we abhor gin schnapps. We hate all privacy in matters concerning the public health, as much as we abominate cod liver oil.

But Dr. W. dislikes Hydropathy mainly because it is "exclusive." Suppose, Doctor, it shall turn out *exclusively* right, while your drug-system is proved to be *exclusively* wrong? What will you do then? You have, however, already intimated your position. You say, "I take pride in doing all that I can to retain the confidence of the noble body to which I belong, by studiously avoiding every alliance with," &c., &c. And again, your brother practitioners might be induced to think you were getting irregular, &c., &c. Well, you are like the most of your craft, in regarding the dignity of the profession and the regular standing of medical practitioners as paramount to the interests of humanity and the advancement of knowledge among men.

You speak of incorporating what is true in our system among the truths of science. Good. But know that the falsities of drugs are not any part of the truths of science. If you mean to incorporate the drug-remedies and destructive processes which constitute the *materia medica* of your school, with the hygienic agencies which are the *materia medica* of our exclusive—*exclusively* right, recollect—system, you will find a difficulty. Our remedies are air, light, temperature, food, water, sleep, exercise, the governance of the passions, &c. Yours are bleeding, blistering, scarifying, leeching, antimony, arsenic, mercury, &c., &c. How are you going to incorporate our *air* with your *blistering*? How will you mix up our *food* with your *leeching*? How can you amalgamate *water* and *scarifying*? In what way will

you make *ipecac* and *sleep* work together? How will you harmonize *temperature* and *gamboge*? How will you mingle the regulation of the passions with epsom salts? &c., &c. No, sir; your attempt to "incorporate" such natural, chemical, physiological and therapeutic incompatibilities will be as dead a failure as is the whole drug-system.

But the strongest weapon you wield against us is your poetry, and that is borrowed. You had to go out of your profession to get that! We can give you, in exchange, something original:

The book-bred doctor, hurried through the schools,
Armed with blind dogmas and destructive tools,
Points the fell lancet to life's purple flood,
And sends a poison rankling through the blood.
The patient sinks; another drug is sent
To chase the first; and ere its force is spent,
A third succeeds. And here Death rings his knell,
And boobies wonder why he didn't get well!

THE TEETH;

OR, THE SMITH TARTAR.



[THIS extraordinary concretion was such a puzzler to our engraver, that he made the slight mistake of copying some other person's *ulcer* tooth, instead of Mrs. Smith's tartar one. But to make amends, he has now done his best, in presenting the right one with all its deformity of outline. In reference to this matter, Dr. CLOWES very properly thus utters his complaints at the mal-illustration of his tartar article published in the November number of this journal. The article alluded to, apart from the engraving, is a capital one, and must do much good. Nevertheless, let it be read or re-read with this out in view. Now hear the doctor.]

"Fie, fo, fum! Does that represent the veritable specimen of tartar which I sent you? Why, verily, in such a counterfeit presentation you have only served up to your readers the *rind*, the tasteless rind, while the *core* of the matter has no expression, and remains unrelieved. Veritable specimen, indeed! Why good Mrs. Smith will consider the work of your engraver as no specimen at all. She will doubtless feel touched—and with much reason, too—when she beholds the darling 'elaboration of her declining years, thus altered in shape, lessened in quantity, and shorn of its due, and most faithful proportions. Please do us (Mrs. Smith, your readers, and my humble self,) the justice in your next number, by presenting a true copy of the original mass. That chunk of tartar! verily, it hath a mission! Wot ye not that the rational, the tidy, the law-abiding, will behold it with horror, and, for all time to come, set themselves up in open resistance to so monstrous an intrusion upon the very thresholds of their personal bread baskets!

J. W. C."

THE JOURNAL VS. MEDICAL HUMBUGS.

MESSES. EDITORS:—I cannot forbear expressing to you the pleasure I have experienced in perusing your JOURNAL. It seems to me it must prove a powerful weapon against that mighty system of *humbuggery*, which has for many years been dragging its victims down to premature graves. How the dreams of the poor invalid have been filled with ghostly visages of wasted forms—the handy-work of the "Providence of God"—how *drug shops* have become wedded to his affections. With what glowing interest has he been wont to catch the last illustrated advertisement of some wonderful *panacea*—"just discovered,"—"just imported,"—"just compounded, and bottled up for use." The small sum of one dollar will purchase enough

SUCCESS TO THE BLOOMERS.



Reformers of customs and fashions in use,
Have always been subject to vilest abuse ;
Yet I never again will wear a long skirt,
To fetter my feet and to wipe up the dirt,
While I labor.

Some think they're models for others to please,
And know not the pleasure of moving with ease ;
To such my advice I freely will give ;
Come dress up in Bloomer, and not try to live
Without labor.

Long dresses may do to parade through the street,
With nothing to do but to dress and to eat ;
But all who delight in useful employ,
The use of their limbs they must freely enjoy,
While they labor.

For us in the country, long skirts will not do ;
Our duties require us to walk in the dew,
Cook, scrub, wash and iron, make butter and cheese,
And we have a right to wear just what we please,
While we labor.

Sometimes in the garden we spend a few hours
In pulling up weeds or in tying up flowers ;
A Bloomer dress, then, is just what we need,
Because we can move with more comfort and speed,
While we labor.

And then, in the winter, a bloomer, you know,
Don't think it a hardship to wade through the snow ;
To fodder the cattle or drive their own sleigh,
Such things we can do when the men are away,
At their labor.

It is so delightful to take the fresh air,
Especially so when the weather is fair ;
And ladies should see to their poultry and cows,
And not be confined to the air of a house,
With their labor.

The silly may laugh, and the ignorant stare ;
But still we're resolved the new costume to wear ;
For surely no sensible woman or man
Will wish to insult us, and none other can,
For we labor.

to drive away, far away, every pain and disease from the body. No matter what it is—no matter what part of the system is diseased—no matter how long-standing—this wonderful preparation will make clean work of it, and reinstate the man into perfect paradise. There can be no mistake; here are the names of more than twenty that have been snatched from the jaws of death by this wonderful deliverer. This miserable set of workmen who are in the "patent right" business of making "patent medicine," understand, after all, that it is "faith" which performs the cure. And so they go to work and make people believe that there is some wonderful and mighty power in their learned and costly preparation. For this reason, you are presented every week in almost every newspaper and periodical, with spirited illustrations of some noted pain-killer, and a long list of affidavits from those whose strong faith has cured them. The papers can't lie—and so those whose lungs are almost annihilated, and those whose livers have been transubstantiated by many years of debility, flock around and are cured; new lungs and new livers are the immediate result. Some who have lost their spine, are surprised to find it, at once, reinstated. Others who have been afflicted with all manner of distresses, by the use of this composition have been immediately delivered.

The above may border on the ironical, it is true, but it contains at least one unexaggerated truth, viz., faith cures more than medicine. The whole may be expressed in a few words; out of one hundred bottles, boxes, powders, or rolls of "patent medicines," devoured by those who have a taste for such articles, not five are of as much value as so much cold water. You cannot deal too heavy blows against this species of humbuggery. Men should learn that diseases are not the blind workings of "God's Providence," but are under the control of fixed laws—laws simple and plain as those in any other department of physics. All should

be interested in understanding those laws. Our mode of physical life is not enveloped in mystery, as some seem to suppose. Not one movement in our muscular system, not a single sensation among the circulatory organs, not an impression made upon the nervous system, but has a direct relation to some fixed law in our nature, which we may understand. Yet how blinded some people live, willing to trust the entire interest they have in their present life to the "doctors!" How very dangerous such an investment! They eat, drink, sleep, and labor, just according to the direction of incidence; and if at any time they are called to suffer the penalty of some broken law, they have perfect confidence in pills and powders to set all right. And there are plenty of men who are glad to furnish them on very reasonable terms.

I am glad the "JOURNAL" aims some well-directed thrusts against the aristocracy of fashion. When will our manner of eating, drinking, sleeping, and dressing, become democratic. Not until the people are impressed with the fact of their own agency connected with their present existence. Now "fashionable dress," "fashionable meals," and "fashionable hours," make up the sum of fashionable existence. [Kendall, N. Y.]

WATER-CURE IN THE WEST INDIES.—We take the liberty to publish the following letter, as it may be interesting to the friends of Hydropathy to know that the "Isles of the sea" are receiving the Gospel of Health, and are calling upon us to "come over and help them." We join in the hope expressed at the close of the letter:—

[Mico Institution, Kingston, Jamaica.]

MESSRS. FOWLERS AND WELLS:—Since my late communication to you, I have learned that no obstacle will be thrown in the way of a Hydropathic esta-

blishment in this city or island. No registration will be required. It is only required of those who make use of drugs. I feel it important to make this statement, as it would not be an easy matter to get a man from either of these institutions mentioned by me; all we want, therefore, is a man who has a knowledge of Hydropathy, and can cure the sick according to the water treatment. I hope one will be found willing to come to our aid soon. Yours,
J. D. BEARDSLEY.

Generalities.

HINTS TO STRANGERS.—NO. I.

HOW TO GET TO NEW YORK.

THE approaching season will bring an unusually large number of strangers, from all sections of the country, to New York. The attractions of our metropolis, always great and continually increasing, will be vastly augmented by the opening of the "World's Fair," in May next. Europe, Asia, Africa, and the "Isles of the Sea," will vie with the various States of our own Confederacy in adorning the magnificent "Crystal Palace," now being erected on Reservoir Square, with the richest fruits of Industry and Art, and in helping to swell, temporarily, by thousands and tens of thousands, of "every nation, kindred, tribe, and tongue," the already enormous population of the Empire City.

Among the multitudes who are contemplating a trip to Gotham, a visit to the "Great Exhibition" and a view of "the lions" in general, are doubtless some thousands of our readers. The hope of being, in a humble way, useful to them, induces us to offer a few random Hints and make a few Notes, for their consideration.

How to get to New York most expeditiously, most comfortably, or most economically, is a problem which, to some of our distant patrons, may not be easy of solution. If we cannot wholly solve it for them, we may perhaps assist them in obtaining a solution. But first, a few general Hints:

1. Having resolved upon a visit to New York, if you are not already acquainted with the city (and we write for the benefit of those who are not), obtain all the information within your reach, in books or elsewhere, concerning it, and also concerning the principal places through which you will pass in coming here. This will greatly facilitate your progress, and render your observations much more pleasant and profitable. If you can secure the companionship, during the journey and visit, of an intelligent person who has already been over the ground, with his eyes open, you will find it of great advantage to you. One of those travelers who "having eyes see not, and having ears hear not"—and there are many such—would be of little use to you; and if you are inclined to go about the world with your eyes shut, you may quite as profitably remain at home.

2. If your circumstances are such that close calculations in matters of dollars and cents are necessary, count carefully the cost of the proposed journey. The misery of being "out of funds" among strangers, and particularly in a great city, can be fully appreciated by those only who have experienced it. The reader need not covet the experience. Having set down every item of anticipated expenditure, be sure to make a large allowance for unforeseen incidental expenses. Our highest estimates in such matters are generally too low.

3. When a considerable amount of money is required, as in the case of a journey from the far West or South, a draft or check on New York will be better than the cash. Get one for the amount necessary to meet your expenses here, and on your journey homeward. For the rest, take specie or such bills as you know are current in the places where you will have occasion to use them. Gold dollars, for traveling funds are very useful, and secure you against the danger which the use of money of a larger denomination subjects you to, of getting bad and uncurrent bills in the way of change. A good supply of small change in your pockets is always desirable, and saves much trouble and vexation.

4. Cumber yourself with no unnecessary luggage. Take nothing with you that is not essential to your health and

comfort. If you can put all that you consider essential into a valise or carpet-bag, which you can take into your hand, so much the better. If a trunk is used, let it be a strong one, and no larger than is necessary. Baggage-masters, hack-drivers, and servants at hotels, are not remarkably gentle and considerate in the handling of one's "trunk." Locks often get accidentally broken. Let your trunk be secured with strong leather straps, as an additional means of safety. See that your baggage is properly labelled with your name and place of destination.

5. Be always "in time," at the station, stage-office, or other starting-place. See your luggage safely in its place, put the check given for it (when such are used) securely in your pocket, take your seat, and make yourself comfortable. Borrow no trouble about your baggage or yourself. Having done your part, leave the rest with Providence and the engineer.

6. At places where you change cars, or stop for the night, you cannot be too careful or vigilant in looking after your luggage; but above all things, don't get excited. Maintain firmly your own rights, but regard sacredly the rights of others. Be courteous to everybody, and—KEEP COOL.

We might go on, but space will not permit; and these random remarks must suffice for this part of our subject. They are very common-place Hints, we admit. If the reader does not need them, we beg him to consider them as not addressed to him, but those who do.

Now, to come to the special topic of this article, we will proceed to give our friends such information as our means and space will admit, concerning the "ways and means" of getting to New York.

Persons in distant parts of the country can, of course, more readily than we, procure information in regard to their local routes of travel. All that our limited space will enable us to do, is to give the distances and fares (where we can obtain them) from some of the principal local centres of travel and business, in the different sections of the country, to this city. This we will now do as briefly as possible:

I. FROM PORTLAND (MAINE). 1. *Boston and Maine Railroad*. To *Dover*, 43 miles, \$1.53; to *Lawrence* (Mass.), 88 miles, \$2.13; to *Boston*, 114 miles, \$2.13.

2. *Boston and Worcester Railroad*. To *Worcester*, 46 miles, \$1.15.

3. *Western Railroad*. To *Springfield*, 54 miles, \$1.50.

4. *New Haven, Hartford, and Springfield Railroad*. To *Hartford*, 28 miles, \$0.75; to *New Haven*, 62 miles, \$1.75.

5. *New York and New Haven Railroad*. To *Bridgeport*, 18 miles, \$0.50; to *Norwalk*, 32 miles, \$0.90; to *New York*, 76 miles, \$1.50.

FROM BOSTON. If you choose, you may come to New York very pleasantly by way of Long Island Sound.

1. *Fall River Railroad*. To *Fall River*, 54 miles, \$1.35.

2. *New York, Newport and Boston Steamer Line*. Steamers *Bay State* or *Empire State* to *New York*. The fare through, from *Boston* to *New York*, is now only \$1.50, by this line.

II. FROM CONCORD (N. H.). 1. *Concord Railroad*. To *Nashua*, 35 miles, \$0.90.

2. *Nashua and Lowell Railroad*. To *Lowell*, 15 miles, \$0.40.

3. *Boston and Lowell Railroad*. To *Boston*, 26 miles, \$0.65. [From *Boston* as before (I.).]

III. FROM MONTREAL (CANADA). 1. *Champlain and St. Lawrence Railroad*. To *Rouse's Point*, 47 miles, \$1.50.

2. *Vermont Central Railroad*. To *Burlington* (Vt.), 43 miles, \$1.15.

3. *Rutland Railroad*. To *Rutland*, 67 miles, \$2.00.

4. *Western Vermont Railroad*. To *Troy*, 83 miles, \$2.55.

5. *Hudson River Railroad*. To *East Albany*, 6 miles; to *Hudson*, 34 miles, \$0.60; to *Poughkeepsie*, 75 miles, \$1.10; to *New York*, 160 miles, \$1.50.

Passengers can leave *Montreal* in the morning, and reach this city on the evening of the same day.

IV. FROM OSWEGO. 1. *Oswego and Syracuse Railroad*. To *Syracuse*, 35 miles, \$1.00.

2. *Syracuse and Utica Railroad*. To *Utica*, 53 miles, \$1.06.

3. *Utica and Schenectady Railroad*. To *Schenectady*, 78 miles, \$1.56.

4. *Albany and Schenectady Railroad*. To *Albany*, 17 miles, \$0.50. [From *Albany* as before (III.).]

V. FROM ROCHESTER. *Rochester and Syracuse Railroad*. To *Syracuse*, 104 miles, \$2.60. [From *Syracuse* as before (IV.).]

VI. FROM BUFFALO. 1. *Buffalo and N. Y. City Railroad*. To *Attica*, 32 miles, \$0.65; to *Portage*, 62 miles, \$1.25; to *Hornellsville*, 92 miles, \$1.80.

2. *Erie Railroad*. To *New York*, 342 miles, \$6.50. "Through tickets" from *Buffalo* to *New York* are only \$7.80.

VII. FROM PITTSBURG. 1. *Philadelphia and Pennsylvania Railroad Route*. To *Holydaysburg*, 119 miles, \$5.40; to *Lewistown*, 195 miles, \$7.70; to *Harrisburg*, 256 miles, \$9.00; to *Philadelphia*, 363 miles, \$11.00.

2. *New York and Philadelphia Railroad Line*. To *Trenton*, 29 miles, \$0.75; to *Princeton*, 39 miles, \$1.00; to *New Brunswick*, 55 miles, \$2.25; to *New York*, 87 miles, \$3.00.

VIII. FROM CLEVELAND (OHIO). *Cleveland and Pittsburg Railroad*. To *Alliance*, 58 miles, \$1.70; to *Pittsburg* (Ohio and Penna. Railroad), 82 miles, \$— [From *Pittsburg* as before (VII.).]

IX. FROM CHICAGO (ILL.). 1. *Michigan Central Railroad*. To *Michigan City*, 54 miles, \$1.70; to *Kalamazoo*, 140 miles, \$3.90; to *Detroit*, 278 miles, \$7.00.

2. By steamer to *Cleveland* or to *Buffalo*. [From *Cleveland* or *Buffalo* as before (VI. and VIII.).]

X. FROM CINCINNATI. *Cincinnati, Columbus and Cleveland Railroad Route*. To *Xenia*, 65 miles, \$1.90; to *Columbus*, 120 miles, \$3.50; to *Cleveland*, 255 miles, \$7.50. [From *Cleveland* as before (VIII.).]

XI. FROM CHARLESTON. 1. *Wilmington and Charleston Steamship Line*. To *Wilmington* (N. C.), 180 miles, \$—.

2. *Washington and Wilmington Railroad Route*. To *Weldon*, 162 miles, \$5.00; to *Richmond*, 248 miles, \$9.00; to *Washington*, 378 miles, \$14.00.

3. *Washington and Baltimore Railroad*. To *Baltimore*, 38 miles, \$1.80.

4. *Philadelphia, Wilmington and Baltimore Railroad*. To *Wilmington* (Del.), 70 miles, \$2.60; to *Philadelphia*, 98 miles, \$3.10. [From *Philadelphia* as before (VII.).] "Through tickets" from *Charleston* to *New York* are only \$20.00.

If the traveler likes a sea voyage, and does not desire to visit intermediate places, the pleasanter way is to take passage in one of the steamers of the *New York and Charleston Steamship Line*. Fare from \$20.00 to \$25.00.

XII. FROM AUGUSTA (GA.). *South Carolina Railroad*. To *Charleston*, 137 miles, \$4.00. [From *Charleston* as before (XI.).]

XIII. FROM MONTGOMERY (ALA.). 1. *Montgomery and West Point Railroad*. To *West Point*, 88 miles, \$4.00.

2. *La Grange Railroad*. To *Atlanta*, 87 miles, \$3.50.

3. *Georgia Railroad*. To *Augusta*, 171 miles, \$5.00. [From *Augusta* as before (XII.).]

XIV. FROM SAVANNAH. By steamer *Gordon* or *Calhoun*, to *Charleston*. [From *Charleston* as before (XI.).]

XV. FROM NEW ORLEANS. 1. By steamer *Benjamin Franklin* or *William Penn*, direct to *New York*; or,

2. By steamer *Empire City* or *Crescent City*, via *Havana*; or,

3. By steamer to *Montgomery*, via *Mobile*. [From *Montgomery* as before (XIII.).]

In our next chapter of "Hints" we propose, under the head of "HOW TO LIVE IN NEW YORK," to tell our readers something about the Hotels, Boarding-Houses, Lodging-Houses, Restaurants, and so forth, of our city, with perhaps a brief mention of the principal places and objects of interest which it will be worth while to visit. We intend to devote a third article to "THE PERILS OF NEW YORK," which we will say in advance are neither few nor insignificant, but which timely words of warning may enable the stranger to avoid.

PUBLIC LECTURING AND LECTURERS.—In no period of the world's history has public lecturing been more extensively practiced than at the present. It has been taken up by men and women of every profession, and is now one of the most popular means of imparting instruction upon all subjects. In time past, this mode of enlightenment was confined to the college and the sanctuary. Now, "the people" are privileged to listen and imbibe the best thoughts of our ripest scholars. Our increased facilities for transit enable our Lecturers to visit all the principal cities, towns, and villages, at small expense of time and money. We now have Lecturers on the Physiology, Geology, Botany, Chemistry, Agriculture, Astronomy, Literature, Music, History, Biography, and all the Arts and Sciences. In this way, with the aid of books, the masses may be informed, instructed, and educated. Nor can the competent public

Lecturer and Teacher find a more lucrative field of employment. Good speakers of either sex are liberally paid for their services.

Let us figure a little. In a city with from twenty to fifty thousand inhabitants, an audience of at least five hundred people may be got together several evenings in a week, during the Lecturing season—say five months.

Tickets at 12½ cents each would amount to more than \$60; expenses for room, advertising, etc., about \$30; leaving a balance of \$30 to be paid to each lecturer.

We place the tickets at this low price, in order to insure a full house, "rain or shine."

At 25 cents for tickets, the sum would hardly be double. But we like the smallest price best, and believe that a greater attendance would thus be insured.

In a short course of popular lectures given in New York last winter, tickets at 12½ cents, several of the lecturers received for their share of the proceeds from \$80 to \$100 per night—the audiences averaging from 1,200 to 1,500.

But a few years ago, when the subject of Physiology was but little known (and thousands of men and women have yet to learn its first principles), several persons entered the Lecturing field; and so useful and profitable did they find it, that they have followed no other occupation. Nor do we know of an instance of failure. To prove its profitability, we will cite Dr. J. M. WICING, once a man of feeble health, with barely means enough to educate himself. He borrowed a small sum of money to pay for a manikin and a few anatomical plates with which to illustrate his lectures, commenced in small country villages, increased his illustrations with whatever of profits he received until he obtained a splendid collection, consisting of manikins, models, skeletons, drawings, plates, and paintings, and so forth, for which he paid upwards of five thousand dollars. With this he has lectured in our large cities with great acceptance, often repeating his course of eight or ten lectures two or three times in the same place. Be it remembered, that this has been his only source of income. His tickets are sold at a York shilling;—and now, at the end of a few years, he is supposed to be worth from one hundred and fifty to two hundred thousand dollars,—all of which he has made by lecturing on Physiology. Nor have we ever heard of a single instance where the purchaser of a ticket to one of his lectures did not get his money's worth. Besides Dr. Wicing, we could name several others, who have made large profits, while doing great good, by imparting useful information. Paulina Wright (now Mrs. Davis), Mrs. Johnson, Sarah Coats (now Mrs. Harris), Dr. and Mrs. Gleason, Dr. and Mrs. Nichol's, Dr. Shew, Dr. Kittredge, Dr. Jackson, Dr. Wisner, and many others, have done good service in this field of labor.

We will not attempt to enumerate either the Lecturers or their profits, in other departments of science; but suffice it to say, they have done great good, and (most of them) have been liberally rewarded.

Mr. Thackeray, recently from England, has realized several thousand dollars for a single course of Lectures, delivered before the Mercantile Library Association of New York. The Irish patriot, Meagher, too, upwards of two thousand dollars at a single Lecture in our city a few weeks ago. Smaller sums, of from \$10, \$15, \$20, up to \$50 per night, are realized in our cities by practiced Lecturers; and from \$5 to \$20 in the villages.

We repeat, there is no more effectual way of communicating information, than by public lectures; nor do we know of any more honorable and profitable employment for man or woman, when subjects are chosen with the aim of doing good.

Varieties.

OLD SOGERS AND SPITTOONS.—The *New York Dutchman* says, (and who should better know?) that the money spent annually for tobacco, one of the nastiest and most useless of all the weeds grown in this country, amounts to a sum sufficient to build the Mississippi and Pacific Railroad in two years! From the last census it appears that the tobacco crop, for the year 1850, amounted to nearly 200,000,000 of pounds; of this 200,000,000, \$6,000,000 were consumed at home. The census also informs us that our "chewing" is on the increase. In 1840, the consumption per head, in the United States, amounted to 2 lbs. and 1-2 oz. In 1850, to 3 lbs. 8 oz., which show that our taste for filth has in-

creased 70 per cent. in the short period of ten years. The spittle made per year by our smokers and chewers, would, it is estimated, fill a reservoir as long, wide, and deep as the Erie Canal, while the amount of short-cut annually masticated by our people would, if thrust down the throat of Vesuvius, keep the crater vomiting for the next two centuries. Why is there not a society for the suppression of this abuse of the salivary glands?

THE WATER-CURE ENIGMA ANSWERED.

The following comes to us from Maumee City, O. Enclosed you will please find answer to the "Water-Cure Enigma," in your January number.

4, 18, 6, 12, 8,	Water.
20, 37, 1, 23, 36, 28	Asthma.
28, 14, 15, 9, 23, 3,	Douche.
4, 32, 6, 37, 2, 12, 24, 1,	Wet Sheet.
13, 29, 14, 19, 37, 2, 7, 4,	Joel Shew.
2, 18, 27, 30,	Half.
16, 6, 1, 11, 5, 19, 27,	R. T. Trall.
33, 5, 1, 36, 3, 18, 6,	Fat Meat.
2, 32, 35, 26, 19, 22,	Herald.
13, 34, 10, 31, 17, 26, 19,	Journal.
36, 18, 25, 37, 23, 26, 19, 27,	Marshall.
30, 34, 4, 27, 3, 25, 37, 20, 21, 28, 4,	
12, 19, 27, 37,	<i>Fowler and Wells.</i>

Your whole is THE WATER-CURE JOURNAL and HERALD OF REFORMS.

Also answered by L. P. B., of Columbus, O.

JANE, put the baby to sleep with laudanum, and then bring me my parasol and revolver. I am going to attend a meeting for the amelioration of the condition of the human race.—*Arthur's Home Gazette.*

WHY are Madame L.—'s cheeks like sixpenny calico? Do you give it up? Because washing fades them!—*Ibid.*

LOVE is strongest in pursuit; friendship in possession.

A MAINE Editor says that a pumpkin in that State grew so large that eight men could stand round it. This is like the man who saw a flock of blackbirds so low that he could shake a stick at them.

EMERSON says that a man is never so great as when he knows not where he goes—that is, whither his thoughts carry him.

To Correspondents.

GIVE US YOUR FACTS, IN BRIEF. Spin no "long yarns." Where so many desire a hearing, we can give but little space to each. Give us only the gist. Let others philosophize.—*EDITORS.*

Professional Matters.

QUESTIONS which come under this head should be written on a separate slip of paper, and will be answered by Dr. TRALL.

WARNER.—M. W., Rahway, writes:

"Can you inform me, through the WATER-CURE JOURNAL, what is the cause of those excrescences on the skin called warts, and how they should be treated hydropathically? Within the past year more than a dozen warts have made their appearance on my hands, much to my discomfort, as I have before prided myself not a little on having a good-looking hand. Very pious people would say they were sent as a judgment to bring down my pride, but I am inclined to believe that they arise from an impure state of the blood. I have practised all the charms that have been proposed to drive them away, such as stealing meat, burying onions, and all those sorts of things, but all without any effect. I suppose because I have no faith. I have also applied caustic and aquafortis to my heart's content, but all my efforts to remove them have, hitherto, been unavailing; the more attention I give them, the finer they seem to grow, and are at present in a very flourishing condition."

The causes are very numerous; impure blood, erroneous dietetic habits, especially the use of pork, lard, fried meats, salted fish, &c., in early life. Sometimes the warty tendency is inherited, like scrofula. Often it is induced by harsh irritating applications to the hands, as the excessive use of soap. And again, some persons who have inherited the warty diathesis, or acquired it during infancy,

evinced a kind of warty crisis—an external development of these excrescences as the reaction to the surface becomes stronger, and the cutaneous function more vigorous. All that is requisite practically is, that of attention to the general health, and the special avoidance of all means of irritation to the part. They will "smooth off" in due time, without the necromancy of "stealing meat" or "burying onions."

DRUGGING WITH ERGOT.—A lady in Ohio writes: "In June last I was confined with my first child, and as there was no Hydropath in the place, I called in a botanic physician. Owing to an unnatural presentation and contracted pelvis, the labor was long and severe. On the second day a practitioner of the Allopathic school was called, and then commenced a scene of torture from which memory still recoils with horror. That deadly and detestable drug, *ergot*, was constantly and freely administered, producing terrible suffering and agony. The child was at length delivered with instruments, dead, of course, and there, thank God, the doctor's mission ended, and I was left in the hands of a kind and careful nurse. By the judicious use of cold sitz-baths, wet compresses, and cool spongings over the surface, I so far recovered as to be able to take the entire charge of my family in two weeks. In the early stages of labor I took two or three tepid sitz-baths, which refreshed me beyond measure; but to these the doctor attributed the death of my child. Will Dr. Trall give his opinion on this point? Also was it not wrong to attempt to force away the child with ergot when the difficulty was its mal-position?" The doctor was grossly wrong in both respects. The tepid baths could not do any possible injury, nay, they could not but be useful. We have known them used in scores of cases without the first unpleasant symptom. Common sense ought to teach doctors this. As to the ergot, the case is only one more evidence that the villainous drug ought to be fed to pestiferous rats instead of parturient women.

WATER AND NATURE.—An "Eclectic," writing from Pittsfield, Mass., says: "I have succeeded beyond my expectations in curing several very serious nervous diseases, by using water (not always cold,) and only water, and so far am a convert to its therapeutic properties; but I have a suspicion that the regimen, including the water, simply removed the source of the disease, and that the mere efforts of nature did the rest of the cure." Right, Mr. Eclectic. The whole sum and substance of the healing art is to remove the sources of the disease, that is, the impediments in nature's way, and then let nature do not only "the rest of the cure," but the whole of it.

The above correspondent asks, "If water acts as a stimulant to the organs of the system, exciting to increased action to remove disease, what objection can there be to using other stimulants, which are not absolute poisons, for the same purpose?" None whatever, if your premises are correct, but the "if" is the most important part of your proposition. In the first place water is not a stimulant, in the technical or medical sense of the word; and in the second place, "if" it is to be regarded as a stimulant in any peculiar or qualified sense, its only associate stimulants which are not poisonous, are those which constitute the hydropathic materia medica—air, light, food, exercise, rest, the passions, temperature, &c. If you know of any other stimulants which are not poisonous, you will oblige us by the information, for herein we frankly confess our profound ignorance.

FEVERS AND INFLAMMATIONS.—J. P., Thudwell, Va., asks a number of questions bearing upon the rationale of fever, and the water processes in treating it, &c. The answer to the following one, will afford the key to answer all the rest:

"As to the natural heat of the system, I understand that it is created by the consumption of carbon furnished in the food; but how the morbid heat is occasioned, in severe fever and high inflammation, I am at a loss to conceive. Is it from some chemical process peculiar to this state of the system?" It is occasioned in two ways. 1. The producing causes of the fever obstruct the excretory functions, especially of the skin, so that the surplus heat is retained. 2. The disturbed circulation produces destruction to a greater or less extent in the internal viscera, so that chemical decomposition is preternaturally accelerated in the elements of the various fluids and tissues. In other words,

the generating, or decarbonizing process is augmented, while the eliminating, or throwing-off function, is diminished.

MEASLES.—I. A. V., Florida, O., relates a case which was partially treated with water and terminated fatally, as did two other cases treated in the same family, wholly allopathically, and asks our opinion as to the dry blanket which was used after the wet sheet,—the dry blanket, by the way, being advised by a drug doctor, as a substitute for the wet sheet. We can hardly suppose the dry blanket materially influenced the result, yet we have no hesitation in declaring it to have been decidedly wrong. In all acute fevers, and more especially eruptive fevers, a dry blanket pack is very rarely advisable. The treatment should be wet; but cold, cool, tepid, or warm, or even hot, according to the external temperature of the fever. The dry blanket in such cases would often be exceedingly irritating and debilitating. The Encyclopædia gives very plain and simple directions on this subject.

OBESITY.—Miss M. A. P., West Grove, is five feet high, and weighs nearly two hundred and fifty pounds, and, like a sensible girl as she is, wants to know how to get rid of the superfluity. Nothing is easier. Take a cold towel wash morning and evening, followed by thorough rubbing with dry towels; exercise, also, according to the strength. These measures are infallible, providing your eating habits are properly regulated. Use no fine or superfine flour of any description or in any form. Taste no milk, butter, nor "fish, flesh, or fowl," avoid all gravies, salt, and spices. Let the diet consist wholly of unbolted grain in the shape of bread, cakes or crackers, and let the quantity be very abstemious at that, with a large proportion of good fruits and watery vegetables, as apples, parsnips, turnips, &c. If this course does not render you sizeable in a reasonable time, we will confess we do not know as much as we pretend to. *But it will.*

DEAFNESS FROM COLDS.—Mrs. H. of Knoxville, Ill., asks us to send some water-cure medicine suited to her case. Our "medicine chest" is filled with air, exercise, water, temperature, food, the passions, and such like ponderables and imponderables; but we can't bottle them up nor powder them to send away. Luckily, however, they are everywhere natives of the soil, and our friend may reach out her hand and help herself, "free gratis for nothing, and without paying a cent." Adopt a plain vegetable and fruit diet to purify all the circulating fluids; take the wet-sheet pack every second or third day, for a month or two, to clear the bilious accumulations from the skin; and then use hip and foot baths as derivatives; and ere long you may expect to overcome the difficulty.

INDIGESTION.—R. S. U., Canada East, tells us that he has got the dyspepsia, and takes the WATER-CURE JOURNAL, and on these premises asks us to prescribe him a course of home-treatment. We cannot prescribe to a disease on simply hearing its name. We must know all its prominent symptoms and history, as well as all the patient's present and past habits of life, eating, drinking, chewing, exercising, business, &c., &c. There are many water cure books which give very full and minute directions for treating all the forms of dyspepsia, which you can obtain through the publishers of this Journal.

A DOCTOR WANTED.—Miss M. N. informs us that, in the village of St. Charles, Ill., containing 2,000 inhabitants, there is no physician, although there are men who drug, and dose, and bleed, and blister, and leech, and ruin good constitutions; she wishes to know where the nearest hydropathic practitioner is located? Dr. Webster, of Chicago, who, by the way, is a thoroughly educated doctor of the old school, and a thorough convert to the new, is nearer to you than any other one we can name. See his card in this Journal.

CHILBLAINS AND ERYSIPELAS.—"What is good for chilblains and the erysipelas, or St. Anthony's Fire?" We presume the inquirer means local erysipelatos inflammation, of which chilblains is a variety. Bathe the part frequently in cool, but not very cold water; when the eruption smart or itches severely, soak the feet or part affected in warm water, washing it afterward with cool water. An even or uniform temperature is also desirable.

DYSPEPSIA FROM DRUGS.—An "old lady" writes us from Griffin, Ga., what we are continually hearing from hundreds of places, that the people are being drugged to death, the great majority are sickly, many are bed-ridden, and there is none to help, &c., &c. For the dyspeptic symptoms she names, she will find ample directions in the Encyclopædia. If she can induce some of her benevolent neighbors to scatter a few WATER-CURE JOURNALS, and a few dozens of Hydropathic books, throughout her neighborhood, one half the diseases of the place, and perhaps one half of the doctors, will vanish within a twelvemonth.

COMMON SALT.—J. C. thinks salt to be a very pernicious article of diet, and urges us to "discuss" its merits, &c. This has been done fully in the Hydropathic Encyclopædia, and in various other Water-Cure and dietetic works. So far as any "experiments" are concerned, as to whether people are or not better off without it, they are wholly unnecessary. We have had already the experience of millions and millions for centuries upon centuries. All that can be said in favor of it amounts to this: The artificial appetite craves it.

DYSPEPSIA WITH CONSTIPATION.—T. W. B., Columbus, Miss. If you are well "posted up" in water-cure literature, you may succeed perfectly with home-treatment. If not, you had better state your case fully to a hydropathic physician and take his directions, or supply yourself with the standard books on water treatment. A few dollars invested in this way might save you hundreds, if not a life.

FELONS, VACCINATION, &c.—F. T., Albany. We do not in this department write out in full the Hydropathic treatment for any disease. We can only answer short questions very briefly; nor can we here give "general information" on any subject. That pertains to the whole body of the Journal and to Hydropathic books. But we are always happy to give *specific* information. All the questions you propound are fully answered in the Encyclopædia.

BLEEDING AT THE LUNGS.—The usual treatment is frequent sips of very cold water, cold cloths to the chest, and if the patient is feverish, sponge the whole body in cool water occasionally. Sometimes the feet are cold while the head is hot, in which case apply hot bottles to the feet and cold cloths to the head.

PILES, WITH PROTRUSION.—P. G. C., Aabury. Take a shallow sitz-bath once or twice daily, and use a small injection of cold water daily, whenever the falling down of the bowel is troublesome. There is no occasion for alarm in the matter.

Business Matters.

TO PREVENT MISARRIAGES, 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.

OUR PREMIUM.—We have been requested to re-publish the following from the December number:

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. The Premiums may be ordered any time between JANUARY and JUNE, 1853. Names of subscribers should be sent in as soon as convenient. We shall be able to supply back numbers from the commencement of the present volume.

All present readers should make it their business, when they go from home, to take a sample number 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?

[Since the above was first published, we have enrolled on our subscription books some thousands of new names, and the renewal of even more of those who have been with us from the start. We hope to retain their confidence and co-operation, until there shall be no further occasion for a WATER-CURE JOURNAL AND HERALD OF REFORMS.]

ADVERTISING.—We do not solicit advertisements for this Journal, and only insert such as we deem appropriate or harmless. No Allopathic, or patent medical advertisements, can get publicity through this medium. Hydropathic physicians and Water-Cure establishments come legitimately within the sphere of the Journal, and although we prefer advertisers to occupy the least possible space, we cheerfully make room for all which offer of this class. To insure an insertion, cards and advertisements should be sent to the publishers the *first week* of the month previous to which they are expected to appear.

HYDROPATHIC COOK BOOK.—By R. T. Trall, M.D. Fowlers and Wells. Price Fifty cents. The above work is now in press, and will soon be ready for delivery. It is devoted entirely to the physiological relations and preparations of food; and contains receipts for cooking on the principle of "eating to live," instead of "living to eat." As a formula it will be found the "cook's complete guide," and will enable those who desire wholesome dishes, to prepare them, even though they are ignorant of dietetics as a science.

J. W. B., Kendall, N. Y. "Facts of interest" are always desirable. We cannot have too many, but let them be as briefly stated as is consistent with a proper understanding of them.

J. A. D., North Berwick, Me. Accept our thanks for the club. Send any number of additional names at same rates. You will receive *Phonographer*, as desired.

R. O. G., M. D. "Signs of the Times" in our next.

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 which 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 misarrangements, mistakes, and delays.

ON THE SAME TERMS.—It will be the same to the Publishers if TWENTY COPIES of EITHER or 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.

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

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

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

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

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

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

Talk and Topics.

WE feel that our readers, however distant, are not STRANGERS, but FRIENDS, with whom we may sit down and have a quiet, familiar TALK.—EDITORS.

GOSSIP FROM OHIO, BY A PLOUGHBOY.—Dear Gossips:—What has become of you? Have you all concluded to leave the field of "Gossip" to one poor Buckeye Ploughboy? 'Fraid it'll be dry gossiping all alone. Brother Noggs seems to be busy in bigger business just now. That "Diary" keeps him at work; but what has become of Quoegs, and Scroggs? Where is our Pennsylvania Mechanic? And you, Brother Hoosier, a'nt going to give it up so; are you?

Lots of truth would be forever lost to the world, and a "sight" of error go unexposed, were it not for us Gossips. Haven't we told things—things that nobody else dare tell? Don't we know everything that's going on? And shan't we keep telling the people how the rascally druggers are fleecing them of their rosy cheeks and pocket linings? And how young Hydro is beginning to play smash with this die-stuff business, and turn old Death's poor understrappers out of employment? Why these *journalers* can't get along without us, and I don't "go in" for "bridling our tongues" just yet.

We are giving old Hunkerism regular fits here in Buckeyedom just now, and it makes him spout, and flop, and blubber, and groan, like a dying leviathan!

They've been having a real thrasher of a "Woman's Rights Convention" out in Morrow County, and they say they've knocked a hole in the rotten hulk of conservatism, big enough for the armies of Progress to march through four abreast. But by the way, what business have the *wimmen* with rights? Aint it come to a pretty pass, that our *kitchen machines* and *parlor ornaments* have got to talking about Rights? Who ever heard of the like? Why, they're raising a regular rebellion all over our State! Some of them even go so far as to suppose that they've got *souls* just as big as any body, and declare that they are *going to have* sundry and various things; and amongst the rest, they're *going to have* a stop put to this whis'ky business; and are *going to have* a mighty "gathering in" at the State

capita' this winter, to learn their *wife* (?) rulers how to make a "Maine Law."

In that same Morrow County too, the teachers at their institute, a few months since, passed the following resolution without a dissenting vote:

Resolved, That no person can be a consistent teacher who does not abstain from the use of ardent spirits, tobacco in all its forms, and tea and coffee."

Only think of that once! If them teachers run clear of the lunatic asylum, won't they come off slick? If the people let such "crazy brains" as these "teach larnin'" to the little ones, it won't be long before they'll be smashing "mam's knuckle-pipe," and boring gullet holes in the bottom of "Dad's whiskey barrel" and worst of all, our sweet babies will be cheated out of the privilege of kissing "chop" beamered with tobacco juice. How fastidious these teachers are getting! Oh! how ungenerous to pass a resolution when, if they put *any resolution into it*, will ultimately debar the lovely fair ones from enjoying a treat so delectable!

Although I send you more money than I did last new year, yet some of the last year's subscribers refuse to renew their subscriptions. Aint that unaccountable? Well, no, not so very; though you may think it ominous of a backsliding, and an indication that old hunkerism is whipping us into the traces again, yet I look upon it as one of the most encouraging signs of the times. You see the JOURNAL gives them a general waking up, and they begin to think that they can go on their own hook, i. e., encourage home manufacture, support reform papers at home—and just think of it, how many more papers devoted to "turning the world upside down," are in full blast in Ohio now, than there was before the JOURNAL began to wash open the people's eyes, and clear their brains and stomachs of the apothecary shops, and their legion of concomitants, which bring the one and belowl the other! It aint so hard work though, getting subscribers, as it was a year ago, for you know I tramped three days last year to get 'em, but now I've got more than that without spending "any time at all," they just come to me of their own accord.

I fell in with a lady the other day, who seemed uncommonly interested in all reforms in general, and Hydropathy in particular. I was at a loss to account for the zeal which she manifested, until she told me she was the wife of a regular *Allopath*; that solved the mystery:

Oh Allopathy! how you'll fare
When the wives of those whose constant prayer
Is, "Oh! Allo! keep us in thy care,"—
Begin to take you by the hair!
You may depend they will not spare,
But put your Hydra honor where
"The dogs won't bite you."

[Our Buckeye Gossip will perceive that "Richard's himself again," or rather that "Noggs is Noggs," and "nothing else continually," and that the Boston Gossip is not entirely lost in the "Dr. Pillicody" of the "Diary." "Quoggs," "Seroggs," and "the rest of 'em," will, we have no doubt, give satisfactory account of themselves in due time.]

GOOD FRUIT.—We have too long delayed an acknowledgment of a choice lot of pears and apples from our excellent friend, Morris Baisley, of Westchester, N. Y. The basket from our friend contained some of the choicest specimens we ever tasted. Among them were the following varieties: The Siekle, the Columbian, the Lawrence. Of these varieties we consider the Siekle the finest. A few words concerning Mr. B.'s mode of growing pears may prove interesting to our readers.

He selects the healthiest stalks for grafting, places them in the nursery, four feet by twenty inches apart. The following season he buds and grafts them, selecting his cuttings from those trees that produced the finest fruit. From the tenth to the twentieth of April he saws off the stalk, to be grafted, with a fine-toothed saw, then draws the edge of a sharp knife through the bark at the side where the split is to be made, which causes a smooth wound. For large stalks he uses a splitting saw, instead of splitting them; this leaves a small wound which readily heals, and is less liable to decay. Mr. B. informs us that he has grafted in this manner trees that are three and even four inches in diameter, with great success.

The ground in his nursery he keeps in a high state of cultivation. When the trees are sufficiently large, he takes them out of the nursery. If the tree is not properly balanced he sets the heaviest portion of it to the north, and, if necessary, braces it. In a few years, with careful pruning, it becomes balanced. The earth around the tree, as far as the limbs extend, he keeps staid under cultivation with a spade, frequently manuring it.

He washes the boles of the trees with strong lye, and scrapes them with a square-edged instrument, from four to eight times a year. Besides this, he prunes the top runners, and the small limbs like to interior. Mr. B. recommends spaling around trees, instead of poaching; as the latter process often injures the tree.

Mr. Baisley has had much experience in fruit growing, and is very successful. We commend his excellent mode of cultivating trees to our readers, assured that such careful attention can hardly fail to ensure them in fruits of the choicest qualities.

Gossip FROM BOSTON, BY NOGGS.—I want to say a word about matters and things in general, and Water-Cure, &c., in particular. The cause goes bravely on herabouts. Dr. Kittredge is called on from all quarters to lecture, and the people, as soon as they get at the Water-Cure idea of curing folks by keeping them in good conditions, after having removed the causes, and adding the recuperative power, by a gentle shock now and then to recover her accustomed control, instead of making vicarious atonement with poisonous medicines, the causes containing all the while, take to it hugely, and though the doctors and their personal friends in the country villages make a terrible noise about the "long-haired renegade," they keep a-coming, and the more they come the more they don't care for the "old folks at home," but keep a-crying for more—the fact that the doctor never lectures once in a place without giving a course, and selling a great number of books, which tells the story.

Speaking of books, Dr. Trall's "Encyclopedia," the doctor says, is the greatest thing ever published in America; it is the "multum in parvo," just what the people want, a book as is a book. It is evidently put together by a man who knows what he is about. Half the books and essays which are palmed upon the public, are the mere gleanings, "the pickings and stealings" of other men's brains, by some aspiring youth who, having the "encolthes scriptendi" disease, must write, and flatters himself that because it is new to him, it is to everybody. Notwithstanding the cost of the *Encyclopedia*, it sells rapidly. Give my love to Quoggs, and tell him the people this way are anxious to hear from him again. I hear good reports from your city. Brothers Shew, Wellington, and Taylor, are all doing well, they say: Well, it is good enough for 'em; they are not, to be sure, quite so good-looking as some we wot of this way, but they are smart and awful clever. God bless 'em all forever and aye, say I. I wish all the readers of the JOURNAL, and all their friends, a very happy New Year; and may their children, and their children's children, rise and call them—to breakfast.

A NEW LIFE INSURANCE.—Subscribers may not be aware that our subscription books are open for the reception of LIFE SUBSCRIBERS. But it is even so. Owing to the frequent applications from our friends, who believe they have secured a "long lease on life," through information obtained from THE WATER-CURE JOURNAL, requesting us to book them as perpetual subscribers, [and we hope they will live a hundred years,] we have opened a book in which to record the names of all life subscribers. And we rejoice to find that our pages are graced with the names of "not a few" glorious candidates.

Instead of paying large sums for annual "doctors' bills," amounting to \$10, \$20, \$100, and sometimes A THOUSAND A YEAR, they prefer to invest the small sum of a dollar in the WATER-CURE JOURNAL, which if read and heeded, will, in most families, prevent sickness, premature death, and bills for both drugs and doctors. This being true, and realized by those who are acquainted with the subject, we deem our title not inappropriate, "A NEW LIFE INSURANCE." One man incloses us a check for \$25, with the following request:

GENTLEMEN,—Please consider me a Life Subscriber for your excellent WATER-CURE JOURNAL. It has already saved me enough in "doctors' bills" to say nothing of increased health, to enable me to pay for the Journal fifty years; you will please continue to send it to my address till further

orders. Should the amount not be sufficient to constitute me a life subscriber, I will remit more should I survive.

Another man writes:

TO THE PUBLISHERS.—Having received great benefit from reading your valuable WATER-CURE JOURNAL, I enclose you the sum of twenty copies. Send four copies each year, from this date, to my address, for twenty years. Hoping to increase your list in this neighborhood, I remain truly your friend.

And another we copy verbatim:

MESSES. FOWLERS AND WELLS.—I send enclosed Ten Dollars. I want you to send me the *Phrenological* and *Water-Cure Journals* for ten years. Please acknowledge the receipt of the money in the next number. F. W. S., an old subscriber.

We might go on with the list, but this is enough to illustrate the point, and to show the utility and advantages of the new mode of insurance. Our terms for a life policy are as much cheaper as the plan is better than others. At all events, we submit it to the public with great confidence, feeling assured that it will be found to work well, and prove itself to be, what its name implies, a *life insurance*.

Drafts, checks, or notes of any amount, will be properly credited, and receipts with guarantees given by the Publishers, for the fulfillment by them, lives, or executors, of all contracts of this nature. Then give us your names for as many volumes as you hope, or may reasonably expect to live years, by complying with such conditions as we shall point out, and we will insure you more health, and more years, at a smaller price, than you would be likely to realize if left in the care of old doctors, young doctors, male doctors or female doctors, regular doctors, patent pill doctors, or any other sort of doctors. Try it.

A NEW YEAR PRESENT.—The following letter speaks for itself, and may be pointed to as a "model worthy of all imitation." This is wishing you a *Happy New Year* to some good purpose. We gratefully acknowledge the substantial compliment paid to our JOURNAL, and to the glorious cause of Hydropathy, but trust that the papers which our zealous and efficient co-worker has been the means of circulating, will, through the great truths they inculcate, tending to make the *New Years* of our readers *many and happy*, more effectually express our gratitude than mere words of thanks possibly could:

Collinsville, Ct., Jan. 1st, 1853.

MESSES. FOWLERS AND WELLS.—As it is customary on the commencement of a New Year, to give and receive presents and mementoes of friendship, I thought I could not make you a more acceptable present than a liberal list of subscribers, (with the accompanying cash), for your truly valuable WATER-CURE and PHRENOLOGICAL JOURNALS.

Feeling anxious to have a knowledge of the Water-Cure, with its incomparable benefits, more extensively known, and as our friend, (Mr. A. H. W.) who has formerly procured subscribers here was ill, I thought I would try to get a club of twenty, to receive the benefit of your liberal offer, of twenty papers for ten dollars.

I commented ten days ago, carrying bundles of the papers of each kind with me, as I went to the factory, handing them to friends with some commendatory remarks, inviting them to a candid perusal.

After the labors of the day, I carried bundles of the papers to the stores and depot, ending a crowd around me, and explaining to them the importance and value of the respective Journals. I found no difficulty in getting the twenty names, which encouraged me to try for another ten, and each accession encouraged me to further effort; and the result of my seven evenings' labor, (without losing an hour from my daily labor,) I herewith send you, viz: WATER-CURE JOURNAL, *sixty-seven* subscribers; PHRENOLOGICAL JOURNAL, *thirty-one*; STUDENT, *two*, making in all ONE HUNDRED.

And now, in conclusion, wishing you and yours, your worthy coadjutors, and your half million readers, peace, plenty, and a *Happy New Year*, I remain, gentlemen,

Faithfully and truly yours, D. B. H.

ISAAC BABBITT.—Since the invention of THE PATENT BOX, LINED WITH SOFT METAL, by this ingenious artist and mechanic, we have felt a particular interest in him, and in his subsequent experiments and investigations. By the aforesaid invention millions of dollars are annually saved to the world, while at the same time machinery is made to work with greater facility and safety. We have not space here to describe at length this ingenious piece of work, but we intend to do so at a future time, for the entertainment and instruction of our readers. We may say, however, that, unlike most men of inventive genius, Mr. Babbitt has realized a handsome fortune by the sale of privileges to use his patents. Our own Government paid him \$20,000, and he has probably received much larger sums from its sales in Europe, where it has been widely adopted. But our ob-

ject in referring to Mr. Babbitt at this time, is to call attention to his chemical discoveries. Retired from the "noise and confusion" of a city life, to his beautiful home in Roxbury, near Boston, he has "studied out," for the use of men, women and children, several very useful improvements in toilet articles, known as Babbitt's Cytherean Cream of Soap, Panariston Shaving Cream, Panariston Soap in Solid Rolls, Shaving Powder, Panariston Dentifrice, Crinoleum for the Hair, etc., etc. Supplied by his agents, A. M. Beck and Co., of Boston, all of which have attained a reputation for superior excellence, which none but a chemist could so well prepare. Every individual uses soap. Then why not use the best? It costs no more than the "biting stuff" sold by all the apothecaries. We commend, as the best we have ever used, that manufactured by Isaac Babbitt. His other preparations for the Teeth and Hair are not only harmless, but as efficient to beautify, as is his soap to cleanse and purify.

WATER-CURE AND WOMEN.—On comparing our receipts of new subscribers, we find that the majority of names come to us from our CO-WORKING WOMEN. Lists of names the longest, and encouragement the strongest, come from irresistible woman. What man can withstand her appeals? But she works more zealously among, and for her sisters. We should be glad to quote their letters, did they not decline publicity.

CLUBS of twenty, thirty, forty, fifty, and a hundred, have been made up chiefly of and by women. They "never tire" of well-doing. In view of all this, we shall not flinch from working with them in every needed reform, until "equal rights," equal privileges, and equal pleasures prevail.

J. C.—Burnt Corn.—We confess ourselves unable to solve the "riddle" of the mysterious lights seen by you. You have read, we presume, of *Ignis Fatuus*, or *Jack O'Lantern* lights, which sometimes appear at night over marshy grounds, and which are supposed to be occasioned by phosphoric matter extricated from decaying animal and vegetable substances, or by some inflammable gas. You can judge better than we whether the luminous appearances you saw could have been of that character.

CAUSES OF IDIOCY.—Dr. Howe has examined almost the entire number of cases of idiocy known in Massachusetts, and the result is, in all but four instances, he found the parents of these idiots were either intemperate, addicted to sensual vices, scrofulous, predisposed to insanity, or had intermarried with blood relations.—*All the Papers.*

This paragraph is terribly significant. Volumes have been written on the subject, and it has been clearly shown that the causes of idiocy are as Dr. Howe's investigations have demonstrated, but too little impression has been made upon the public mind. Here are the facts—stubborn things always, in a single paragraph. Let them be well pondered.

The forthcoming of **LOUIS MOREAU GOTTSCHALK**, the American Pianist and Composer, is heralded in all the papers. Graham's Magazine for January contains a lengthy and interesting biography of this artist. Having passed several years in the cities of Europe, he now returns to his native land with all the modern musical acquirements. He will, doubtless, meet with all the success his merits entitle him to. After a hearing, we shall be enabled to speak further of the American Pianist.

THE LILY.—Mrs. Bloomer has enlarged and improved her pet paper, *The Lily*, and issues it semi-monthly. Devoted to Temperance, Education, Dress Reform, and so forth, making a good-looking and readable sheet. It is now published by Amelia Bloomer, Seneca Falls, N. Y. Terms \$1.00 a year. May *The Lily* gladden and strengthen the head and heart of all good people.

For a portrait, and phrenological description by Mr. Fowler, and a brief biography of this world-renowned woman, see the **PHRENOLOGICAL JOURNAL** for February, 1853.

ONE FRIEND OF THE CAUSE writes us: "I am getting up a club of twenty for the WATER-CURE JOURNAL." Another: "I am getting up a club of one hundred;" and each requests us to print enough to supply their subscribers. All right, friends, work on; we'll "print 'em."

Do not be alarmed, friends, about a lack of JOURNALS, though they are going off by cart-loads. We have from three to five steam-power presses running constantly, and

if you are like to get ahead, we'll hitch up another. Let them come.

OUR Postmaster at — is an Allopathic M.D., and has sneered and grinned considerably at the small number of WATER-CURE JOURNALS sent to the office the past year. I hope, and believe, that he will have a different kind of grin this year—that is, "laugh out of the other side of his mouth," as some render it.

We hope and believe so too; and if our friend J. S. perseveres in the good work he has commenced, he will be likely to drive the Allopath out of the office, as a freshet drives rats out of their holes!

DISCONTINUANCE.—That neat and well-conducted Boston Journal, *To-Day*, has been discontinued. We are glad to learn that its talented editor, Mr. Charles Hale, has found more advantageous opportunities of employing his time and talents, but are sorry to lose *To-Day* from our list of exchanges. Mr. Hale has accepted a position as one of the editors of the *Boston Daily Advertiser*. We wish him much success in his new field of labor.

MR. P. W. DAVIS, of Providence, R. I., is about to commence the publication of a paper to advocate Woman's Rights. On receipt of the first number we shall give our readers further particulars with regard to it, including terms, etc., not yet determined upon.

A NEW WATER-CURE will soon be opened in Mercer, Mercer Co., Pa., by our friend and co-worker, Dr. W. M. STEPHENS. We will guarantee him the best success.

We are requested to state, that the National Law School, formerly located at Ballston Spa, has been removed to Poughkeepsie, N. Y., with its original Charter, Faculty, etc.

"**MUSIC** has charms"—and it has almost miraculous power to move the springs of human action. A song has frequently more influence than a stump speech, or a sermon.

A friend of the **JOURNAL**, of the **BLOOMERS**, and of the **CAUSE OF REFORM**, has enabled us to present our patrons with a "*Bloomer Song*," which will be found on another page—"Sing, Bloomers, Sing!"

WATER-CURE.—The *Middletown Press* states that a "Water-Cure Establishment" is to be erected on Sam's Point, an eminence on the Shawangunk Mountain.

Literary Notices.

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

AN ESSAY ON WAGES. By PHILIP C. FRISKE. New York and Boston: Fowlers and Wells. Price 15 cents.

The object of this little work is to discuss the subject of Wages, and the means now employed to uphold them, and to show the necessity for a **WORKINGMAN'S TARIFF**, founded on the principle of graduating import duties in inverse proportion to the rates of wages paid in the manufacture of the imported goods. The evil for which a remedy is sought, is thus stated and illustrated:

"Our present and former tariff systems foster the unconscious competition between the workmen of different countries, if they are connected by an interchange of their productions.

"Suppose, for instance, that wages in our country average a certain rate, while in some foreign country they average a lower rate; and that goods are imported here from that country of the same quality as some manufactured by us. The foreign and the domestic goods will compete in our market. The price of the goods of both descriptions will be the same. The elements of the price of the domestic goods will consist almost entirely of wages paid for labor and of profits of capital; and this price tends to accord with the average rate of our wages, and with the average profits of our capital. These wages and profits are, as yet, higher than those of the foreign country. The price of the foreign goods is made up, partly of wages of laborers, and profits of capital, both at the foreign rates; partly of the import duty, and partly of the expense of transportation. The foreign manufacturer easily estimates the expense of transportation and the duty; these he deducts from the price of the goods in our market; from the remainder of the price he deducts the average foreign profit of capital; the balance, only, of the price, is applicable to wages. The

time has come, or it must soon arrive, when the skill and machinery of the foreign manufacturer will no longer be superior to our own, and will give him no advantage over us. He must then leave our market, or reduce his prices by lowering his own profits, or the wages of his workmen. In this dilemma he can tell his workmen, 'Prices in the American market are coming down; I will not consent to lower my prices by abating my profits; if you want to work for that market, you must enable me to lower my prices, by reducing your demand for wages; if you will not take less wages, I shall be driven out of that market; and I must then 'work short time,' or discharge you altogether, and find other employment for my capital. Well, foreign wages are reduced, and the consequence is, that foreign goods undersell our own manufactures. Then comes the turn of the American manufacturer to address his workmen. Not in the style of stump oratory, but in the plain language of business, he says: I will not lower the price of my goods, by abating my profits; you must enable me to lower my prices, and undersell the foreign goods, by reducing your wages; if you do not consent to this reduction, I shall be driven out of the home market, and I will discharge you, and direct my capital to some other use."

The remedy proposed by the author, is thus briefly set forth:

"The proper course for our Government to pursue, is, to regulate our duties with reference to the wages paid abroad, by graduating our duties in inverse proportion to the rate of wages paid in the manufacture of the imported goods.

"To explain. If a foreign manufacturer will pay his hands average American wages, his goods should come here free, or at the lowest rate of duty that our Government can afford to levy; but if he pay lower wages, the duty on his goods should be increased. On this principle, high wages abroad would be followed by low duties here; and low wages there would be met here by high duties.

"This is the new principle which we propose to introduce into our tariff."

THE CHRISTIAN BANKER.—We have received the Prospectus of a new magazine with the above name. The principles and aims of its publishers may be learned, in part at least, from the following extract:

"Practical experience satisfies us that on no subject is there so little general information as upon the question of Finance. Hitherto it has been the strong-hold of monopolists; and nothing do they fear so much, whether in Religion, Politics or Finance, as intelligence disseminated among the masses. Having for many years taken our position by the side of the people in many practical reforms, we feel none the less inclined to attack the advancing and vigilant hosts of error and wrong in this new field of action.

"We intend to dig up MEN from under the rubbish of INSTITUTIONS. We intend to advocate INDIVIDUALITY, and give it its proper position by the side, not under the feet, of ORGANIZATION or monopolies. We intend to oppose all chartered rights, and go our whole length for natural rights. We shall show that natural rights are God-given, and that chartered rights are a system of robbing the poor and ignorant by and for the rich and learned."

The Christian Banker is to be published by Seth Paine & Co., Bankers, Chicago, Ill., at 50 cts. per annum.

HOME TREATMENT FOR SEXUAL ABUSES, by R. T. TRALL, M.D. New York and Boston: Fowlers and Wells. Price 25 cents. Postage 5 cents.

This is a plain, eminently practical, and much-needed work. It is designed not only as a home-guide in the management of the numerous ailments and infirmities which result from youthful indiscretions, and the ignorance and errors of maturer life, but what is of incomparably more importance, as an instructive monitor, with the view of preventing these evils in the rising generation. It traces morbid and perverted sexuality to its various sources, points out the causes of its general prevalence in civilized society, and indicates the remedial course. It is also much more full and complete in the treatment of the maladies and injuries resulting from sexual abuses, self-polluting, &c., than any other work on the subject. Such a work ought to be in every family, in the hands of every young person in the land. We quote the following paragraph from the introduction:

"The time has come when the rising generation must be thoroughly instructed in this matter. That quack-specific, 'ignorance,' has been experimented with quite too long already. The true method of insuring all persons, young or old, against the abuse of any part, organ, function, or faculty, of the wondrous machinery of life, is to teach them its use. 'Train a child in the way it should go,' or be sure it will, amid the ten thousand surrounding temptations, find out a way in which it should not go. Keeping a child in ignorant innocence is, I own, no part of the 'training' which has been taught by a wiser than Solomon. Boys and girls do know, will know, and must know, that between them are important anatomical differences, and interesting physiological relations. Teach them, I repeat, their use, or ex-

pect their abuse. Hardly a young person in the world would ever become addicted to habitual self-pollution, if he or she understood clearly the consequences; if he or she knew at the outset that the practice was directly destroying the bodily stamina, vitiating the moral tone, and enfeebling the intellect. No one would pursue the disgusting habit, if he or she was fully aware that it was blasting all prospects of health and happiness in the approaching period of manhood and womanhood."

PRACTICAL DETAILS IN EQUITABLE COMMERCE, by JOSHUA WARREN. With a Preface, by Stephen Pearl Andrews. New York and Boston: Fowlers and Wells. Price 25 cents.

This is intended as an appropriate complement to the theoretical works, on the same subject, already issued by the publishers, viz.: "Equitable Commerce," by Mr. Warren, and "The Science of Society," by Mr. Andrews, and will be read with profit by those who are interested in the peculiar views and principles illustrated, and, in fact, by all who are engaged in studying the great problem of society. It shows the workings, in actual experiment, during a series of years, of the social principles advocated by Messrs. Warren and Andrews. Those who have not read the works on Equitable Commerce alluded to, will be able, perhaps, to comprehend the principal points involved, by reading the following prefatory statement:

PROBLEMS TO BE SOLVED.

- I. The proper, legitimate, and just reward of labor.
- II. Security of person and property.
- III. The greatest practicable amount of freedom to each individual.
- IV. Economy in the production and uses of wealth.
- V. To open the way for each individual to the possession of land, and all other natural wealth.
- VI. To make the interests of all to co-operate with and assist each other, instead of clashing with and counteracting each other.
- VII. To withdraw the elements of discord, of war, of distrust, and repulsion, and to establish a prevailing spirit of peace, order, and social sympathy.

MEANS OF THE SOLUTION.

- I. Individuality.
- S. Sovereignty of every Individual.
- C. Cost the Limit of Price.
- M. Circulating Medium founded on the Cost of Labor.
- A. Adaptation of the Supply to the Demand.

THE HORTICULTURIST and **Journal of Rural Art and Rural Taste** has been transferred by the former publishers to J. VICK, Jr., of Rochester, N. Y., and is now edited by P. BARRY, for many years connected with the *Genesee Farmer*. He is an experienced editor, and a practical nurseryman. The publisher says, in his Prospectus:

"It will be our aim not only to make the *Horticulturist* superior, both in style and matter, to any work of the character in this country, but equal to any of the Horticultural Journals of Europe; and we confidently ask the aid and co-operation of the Horticulturists of the country. The work is published monthly, and contains forty-eight large pages, stitched in a beautiful and appropriate cover. Terms \$2 a year, in advance; with colored plates, \$4. Address J. VICK, Jr., Rochester, N. Y.

HOPES AND HELPS for the Young of both Sexes. Relating to the Formation of Character, Choice of Avocation, Health, Amusement, Music, Conversation, Cultivation of Intellect, Moral Sentiment, Social Affection, Courtship and Marriage. By Rev. G. S. WEAVER, author of "Lectures on Mental Science," etc., etc. New York and Boston: FOWLERS AND WELLS. Price by mail, 60 cents.

This is an earnest and thoughtful book. The author's heart is in his work; and he who speaks from the heart, speaks, inevitably, to the heart. We are glad to introduce him, as a wise and judicious teacher, and a kind and sympathizing friend, to the young men and young women who do us the honor to read the *WATER-CURE JOURNAL*. He will address to you, in serious tones, words of warning and of counsel, as becomes one who realizes the imminent peril of the world, and the solemn duties of life, but he has, at the same time, words of encouragement and cheer, which make the heart strong and brave, and incite the soul to high aspirations and noble deeds. He is not the austere and gloomy fanatic, but the genial, cheerful, hopeful, and sympathizing friend of Practical Christianity and Human Progress. We commend the book to the young, and to the parents, guardians and teachers of the young, everywhere. We extract a single brief paragraph:

"WHAT THE TIMES DEMAND.—The times call for high-born, self-controlled youth. The age beseeches for holy medita-

tion, and calm resolution to its high duties, on the part of the rising generation. Nations are begging in solemn earnestness for nobler leaders. States are asking for wisdom and prudence to sit in their chairs of authority. The masses of mankind, bound by the chains forged in their own passion-fires, are crying for deliverance. Who shall answer these calls, but the youth of to-day? Who shall learn to control the world, and bear it upward, by first controlling themselves, and stepping, with eye bent above, upon the ladder of progress, but the youth of the nineteenth century? Never before were the calls upon the young so powerful and distinct to be the self-marched pioneers of a new and better era."

FUN AND EARNEST. By the author of *Musings of an Invalid*, *Fancies of a Whimsical Man*, etc. etc. 12mo., pp. 275. Price 75 cents. New York: JOHN S. TAYLOR.

Not an improvement on previous efforts. We have but few really funny fellow authors, who are not low and vulgar. In the present "take-off," no offence can be taken. The reader will be expected to laugh on arriving at each period. The book is specially adapted to Old Hunkers. We opine the author has but a faint idea of "the great future," from the manner in which he anticipates coming events, on which he has in vain attempted to cast shadows. But he will change with Time.

KATHAY: A Cruise in the China Seas. By W. HASTINGS MACAULAY. 12mo. pp. 230. Price 75 cents. New York: G. P. Putnam & Co.

An exceedingly interesting book of travel, in which is described the leading objects incident to such a voyage. Some of the principal cities of the Celestial Empire were visited by the author, and his graphic pen enables the reader to realize the exact condition of things as seen by himself. A desire to visit the "Celestials," and to politely request them to keep their "Ten-leaves" at home, has been greatly increased by the perusal of this pleasant and instructive volume. We hope, ultimately, to establish an agency in Peking or Canton, for the sale of our various Reformatory publications, and perhaps set up a Water-Cure Establishment there.

THE COUNTRY GENTLEMAN.—A weekly Journal for the farm, the garden, and the fire-side. Published by LUTHER TUCKER, Albany, N. Y. Terms \$2 a year, in advance.

Having sold the *Horticulturist* since the death of the lamented Downing, Mr. Tucker has commenced the publication of a weekly paper under the above title. It is a neat quarto of sixteen pages, ably edited, and amply illustrated, and promises to become as popular, as we know it will be useful, to the State and the nation.

THE ALBANY CULTIVATOR, same publisher, will be continued in the same size, shape, and quality as formerly, a large octavo, at a reduction of one-half from former price. It is now published at the marvelously low price of 50 cents a year.

WOMAN'S RIGHTS ADVOCATE—No. 1.—Published by the Ohio Woman's Rights Association, at Cleveland. Mrs. C. M. SEVERANCE, Secretary.

It is proposed to publish a series of pamphlets, under the above title, with a view of setting forth the "motives and aims" of the Association. In the present opening number the question is stated, as a whole, leaving its several divisions to be amplified in subsequent numbers. We hope the women will have "a good time of it," and show the world what they can do—*Agitate, Reform, IMPROVEMENT.*

ALMANACH FRANCAIS DES ETATS UNIS, pour L'Année, 1853, a L'Usage des Populations Francaises de L'Amerique du Nord. New York: Public et vendu par l'Auteur 345. 12c. Rue.

This must prove a useful work in the hands of our French population. It contains, in addition to the usual matter of an Almanac, the *Constitution des Etats-Unis. Avis Important aux Immigrants. Abrege Historique, Geographique et Statistique des Etats-Unis*, and much other useful information.

THE KNICKERBOCKER MAGAZINE.—The advertisement of this sterling American Monthly will be found in another column. The publisher finds low prices and large sales to work so well, that he has made a still further deduction to clubs. The *Knickertocker* has a well-established and well-deserved reputation, as an entertaining and instructive periodical. A new volume commenced in January.

THE BOOK OF SNOBS. By W. M. THACKERAY. 12mo., pp. 278. Price 50 cents. New York: D. Appleton & Co.

A book for Snobs, everywhere; Snobs royal; military Snobs; political, continental, city and country Snobs; clerical, literary, and all other variety of Snobs, are "shown up," in such language as not to be misunderstood or evaded. The book, an English production, should be read by snobs of every order, rank and degree. Snobs there are everywhere, and here is a mirror in which they see themselves as others see them. Mr. Thackeray, on his return to England, will probably treat the Londoners to a book on American Snobs; he can well afford to do so, having snobbed the Yankees out of a few cool thousand dollars, all for a mess of pottage.

REFLECTIONS ON FLOWERS. By Rev. JAMES HERVEY, Rector of Weston Flavell, of Northamptonshire. 18mo., pp. 140. Price 75 cents. New York: JOHN S. TAYLOR.

A religious "letter to a lady," with no pretensions toward a scientific analysis of flowers. It is a flowery religious epistle, illustrated by the publisher, with numerous pretty pictures, handsomely bound, with gilt edges.

THE GAME OF THE SEASON.—W. Parkhurst, of Providence, R. I., has published, on cards, for the entertainment of children, the principal characters in *UNCLE TOM'S CABIN*. Price 25 cents. For sale in New York by Leavitt & Allen.

Advertisements.

A LIMITED space of this Journal will be given to advertisements, on the following terms: For a full page, one month, \$75. For one column, \$40. For half a column, \$12. 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 between forty-five and fifty thousand copies.

THE WATER-CURE JOURNAL—Prospectus for vol. xv., for 1853.

HEALTH REFORM is emphatically the GREAT DEMAND of the AGE. Disease and infirmity hang like deadly incubus 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 VENTILATION, 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 subtitle of *HEALTH OF REFORM*, 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 needed 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 PNEUMATOLOGY; in our articles on the PRINCIPLES and PRACTICE of HYDROPATHY; in the promotion of HYGIENIC REFORM, 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, N. Y.

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

MY NEW YEAR'S PRESENT.—At the inauguration of this year, I found a gift on my table. I need not say, that coming to me unthought, un begged, and from those I prize it highly. No qualification of mine as to the reputation of the givers would add a jot's weight with the Public. Where their homes are, these men and women are known, and no recipients at their hands of silver or gold could have given me a tithe of the pleasure which I feel at being thought worthy of such public avowal of regard as the letter below indicates. God bless them! and may they live an hundred years and "their shadows never be less." whilst I will labor and struggle to make myself worthy as a "Physician" and a "man" of troops of just such friends.

GLEN-HAVEN WATER-CURE.
Scott, Cortland Co., N. Y., Dec. 31, 1852.
JAS. C. JACKSON, M.D.—Dear Sir: The undersigned, patients, who are now inmates of your Water-Cure, are desirous of expressing to you, at the close of the year, their high sense of your professional character. It is not usual for persons standing in our position to take this course, but we feel it due to you and to ourselves. Your zeal and that of your amiable and skillful wife, in the discharge of your arduous duties, and the unwearied attention and care you bestow on the sick, demand our highest admiration. Your skill as a Hydropathic Physician we consider second to none in the Union, and merits our unbounded confidence. It is gratifying to us to state that the principles on which your Institution is conducted are approved by us, and we rejoice at the success that has attended your efforts in the amelioration of human suffering—a success which has rendered it necessary, from the increase of Public patronage, for you so much to enlarge your establishment.

In presenting you with this unsolicited expression of our views of your professional abilities, allow us to state our regard for you as a man whose familiar intercourse amongst us has endeared you to us as a brother. Your Assistants, Dr. Bush and Dr. Harriet Austin, are also deserving of our highest praise and esteem for the efficient performance of their duties. In conclusion, we would thank you for your able and instructive lectures, and sincerely hope that you may be permitted to continue your course of usefulness.

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|--------------------|---------------|---------|
| ROSETTA DAYFORD, | Hamilton, | Canada. |
| HELAN CLARKE, | " | " |
| ALEXANDER HUNTER, | Toronto, | " |
| FRANCES JAMES, | Norwich, | " |
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| JOHN CLARKE, | Aberdeen, | Miss. |
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| ERASTUS INGLES, | Wampsville, | " |
| SARAH HAIGHT, | Scott, | " |
| J. W. SANDHORN, | Granby, | " |
- Feb. 11.

MOORE'S RURAL NEW-YORKER.—VOL. IV.—FOR 1853.—This popular Journal is now permanently established,—its high reputation and extensive circulation rendering it the standard in its sphere. It embraces more Agricultural, Horticultural, Mechanical, Scientific, Educational, Literary and News Matter, interspersed with numerous Engravings, than any other periodical in the Union, and has no superior as an Agricultural, Literary and Family Newspaper.

Its various Departments are so conducted as to render the contents of the whole paper Useful, Pure and Entertaining. The Fourth Volume, commencing January, 1853, will surpass either of its predecessors. As our motto is Excellence, we shall use all the essential requisites to fully sustain the acknowledged standing of the RURAL as the

LEADING WEEKLY OF ITS CLASS.
The high literary and moral tone of the paper, renders it a safe and desirable companion for the Young—and one of its special objects is to instruct, entertain and improve all members of the Family Circle. Each number embraces the latest and most important News, briefly yet definitely stated—Reports of Grain, Provision and Cattle Markets, &c.

The NEW-YORKER is published in the best style. Each number contains Eight Double Quarto Pages (forty columns,) illustrated with handsome Engravings. A title Page, Index, &c., at the close of each volume, complete for binding.
TERMS—In Advance—Two Dollars a year—\$1 for six months. Three copies one year for \$5; Six copies, and one to agent, for \$10; Ten copies, and one to agent, for \$15; Twenty copies, for \$25. Large Premiums for subscribers. Specimen Numbers, Premium List, &c., sent free to all post-paid applicants. Give us your address.
[For \$2 we will send the RURAL one year, and either volume of the Wool Grower and Stock Register. See advertisement below.]
SUBSCRIBE EARLY! if you wish to commence with the new year and volume. Subscription money, properly enclosed, may be mailed.
Address, D. D. T. MOORE, Rochester, N. Y., December, 1852.

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 orders, 25 cts. The Torpedo Magnetic Machines are put up in most reasonable cases of a very portable size. Price \$12. A discount made to agents. Address, S. B. Smith, 297 1/2 Broadway, N. Y. Jan. 17.



ELMIRA WATER-CURE.

ELMIRA WATER-CURE.—THIS INSTITUTION commands one of the finest views of town, country, mountain, hill, creek, river and valley that the State of New York affords in any inland place. Its air is balmy and pure—its water comes sparkling from the hills.
The Cure is so situated that it is at once in and out of town. Quiet as a country residence, still a few minutes' walk brings you to its centre. There are not six days in as many months but what ladies can walk as many miles as they choose upon a good plank side-walk, without wetting their feet. There is next to no mud here at any season; it is one of the driest places in the State.
Our house is entirely new; built expressly for a Cure. They hazard nothing in saying that it is not exceeded, for convenience and comfort, by any other in this country.

The Cure, in all departments, is in the hands of Dr. S. O. and Mrs. R. B. Gleason, M.D. We opened the FOURTH Cure in the United States, and have treated thousands of cases. Mrs. Gleason has treated more cases of female diseases than any other lady engaged in the Water-Cure practice. Hundreds can testify to her skill.
Two hundred cases have been treated here during the past seven months. Three-fourths of the same have been females. Twelve States, and Canada, have been represented.
An Exercise Hall, containing a Bowling Alley, has been recently fitted up.
Terms—\$6 to \$8 per week. All letters must be post-paid. Address, S. O. GLEASON, Elmira, N. Y. Feb. 11.

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTION.—Dr. TRALL receives patients at his commodious establishment, 15 Light-street, New York, (the oldest and most extensive City Water-Cure in the United States), one door from the beautiful promenade grounds of St. John's Park. The house has been recently enlarged by an additional building, and is well arranged and warmed for winter treatment.
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.

JOEL SHEW, 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.

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 procure 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—\$1 to \$3 per week. T. T. SREELY, M.D., Proprietor. Jan. 17.

EMPLOYMENT, PLEASANT AND PROFITABLE.—Young men in every county, town and village in the United States may find a safe and profitable employment for his time and money, (say \$25, \$50, or \$100). For particulars, address post-paid, FOWLER & WELLS, Clinton Hall, 131 Nassau Street, New York.

THE ILLUSTRATED SELF-INSTRUCTOR in Phrenology and Physiology, with one hundred Engravings and a Chart. Price, prepaid, by mail, 30 cents. Published by FOWLER & WELLS, 131 Nassau St. N. Y. An excellent work for beginners—containing the principles of these sciences, together with much other valuable matter.

GEO. HOYT, M. D., WILL LECTURE on the Philosophy of Hydropathy. Address him at the Water-Cure, Worcester, Mass. Feb. 11.

HIGHLAND HOME WATER-CURE, at Fishkill Landing, Dutchess Co., N. N. O. W. MAY, M.D., Proprietor.

The pure air and water, beautiful scenery, fine large edifices, an 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. Feb. 11.

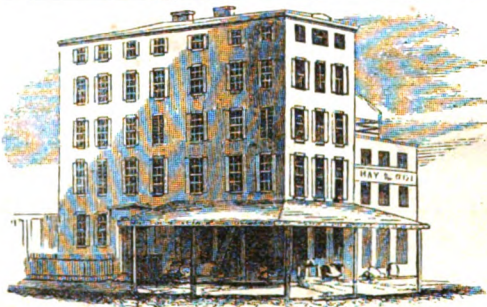
LOWELL WATER-CURE ESTABLISHMENT.—This old-established institution, under the medical direction of G. H. TAYLOR, M.D., will compare favorably in respect to location, water, fixtures, and all that constitutes a first-rate institution, with any other of the kind. Terms, from \$6 to \$8 per week. Jan. 17.

NOTICE!—MANY PERSONS WRITE TO me, asking me to visit their places of residence, and deliver courses of lectures on Hydropathy. Having in my Care at this date forty patients, it is impossible for me to leave for a great length of time. This I will do, however, if the ladies of a place will assemble to hear me talk on their characteristic diseases, and will notify me to that effect, and will pay my expenses simply. I will try to come and speak two evenings,—one on the general subject, and one evening to them on the diseases of females. As it is possible that I shall be compelled to disappoint them, by reason of sickness in my Institution, this time of my coming must be left to me. JAS. C. JACKSON, M. D. Glen Haven Water-Cure, Scott, Cortland Co. Jan. 1st, 1853. Feb. 11.

F. W. MEYER, M.D., HYDROPATHIC PHYSICIAN, at Col. Hamilton's Plantation, Bayou Sara Parish, West Feliciana, La. Jan. 17.

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. ROCKS, M.D., E. F. ROCKS, Superintendent. Jan. 17.

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! Feb. 11.



THE NEW YORK WATER-CURE INSTITUTION, CORNER OF TWELFTH-STREET, and University Place, near Broadway, New York. Ample accommodations for Boarders and Patients. O. H. WELLINGTON, M.D. GEO. H. TAYLOR, M. D. Feb. 11.

WANTED—A PARTNER IN A WATER-CURE.—I am building the Danville Model Water-Cure in Danville, Livingston Co., N. Y. Building now enclosed is 100 by 40 feet, four stories high, with wings 30 by 30 feet, three stories high. Intend to have it ready for Patients by the first of June. Water and location not excelled in the State. For further information address M. PACK, Danville, Livingston Co., N. Y. Feb. 11.*

DR. E. SNELL'S WATER-CURE ESTABLISHMENT is at Easthampton, Mass., fitted up for winter use. The fall and winter is the time to gain health, did people only know it. Terms, \$6 per week. Jan. 21.

CHICAGO WATER-CURE RETREAT, corner Indiana and Rush Streets, recently opened for the reception and treatment of Patients, by J. WEBSTER, A.M., M.D. Jan. 17.

NEW GRAEFENBERG WATER-CURE.—No Cure, so far.—For further particulars, address R. HOLLAND, M.D., New Graefenberg, N. Y. Jan. 17.

DR. WEDER HAS LEFT ORANGE MOUNTAIN Water-Cure residence, (at present,) South Orange, New Jersey. Feb. 11.

MOUNT PROSPECT WATER-CURE, BINGHAMTON, BROOME CO., N. Y.—This retreat for the sick is fitted up in prime order for giving treatment in winter. Our terms are less than at any establishment having the same advantages in this country, from \$4 to \$7 per week, according to room and attention required. O. V. THAYER, M.D., Resident Physician. H. M. RANNEY, Proprietor. Feb. 11.

PENNSYLVANIA WATER-CURE ESTABLISHMENT.—By Edward Acker, M.D., Philadelphia, opposite the town of Beaver, on the Ohio River, Beaver County, Pa. Jan. 5.

MISS M. H. MOWRY, PHYSICIAN, No. 22 South Main street, Providence, R. I. Jan. 31.

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. FRANK, M.D., Carthage, Hamilton Co., Ohio. Jan. 31.

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

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

