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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. VI.

DISLOCATIONS.

BY JOEL SHEW, M.D.

DISLOCATION or LUXATION in surgery signifies the displacement of one or more bones from their proper situation; in other words, "a putting out of joint." Dislocations are *complete*, when the articular surfaces of the bones have wholly lost their natural connection; *incomplete*, when the displacement is only partial; and *compound*, when a wound communicates with the dislocated joint. A dislocation is said to be *accidental*, when it is caused, by external violence; *spontaneous*, when it arises from disease of the joint. Dislocation may also arise from muscular action, as in the jaw, when this part is very much depressed; from elongation of the ligaments about a joint; and from paralysis of an antagonist set of muscles. But mechanical violence is by far the most frequent cause of this difficulty.

Dislocation is, in most cases, readily distinguished from fracture. In *fracture* the mobility of a part is *increased*; in *dislocation* it is *diminished*. A *dislocated* joint is usually more *prominent* in one part and *depressed* in another. A *broken bone* is usually *shortened*, while a *dislocated* one is not. In *fracture* there is *crepitus*, or a grating sound of the ends of the bone upon each other when moved; but in *dislocation* no such symptom is observed. Dislocation is most apt to occur in the grown person, while fractures near the joints are more apt to happen in the young.

Dislocations are among the most complicated and troublesome injuries which the noble art of surgery has to encounter. In the present instance, I shall only speak of some of the more common among the difficulties of this kind, and give some advice, which it is presumed the general reader will be interested in.

It is to be especially noticed, that in all cases of dislocation, the sooner the difficulty is remedied, the easier for the operator and the less painful, and the better for the patient in all respects. If you can reduce the dislocation yourself, or if a friend can do it for you, do it, and the more promptly the better. Bu

if you are obliged to get a surgeon, lose not a moment's time in doing so.

When there has once been a dislocation of a joint, the difficulty sometimes recurs from slight causes on the part of the one who has suffered it, or from accidental occurrences. Dislocation of the jaw, of the arm into the armpit, and dislocation at the hip-joint, happen in this way.

DISLOCATION OF THE JAW may occur either on one or both sides, but more commonly the latter. It may be caused by a blow on the chin when the mouth is wide open, but oftener from gaping, when the lower jaw being violently and quickly drawn down, its ends slip from their sockets, and the jaw becomes firmly fixed, keeping the mouth "wide open;" the face is lengthened, the expression vacant, and the power of speaking lost; "any attempt at utterance produces only strange and incomprehensible noises, and the oddest contortions of the countenance possible, which are often rendered exceedingly ludicrous by the various shifts the person employs in endeavoring to make himself understood."

The reduction of dislocated jaw may be easily accomplished in the following way: The patient sits flat upon the floor, leaning his head against the operator's knees, who stands behind him; two pieces of hard-wood or a couple of fork handles are placed in the mouth, one at each corner of each side of the mouth, pressed back as far as they will go, and held by an assistant; the operator then bends over the patient,



Fig. 1.

and making a firm loop of his hands, places them under the chin and draws it upwards, in such a way as to nearly close the mouth; at the same time the chin is pressed backward, upon which the jaw assumes its proper place. Another method is, by having napkins wrapped about the thumbs, which are then placed between the molar teeth, so as to enable the operator to press the ends of the jaw downwards; at the same time the fingers are placed under and at the outer end of the chin; as the thumbs are pressed downwards, the chin is pressed upwards and backwards.

IN TYPE.—A chapter of "Voices from Home," several miscellaneous pieces, some clippings from "Our Exchanges," &c., &c., are "in type," but unavoidably postponed. Fortunately our matter is of a kind which is not spoiled by keeping. We shall try to find a place for a number of deferred articles in our next.

HEALTH.—Whosoever desires to enjoy health and longevity, and to be quickly cured of accidental indispositions should prefer vegetable to animal food, swallow nothing hot, drink only milk or water, be lightly clad, avoid artificial heat and drugs, and take much exercise in the open air. If to these are joined temperance in quantity, and a daily cold bath, illness is hardly possible, except by accident.

IMPORTANCE OF PURE AIR.—From 3 to 4,000 gallons of air pass in and out of an ordinary-sized healthy person's lungs every twenty-four hours; therefore it is of the greatest importance that our houses, bedrooms, and workshops should be well ventilated. Pure air is the proper food of the lungs, and the want of it the chief cause of consumption, and other fatal diseases. To inspire and expire pure air is to live; and vice versa.

BOOKS FOR THE PEOPLE.—On page 72 will be found a list of books—useful, interesting and cheap, which can be sent by mail to any part of the United States. By the arrangement there announced, you can be sure to get promptly and safely, any work you may order, and make, at the same time, a great saving. See the List, headed "Good Books for Everybody."

When the jaw has once slipped out, it is much more apt to do so again. Hence the patient should for some time be careful how he opens his mouth, and especially how he gapes or laughs. Some surgeons advise, that after this dislocation, the patient wear a bandage passing over the top of the head and under the chin, so as to keep the mouth quite closed, for a week or two.

This accident has sometimes led to certain amusing mistakes. It is related of Abernethy, that he used to entertain his class with an illustration of this kind, which he gave in his own humorous way:—

An officer was dining with a party of friends, and his laughing faculties having been excited, he was rattling along and laughing heartily, when suddenly he became dumb, or rather, he ceased to be able to speak; his mouth remained wide open, and he uttered only a vast variety of strange sounds. At first it was supposed he was endeavoring to amuse the company by these uncouth noises; but soon it was perceived to be no joke, and that he was really unable to close his mouth or speak.

After a little while, he managed to make them understand he had dislocated his jaw, and that it would be necessary to send for a doctor, who in due time arrived, and set about replacing the jaw. But whether it was he did not know how to perform the operation, or whether he put in one side, and whilst attempting to put in the other, the former slipped out again, as it will sometimes do, he could not manage the job at all, and the officer, who had frequently suffered from the same accident before, and had it replaced without difficulty, getting angry, and at the last furious, at his bungling, induced the doctor to change his tack, and declare the sufferer was mad. This of course alarmed the whole party, who seized on the unfortunate soldier, carried him to bed, and put him in a strait-waistcoat, whilst the doctor prepared for shaving his head and putting on a blister. The poor fellow, finding by this time he could not hope by further exertions to make his condition understood, or free himself from his tormentors, and the doctor still persisting he was mad, he at last made signs for pens and paper, which, as it was thought he could do no mischief with, and that his asking for them was rather a sign of returning reason, they were brought, and he immediately wrote, "For goodness' sake send for Mr. —, the surgeon of my regiment; he knows what's the matter with me." The letter was despatched—the surgeon soon arrived—the dislocation was quickly put to rights, and the ignorant blockhead who had caused all the turmoil slunk off in disgrace.

DISLOCATION OF THE ARM INTO THE ARMPIT may often be reduced at once, by almost any one who has some degree of courage and a good share of strength. The method is as follows:—Both the patient and the operator lie down upon the floor or ground—or what might appear a little more genteel, upon the sofa; the feet of the one are to be at the shoulders of the other, as represented in Fig. No. 2. A folded towel is



Fig. 2.

placed in the patient's armpit, against which the operator's foot rests while he makes extension powerfully with both hands grasped around the patient's wrist. Before proceeding to "pull hard," it will be of great service if the operator can divert the patient's attention, and then seizing the favorable moment to apply the force of a sudden move vigorously: In this way often the luxation may be reduced very quickly, which is known by the bone entering its socket with a considerable "snap."

There is another method of reducing this dislocation, which, if the patient will but have courage and persevere, can often be accomplished at once, with the saving of a great deal of pain. Suppose the accident to have happened in a field, as is often the case—he goes at once to a gate, "bars," or rail-fence, places his affected arm over the upper rail, (see Fig. No. 3.) grasps the lowest one he can reach, holds fast upon it, letting as much as possible the whole weight of the body hang down upon the other side of the fence; at the same time he is to work the body about somewhat in different directions, but at the same time causing its weight to hang as much as possible upon the shoulder. In this way the bone can often be made to slip into its place. The remedy is a rude one, it is true; but it acts upon strictly scientific principles. So that it is effectual is all we need.



Fig. 3.



HOWLAND

Fig. 4.

REDUCTION OF DISLOCATION OF THE THIGH should always be attempted at once—even before it is possible to get a surgeon, if some one who is resolute enough can be found to make the attempt. In some cases he will succeed; and if he does not,



Fig. 5.



Fig. 6.

no harm is done. The method is similar to that adopted for the shoulder. The patient and operator both lie down upon their backs; the latter then puts his foot between the patient's legs, and makes forcible traction with his hand, as represented



Fig. 7.

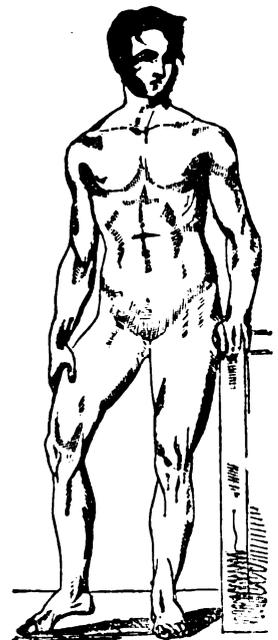


Fig. 8.

in Fig. No. 4. While the force is being applied, the operator should divert the patient's mind by asking him to change his position somewhat, or by asking him to do some little thing, and then seizing the favorable moment, he makes an extra effort, at the same time rotating the limb somewhat, when the bone may enter its place. As in the case of the shoulder, this will be known by a "snap."

It sometimes happens that persons are a good deal troubled by supposing that the hip has been dislocated, when in fact no such occurrence has taken place. It is a pity, on the one hand, to be too slow in getting the doctor in case a real dislocation has taken place; and it is also a pity to be worried and troubled in sending for medical aid when there is no need of it. The annexed cuts, taken from the Hydropathic Encyclopædia, will serve to aid in determining whether a luxation of the hip has been caused in any given case.

Fig. No. 5 represents the *upward* luxation. The limb appears shortened, and the toe turns inward.

Fig. No. 6 represents the *downward* luxation, in which the limb appears lengthened, the toe turning outward.

Fig. No. 7 represents the *backward* luxation, in which the limb is moderately shortened, the toe turning inward.

Fig. No. 8 represents the *forward* luxation, in which the limb is moderately shortened, the toe turning outward.

DISLOCATION OF THE WRIST may occur in different directions. If both bones are dislocated, the hand is either thrown *forwards*, or, as probably oftener happens, *backwards*, as is represented in Fig. No. 9. If but one bone is "put out," the hand is twisted in its position. Dislocation of the wrist is distinguished from a sprain by the greater degree of deformity in the former. Oftener than otherwise, there is a fracture in connection with this dislocation. This the surgeon is to treat according to the proper method. The luxation is reduced by simple extension.



Fig. 9.



Fig. 10.

DISLOCATIONS OF THE THUMBS, FINGERS, AND TOES, are among the most difficult of reduction, in consequence of the strength of the tendons and ligaments concerned, and the small size of the part upon which extension is to be made. Luxation of the thumb is especially difficult of reduction, but the accident fortunately does not happen often. In making extension upon this part, a piece of strong tape is usually fastened upon the thumb by a knot called the *clove-kitch*. The force should be applied in the direction of the palm of the hand.

Luxations of the fingers and toes may often be reduced in a manner represented in Fig. No. 10. Some

are in the habit of winding wet tape closely about the thumbs, fingers, and toes, before the extending force is applied.

In dislocations, it should be remembered, the ligaments are usually ruptured. If it is a *compound* dislocation, the accident is always to be looked upon as a dangerous one. The inflammation of a joint under such circumstances often becomes so great (when treated in the ordinary methods), that it has often been considered necessary to amputate the part; and many a limb has been lost in this way, which, if the surgeon had understood the effects of water in reducing inflammatory action and in healing wounded parts, the operation would have been avoided, and the member saved. In some cases, however, the joint may be so badly wounded, the nerves, blood-vessels and ligaments so much torn, and the whole joint crushed, that amputation above the wounded part may be a less evil, and, in fact, the only rational ground of hope. It is to be observed, also, that in some accidents of this kind, such as often occur about railroads, the patient usually dies whether amputation is performed or not; still, he should have the advantage of even the smallest chance, if he desires it.

In simple dislocations, we see often how admirably nature is calculated to make the best she can of a bad case. Thus, if a dislocation is left unreduced, "the lymph thrown out around the head of the bone in its new situation becomes converted into a new socket and ligaments, and a very useful degree of motion is often acquired; meanwhile, the old socket gradually becomes filled up." But in this same connection, also, we see the dignity and superiority of man's intellect, for in most cases of simple dislocation he is enabled by art to reduce it, and thus to do incomparably better for nature than she is able to do for herself. When a dislocated joint is properly reduced, it in time becomes as well as ever; whereas a new joint, formed by nature, is far less useful, although much better than no joint at all.

In regard to reducing luxations generally, there is one important fact that should be especially remembered. In many cases the greatest difficulty that presents itself, is the inflammation and swelling arising from the injury. A thorough and judicious application of cold water, not only to the part affected, but the whole body, is of the greatest service. In compound luxations, the effect of water is most admirable.

In no respect, also, is water more useful as a *tonic* than in its effects upon a joint that has been "put out." In many cases there remains for a time, longer or shorter, a good deal of debility after the joint has been properly "set." Now in all such cases, cooling wet compresses, showerings, pourings, wet hand frictions, &c., are highly salutary, and should by no means be neglected. If there is general debility, a tonic course of general treatment, such as by rubbing sheets, the wet sheet pack, and various baths, should be adopted.

NOTES BY THE WAY.

FROM JAS. C. JACKSON, M.D.

WINTER has its pleasures, of which the chief is a sleigh-ride. I have just had one, and though a good description is difficult, yet the trial shall be made.

1. One wants snow—a very essential constituent.
2. A horse, black as a crow in spring, switch tail—not too large in size, clean in limb, no spavin, or ring-bone, or string-halt in him, broad across the hips, deep and heavy in the shoulder, straight in the fore leg, large hoof, small head, wide between the eyes, open, dilating nostril, and enough of General Jackson in him—to "take the responsibility."
3. A stout harness, with one of Rice's newly patent

ed collars—as much nicer and finer thing than your old hame, as a No. 4 cast iron patent plough is better than one of the old bull kind. To make the harness a decided fit, there is wanted the self-adjusting pad, that utterly prevents your horse's back from becoming sore.

4. A fine cutter, such as our Water-Cure friend, Isaac Soule, of Marcellus, Onondaga Co., N. Y., makes—a light, delicate, apparently fragile thing, yet strong as iron, with cushioned seats and carpeted bottom.

5. Two nice clean buffalo robes in front—one knows not till he tries it, how much more comfortable two robes over the lap are than one; there is more than double the difference.

6. A *wife* for a companion,—she who, in the up and down hill of your life, stands, or sits, or sleeps by your side, who is the mother of your children, and who, though grown matronly, is fully alive to the zest of winter pleasures, as, warmly and snugly dressed, she takes her seat and says,—“I am ready, husband.” You start. If one happens to be in my condition, forty, or more, men and women cry out, “Good bye!” and you are gone.

The horse pricks up his ears, the sleigh-bells ring gently, the snow creaks under the runners of the cutter and lies quiet by the sides of the path, whilst the sun lifts himself over the mountain-tops, and drops his rays into your lap as brightly and beautifully as you could wish. Your wife snugs closely by your side, as if to show, by

“voiceless language,”

how much of pleasure is brimming round the edges of her cup of happiness. So rode my wife and myself, last week, for an hour and a half, till we reached the village of Homer, nine miles from Glen Haven, and one of the most beautiful and most prettily located villages in the State of New York.

There, in the valley of the Tioughnoughga—the name of a river which mingles its waters with the Chenango, and then with the Susquehanna—live quietly, virtuously, and enterprisingly, some 1600 souls—their soil, homes and hearth-stones made classic by the name of the old blind poet, and the deeds of which he sung. For it is not supposed that a people, whose village bears his name, could be ignorant of him or those whose immortality has been made by his songs.

Homer is handsomely located and laid out. Its streets are wide and airy. The dwellings of the inhabitants are very neat, presenting to the looker a nice, tidy, home-like appearance.

There are six churches in the place; Presbyterian, Baptist, Methodist, Episcopalian, Universalist, and Second Advent, so that one could hardly escape going to heaven, provided belonging to a church was an insurance to that effect. These are in a flourishing condition, providing for Sunday accommodations to a large "region round about."

It has as excellent a school as there is in our State, not a single academy going before it in point of merit. Its Principal is S. W. Clark, formerly of East Bloomfield, N. Y. At this present time it has over 320 students of both sexes, and from all quarters of the country. The village lies 30 miles south of Syracuse, having, at present, for its mode of communication, a good plank road, one of the most profitable highways for inland farmers that can be designed or executed. But Homer will be in the bustle and business of the world in the course of a year, connected by regular, uninterrupted railway communication with all creation North of it, and with Binghamton and New York City by the Erie road, and with Philadelphia and Baltimore, southerly, and last, but most important of all, the coal mines of Pennsylvania. By the way, permit me to state, that the Syracuse and Binghamton Railroad is to be one of the best roads in America. Its termini are Syracuse on the North, and Binghamton on the South. The length will be 66 miles, I think, and its gauge six feet, so as to admit of

the Erie cars. The directors are wise men, and have resolved to make the road of the best character, and to have on it cars of new construction, so as to give night passengers berths in which they can sleep. Thus, a person leaving Syracuse at 9 P. M., will go to bed and to sleep, and awake in New York at daylight. What think you of that? The road will be a paying road as richly as any from its travel; but its chief source of revenue will be from the exportation to the South of the staple manufacture of Syracuse, which is *salt*, and the importation of the Pennsylvania coal, for purposes of *fuel*. Syracuse, in the manufacture of fine salt, consumes a vast amount of wood. The forests of the counties of Onondaga and Oswego have been eaten up, as fire licks up prairie grass; and the question forced itself before the minds of salt boilers,—“What are we to do for *wood* in a few years?” The Syracuse and Binghamton road settles the question. It sets Syracuse and its salt springs by the side of the coal districts of Pennsylvania, and forever relieves the fears of the salt manufacturers. What a trade! salt down, coal up; two articles that already have become as necessary to mankind, in their present habits, as potatoes are to the Irish. The introduction of coal, which good judges say can be landed in Syracuse, when this road is finished, for \$3.00 a ton, will change the face of affairs considerably in the fuel line. As, for instance, not counting the wood at present consumed in private families in a city of 30,000 people, the manufactories of fine salt consume at least 135,000 cords annually, amounting to over \$300,000. Now one ton of coal is worth two cords of wood, at least, and as coal is to be \$3.00 per cord, and wood is at least \$2.50 per cord, there will be saved in the cost of fuel \$2.00 for each ton of coal consumed. Assuming that half as many tons of coal will be used as are cords of wood now used, there would be at least \$135,000 saved in fuel in one branch of business alone. But, I have not seated myself to write an article on wood, salt, coal, and railroads, but on a sleigh ride my wife and I had, and the results of that ride on WATER-CURE.

Some two weeks since, a letter was handed me, inviting me to come to the village of Freetown, in Cortland Co., N. Y., and address the people on Hydrophobia. I replied, I would come on one condition—that they would pay my expenses, give me a good house to speak in, circulate generally the intelligence that I was to come, and set apart one evening for me to address *women only* on the subject of their lives, habits, and diseases. The terms were accepted, and in fulfilling the engagement it was, that Mrs. Jackson and I had our “nice sleigh ride.”

We reached our destination without alloy to the pleasure anticipated, and were hospitably entertained at the houses of Mr. Strowbridge and Mr. Hammond. The first woman I saw was Mrs. S., and, very much to her credit, she had on the *short dress*. There are also some four or five young ladies in the place who wear it, which was gratifying to Mrs. Jackson and myself. They all looked, after my taste, much better than their mates did in the long skirts, and walked with a deal more of grace and ease. It is a source of pleasure when I see the young women of any locality wearing it. Despite all opposition, it must make its way into general favor. The difficulties of wearing it without interruption, or criticism, or sneer, are lessening steadily, and in little time, comment which is censorious, will be changed for that which is expressive of approbation. I notice now, wherever I go, that the pants worn by women are open at the foot—a great improvement. The old plan of gathering them about the ankle disgusted me. It was “significantly proclamatory” that the wearer intended to pass for a modest woman. Theodore Parker says, “Our actions are worship;” granted: but worship of acts has its language, which is more the less understandable, because there is no articulate voice to utter it. A deed makes its own language. It always seemed to me, that the women who wore pants gathered about,

the bottom, said, by and through the very cord that tied the cloth to their ankles,—“We have legs, but you shall not see them.” No other possible interpretation can be had from the fact, unless it is supposed that the frill below added to the beauty of appearance which the feet presented. An idea just as easily entertained, and advocated, under our civilization, as a pendant would be in a woman's nose.

Dress, to be significant, needs two qualities—neatness and simplicity. These need to incorporate themselves alike into its structure and its style, and may be exhibited, not alone in the costly material and workmanship, but in material which is cheap, and cheap correspondents. However, as the notions of the American people are crude on this subject—leading them, when means are at command, to expend money lavishly on gewgaws, and articles whose fragility necessarily makes them perishable—the advice to those who wear the *short dress*, to use as costly material as their purses will buy, is not without its weight. The older I grow the more I give heed to the question of dress; but I think the advice of old Polonius to his boy, Laertes, the wisest,—

“Costly thy habit as thy purse can buy,”

and the mode or style of wearing it, far more elegantly illustrated by the English nobleman, than by the finically-dressed Frenchman.

The superiority of the *new dress* for women over the old fashionable style, is not in appearance merely, but in essential comfort. The experience which has fallen to my lot in the treatment of the diseases of women, the success which has been the good fortune of Mrs. Jackson and myself to have, and the rapidly growing practice consequent thereon, have forced my attention to the matter of dress, as at present generally worn, and have led me to conclude that, among other diseases, it *directly tends to produce*—

1. Disease of the heart. 2. Consumption. 3. Spasm of the diaphragm. 4. Spinal curvature. 5. Dyspepsia. 6. Liver complaint. 7. Falling of the bowels. 8. Prolapsus uteri and cognate diseases of that organ. 9. Leucorrhœa. 10. Piles. 11. Confirmed and almost incurable costiveness. 12. Frequency of premature birth. 13. Irritable bladder. 14. Coldness of feet. 15. Dizziness of head. And that, under any circumstances however favorable, it is next to impossible to cure females of their characteristic diseases, whilst they continue enveloped in the long skirts, and carry weights in the great race of life disproportionate to race-horses.

It was a delightful time we had at Freetown. Our evenings were full of the brightest moonshine out of doors, though I hope the audience heard something else than moonshine from my lips. The Baptist Church was filled for two evenings successively with earnest people to hear the *new idea* of living without being sick, and *if sick*, to get well without medicine, expatiated on. In a truthful way, and with a sense of the responsibilities of my position, I endeavored to do my duty, and in the intervals of the two evenings, at 2 P. M., I met the ladies of the place—a fine, good-looking, apparently thoughtful class of women—married and unmarried—and addressed them two and a half hours, on their structure, the diseases peculiarly incident to it, and in outline, the way which we of the Glen pursued to cure such diseases, stating that we had cured, and were curing desperate cases, which had tried all sorts of treatment, not excepting the water-cure, and entreated them by all they held dear in life, and sacred in their modesty, not to submit to the administration of poisons externally or internally applied, and not to submit themselves, or their friends, to the jurisdiction of those who promised cures of ailments of years of endurance, in as many weeks.

At the close of each lecture, I pressed home the duty of investigation, and called on them to take the WATER-CURE JOURNAL the success of which appeal I hope you will have opportunity to appreciate.

At the close of the public meetings, votes of thanks were unanimously passed to me. So the seed is sown which, I trust, will prove a harvest.

In the morning we took the road, and

“OLD BLACK”

brought us to our Glen to meet our large number of guests, and grip their hands welcomingly.

Allow me to say, gentlemen of the JOURNAL, that if the position of a physician in a Water-Cure has its hardships, it also has its heart's ease: and he who devotedly gives up his time, his attention, his sympathy, his skill to the sick who seek him, who makes them at home in his house, who bears their burdens and is patient with their irritabilities, who lives for them and not for himself, who steadily seeks to know how *much* he can do for them, instead of seeing how *little* he can do, and have them contented, will find their heart-strings twisting and interlacing with his own, till he will become the head and they the members of one body. They will live on the light of his countenance, and he will live in their progress, and when he goes away and returns, the evidences of mutual regard will be unmistakable. It was refreshing, that sleigh ride—months having elapsed since I was out of THE GLEN, the Cure having been crowded all winter. But Spring is on us now. I lately saw on our mountain-side the prints of her dapper little feet, as she passed along, whispering to the violets that it was time well nigh to peep, and coaxing our Red-breasts to open their throats. O blessed hour! How God smiles on us in THE SEASONS! The whole creation lights up with loveliness as Spring takes the veil off her face and shows her brow,

“wreathed with flowers,”

whilst on her cheeks are dimples that maidens might envy. O, you poor souls, shut up 'mid walls of mortar—who never see a snow-flake—but it torments you thinking of the nice sleigh rides

“we country folks have,”

whose zephyrs are gusts of dust that put your eyes out as you turn the angle of some street; whose flowers are artificial—made of calico, starch and French yellow, what know ye of the sublimities of life? I pity you, from my inner soul I do. Just come to the Glen one month from date of this, and stand with me at sunset in my office door. Then look—up the mountain—way up yonder—see the mouse-eared foliage. There are the white wood, the hackmatack, the linden, the hard maple, the soft maple, the chestnut, the thorn apple, the beech, the hemlock, the ash, the elm, and the cucumber—children and sire, first and second growth, the old patriarchs whose memories are richly stored with the council-fire doings of the Cayugas as they met, more than a century since, around our pure fountains to drink of their waters and utter their sententious wisdom. How God speaks in those tall trees and their budding leaves! How his words waken the soul to praise and thence to prayer! How his mighty deeds in Creation send the soul to the remembrance of His mightier deeds in Redemption! Tread the hill-side with me. The partridge drums her tune on the log beside you, the ground-squirrel crosses your boot-toe, the blue jay is as determined to be heard as a “musketo” in your city is, when, of a July night, you are one side of the bed net and he is on the other. All are happy, for there is nothing to molest or make afraid.

Or stand with me on the summit. Far away in the West the sun is undressing for bed, whilst, a thousand feet below you, lies our lake—its trout, perch, and suckers taking their evening revels, and showing how glad, too, they are that

Spring has come with her balmy breath,
And driven old Shaggy Winter afore her.

But Spring has its duties and cares as well as its enjoyments, both for us and you. Whilst, then, we boast

of our incoming leafage, and admire its freshness and fragrance, we shall have to remember that Autumn will come, by-and-bye, and stamp on it "the sear and yellow," whilst the *leaves you print* shall be

Like "leaves plucked from the tree of LIFE
For the healing of the Nations."

God bless you and all the "brotherhood," and make the NEW IDEA victorious. [*Glen Haven Water-Cure.*]

LECTURE TO YOUNG LADIES ON HYGIENE.

BY MRS. J. PENNELL STEPHENS.

[The following Lecture was delivered before the Mercer Female Institute, the 24 of Jan. 1853, and is published by request.]

EACH day comes laden with its own cares, duties, and labors of love. Each day reveals to us a new place to be filled, a new truth to be proclaimed, and a new missionary work to be performed. To-day, YOUNG LADIES, my mission is to you.

I would speak to you, because from your number most we expect earnest, noble, true-hearted women, who are to be the actors in the next scene of life's great drama. From you the world is expecting great things, and it is looking to you for their accomplishment in due time. It is a duty which the world, your own natures, and God demands, that you prepare yourselves for the performance of the great work before you, by laying the foundation for your present and future education in TRUTH.

Our life is not a butterfly existence, that we may waste its precious moments in fitting from flower to flower, nor one continued sunshine, in which to bask, but is made up of earnest toil, heart-struggles, lights and shades, with here and there a pleasure, which seems like a bright ray of light sent from Heaven to cheer the desolation. The earth, it is true, is very beautiful, but the spirit of love which lends to life its charm, has well nigh forsaken the children of men.

Did I not believe that life is what we make it, I should have nothing more to do than to fold my hands and wait my destiny at the hands of Fate. But I believe we must sow, and as we sow, so shall we reap. Our harvest is as our labor and our seed. Then let us plant the seeds of truth that we with the next generation may gather a rich harvest of pleasure, and they be strengthened to make still greater improvements for the generation which shall follow them. To do this we must ourselves first learn how to live. The spirit of the age is one of progress. Onward and still onward are we ever borne. We live not now in years, but in heart-beats. Each day brings its changes. We need not try to stand still, for we cannot. The two currents of good and ill are bearing all things on their tides, and on one or the other must we be borne. Which shall we choose? A moment—and we are afloat. Look well to the rocks and eddies in your path, for 'tis more difficult to manage one's bark now than it was fifty years ago, before the stream became so crowded.

Knowledge, give us knowledge; for this is life's stream, and onward floating towards the future, are we and the thousand and one so-called improvements, and the millions of books from which we are to select those which will serve as food to the mind, and also increase its strength. Not an easy task, but we must to it with what strength we may: First the elementary branches—the key to our wisdom, or rather the stepping stone. Then the natural sciences and an acquaintance with the general literature of the times; after which we are prepared to study nature more intelligently, to follow her into her various labyrinths and bring to light her hidden mysteries. The savage admires, reverences and worships nature, but he does not understand her workings, and the little knowledge

which we possess is the result of long years of toil—years wherein men spent their lives, endeavoring to discover Nature's laws, and to trace out their bearings. The spirit of progress breathed upon these persons and they awoke to a nobler life—a life of earnest endeavor—and we now reap the harvest of their labor in the truths which they discovered.

Have you never observed the plants and insects in your garden, in the process of development, and wondered how they grew—how the little seed became the plant or the tree, and the little insect reached maturity? I say have you never observed these things and wondered how such results were accomplished? The progressive spirit of the age has revealed to us these things by stimulating men to earnest research for the laws which govern the development of plants and animals. Success in a measure crowned their efforts, and they have made known to us the result of their labors in a science which they call ANIMAL and VEGETABLE PHYSIOLOGY.

This science informs us that plants and animals increase in size, by the addition of certain elementary particles, which are imbibed from the atmosphere or received through the medium of their food. Plants select from the soil, air, and water such elements as are needed for their growth. The minute roots or spongioles imbibe water from the soil, in which numerous salts are dissolved. This water is then carried to the leaves, where it is digested, and then circulating through the plant, such particles are retained as are necessary for its growth, and the useless matter is returned as excrement to the soil. Plants and trees have secreting and excreting organs, vessels for the circulation of sap, lungs and stomachs, or parts which perform the same office for them that those organs do for animals—the leaves serving them this double purpose. The upper sides of the leaves of the trees serve as lungs and the lower sides as stomachs. Plants can live no better than animals without air and food, and they must be supplied with such as is adapted to their nature, or they grow sickly and die. Plants grow more luxuriantly in an atmosphere which contains carbonic acid in great abundance, because this is the gas which affords them an element which enters largely into their composition, viz., Carbon. During the respiration of plants carbon is abstracted largely from the atmosphere and oxygen is returned to it. Of animals the reverse is true—they abstracting oxygen and returning carbon, in the form of carbonic acid. The two existing together preserve the equilibrium of the atmosphere by preventing an excess of either gas.

Although plants and animals require nearly the same elements for their existence, they obtain them from different sources. Plants have the power of assimilating elementary substances, and are thus enabled to obtain nourishment from inorganic substances. Animals have not this power. Their digestive organs seem only adapted to prepare nutriment from substances in which these elements have previously been assimilated. They are thus rendered dependent upon plants for their sustenance.

There are two great divisions of matter—*organic* and *inorganic*. The first division comprises all plants and animals. The latter includes all unorganized substances, or substances and things destitute of life. All things in the organic or animate world receive their food either directly or indirectly from the inorganic or inanimate world. Organic matter is again divided into plants and animals. Now the first being the lowest in the scale of existence, is the connecting link between inorganic and animal matter. These two classes are again divided into numerous species, which form a regular gradation from the lowest plant—the lichen—up to the most perfect animal—man; each individual in these species seeming admirably adapted to answer the end of its being. Nowhere in the vegetable or animal kingdoms do we find any deviation from nature until we come to man. He alone is the discordant string! Was man alone of all created beings formed

without design? Is he alone of animated beings unfitted for the performance of his duties? Is he, instead of being the most perfect of the creation of God, the vilest and most imperfect? Was there not in the beginning in him, as in all other things, a most perfect adaptation of organization to the ends of his existence? We think so, and maintain, that while the world has progressed mentally, it has retrograded physically, until there is not power of body sufficient to support the mind.

Now the question for us to solve, before intellect can make any sure progress, is—How can we best promote a harmonious development of body and mind, and thus secure Health?

We will first define health, and then endeavor to point out some of the conditions necessary to its preservation.

Health is the harmonious development of body and mind—that state in which the functions of life are painlessly performed, in which every movement and thought is attended with pleasure, in which work is a joy and integral activity spontaneous, in which the whole being envelops itself in an atmosphere of happiness, in which death comes only with age, and then not as a terrible Destroyer, but as the gentle Angel of Rest.

How many persons thus live and die? How many here present can answer to this description of Health? I would gladly hear a response from every one, but experience has taught me to expect it from none. Then all are sick—but not equally sick. As there are different shades of light from the gloom of midnight, with scarce a glimmering ray, to the dazzling splendor of the cloudless mid-day sun, even so are there varying shades of sickness, from the pale invalid whose sands of life are almost run, to the strongest, halest person we meet. I have ceased to expect the answer, "Perfectly well," to the question—"How are you?"

No one says—"I never feel pain," but each one has some bitter dregs to poison the cup of life, some torturing disease which the world sees not. How many are there here present who do not daily experience a pain either in the head, side, stomach, back, teeth, or some other part of the body, or feel a dullness in the head, or want of animation, a dread of exercise, labor or study? How many there are who cannot think, who feel at times a languor, which the will cannot overcome, who are fatigued without a cause, or as some one has expressed it—tired of doing nothing! These are a few of the multitudinous symptoms of the want of health, and demand the care of the physician, and I know of no better or kindlier one, or one more likely to relieve you of your miseries and place you on the road to health, than Nature. She, however, requires strict obedience to her laws. It would well pay you, young ladies, to devote a portion of your time and attention to the study of these laws. No knowledge is more interesting, profitable, and important, than that of the laws of life. In ignorance of these laws, you will drag out a miserable existence, and cannot be said to live. You should become acquainted with the structure of your bodies, that you may better comprehend what is meant by the terms Sickness and Health. Sickness is the consequence of physical sin. Its attendant pain may be called a blessing, as it is the monitor apprising us of wrong-doing and of danger. Were it not for the pain which a certain course of conduct induces, we might continue in that course until it ended in death. That degree of heat which is painful is the degree which is capable of decomposing or destroying the body. All other pains, like the pain of excessive heat, are so many voices telling us that we are doing wrong, and we do well to heed their admonitions.

As we have considered health in its positive and negative sense, let us now consider a few of the conditions which must be observed if we obtain or preserve health. We will consider these conditions under the following heads:—

1. Pure Air.

2. Wholesome Food.
3. Proper Clothing.
4. Cleanliness.
5. Exercise.

I. PURE AIR.

Chemists have given us its analysis as about four-fifths nitrogen and one-fifth oxygen. These gases are not combined chemically, but exist together in a state of mixture. The nitrogen serves as a diluent to the oxygen. In addition to these two gases there are always found traces of carbonic acid, about one part in a thousand, and vapors of water, the quantity of which is exceedingly variable. The air as we find it seems to be the best and only mixture capable of sustaining life for any length of time. We have seen how the respiration of plants and animals affects the atmosphere, the one tending to produce an excess of oxygen, the other of carbonic acid, but that the existence of both preserves the equilibrium of the atmosphere. The air in a close room containing a number of persons becomes unfit for respiration, by losing part of its oxygen and becoming heavily laden with carbonic acid—a gas which is wholly incapable of supporting respiration, and which taken into the lungs in its pure state causes suffocation and instant death. "Even when mixed with atmospheric air it produces dimness of vision, difficulty of respiration, swoon, apoplexy and death." The languor which we feel in ill-ventilated apartments is owing to the presence of this gas, and the absence of a portion of the vivifying principle—oxygen. The air acts as a purifier of the blood,—the oxygen of the air uniting chemically with the carbon of the blood, producing the evolution of heat, and thus maintaining the temperature of the organism. The product of the combustion of these two gases is brought to the lungs to be thrown off as effete matter. This is effected only by supplying the place of these particles of useless matter with oxygen. This can only be properly done when pure air has free access to the lungs, and if it is not done the blood is returned unpurified to the heart, and from thence it passes to the different portions of the system; but it circulates sluggishly, and its presence fails to stimulate the various organs to perform their office with alacrity. Digestion is carried on slowly, the brain secretes thoughts hesitatingly and confusedly, and the whole system seems struggling under a heavy burden. Hence if we wish the blood properly purified, so that each organ may perform its office correctly and with ease, we must admit a free circulation of air in the rooms we occupy. Overheated rooms are not only subject to all the foregoing objections, but they have also a debilitating effect upon the whole system. Cool, well-ventilated apartments are most in accordance with physiological laws.

II. PURE FOOD.

This branch of my subject requires more time for proper discussion than we can devote to it, but a few hints at this time may not come amiss.

Vegetable food in its natural state, or *simply* cooked by roasting, baking or boiling, affords the most healthful nutriment, and is the best calculated to promote a right tone of moral feeling. I do not think that there is a lady present who would be a consumer of meat if she were obliged to first murder the animal; and she has no right to compel others to perform a work from which she shrinks with disgust. The hardening influence which the slaughtering of animals has upon the nobler feelings, is one strong reason in favor of the discontinuance of animal food. Another is, the process of decay is carried on much more rapidly in animals than in plants, so that those persons who use the former must consume much more effete or poisonous matter than the one who subsists upon vegetables. Again, animals are often diseased. The process of fattening is a process of disease, being an undue activity of the secreting over the absorbent system, thus retaining matters in the body which in a healthy state would be eliminated. We have in the swine an ex-

trême example of this process. It has been carried on in them until they are now (if they were ever anything better) an aggregation of scrofulous abscesses, and their use as an article of food is a very fruitful source of many scrofulous diseases which yearly ravage our country, the worst phases of which are *Erysipelas* and *Consumption*.

Meat is a more stimulating but a less nutritious diet than fruits and farinaceous substances. Greater strength of the body and powers of endurance, besides a clearer intellect, can be obtained from a vegetable than from an animal diet. We have abundant proofs of this fact, in the horse, ox, elephant, reindeer and camel, all of which are remarkable for their strength and powers of endurance. If we go to science for a proof of either position, we find that man's anatomical structure ranks him neither with the omnivorous nor carnivorous, but with the graminivorous and frugivorous animals.

A few words upon cookery, and we will dismiss the subject of dietetics.

The purest and most healthful articles of food may be rendered indigestible and wholly unfit for the stomach by the manner in which they are cooked. The simpler the mode of preparing an article, the better. Roasting and baking and boiling are the best methods of preparation, and the fewer the articles composing one dish or meal the better. Let the variety be at different meals rather than at one. Frying is the worst method of preparing food, and should never be employed. J. A. Paris, in an article upon dietetics, says, "that in frying the heat is applied through the medium of oil or fat, which is thus rendered empyreumatic, and therefore extremely liable to disagree with the stomach." And as the stomach is the manufacturer of the chyle which is to nourish the body and mind, we cannot be too careful in supplying it with pure food. An epicure who makes his stomach the receptacle of all kinds of preparations bearing the name of food, never becomes a person noted for mental capacities, because he expends all his nervous energy upon his stomach, and fills his system with impurities which clog the mind and render it powerless for action. One cannot use a thing for one purpose and still have it left for another. No more can a person expend all his nervous power upon his stomach, and still have it left to be expended by the brain in thought. There are no miracles in the operation of nature's laws, and whoever is looking for them will be sadly disappointed.

III. PROPER CLOTHING.

The object of dress is, first, to secure health and comfort, and then beauty. To the unperverted taste, a dress which conforms to physiological laws, is a beautiful dress. Our first question in cutting a garment should not be what is fashionable, but what style will best secure warmth and allow the perfect expansion of every part of the system. There should be liberty enough in this boasted land of freedom—"the cradle of liberty," the "home of the brave," this boasted republic, the country for which our ancestors "fought, bled, and died," the land in which they met and endured almost every danger and privation that they might be permitted to obey the dictates of their own consciences—I say, there should be enough of liberty in this country to allow woman to answer the question of dress in obedience to the voice of her own conscience, and before her God acquit herself of the sin of suicide by adopting that style of dress which her enlightened judgment approves, without being the subject of scandal, or an object to be commented upon by every gossip. If there ever comes freedom for woman—and I firmly believe it will—it must come first in the right to exercise her own judgment, and the privilege to obey its decisions, whether in matters of religion, political economy, or dress. The largest freedom to every individual is what the world has yet to learn and practise upon. In matters of conscience "take care of number one," and let your neighbors

have the same privilege, is the first and most important maxim. I would impose my style of thought or dress upon no one, and I wish no one to impose theirs upon me. My wearing this style is an assertion that I think it best answers the conditions of dress as related to health. Others with more or less anatomical and physiological knowledge than myself, and more or less inventive genius, may consider another style as best answering the objects of dress. Very well; I have no quarrel with such an one, but respect her individual rights, and believe she acts conscientiously in the matter. There should be no iron standard by which to compare dress. Every one should be enlightened upon the subject, and then left to their reason, taste, and purse.

Leaving them here, let us now consider how the objects of dress are best promoted. Warmth is best secured by procuring clothing suited to the season, and so arranging it about the body as to equalize the temperature. The extremities should be well protected by a confined strata of air, as the blood-vessels in these parts lie nearer the surface, and are more influenced by the weather than those more deeply seated. The circulation is also less active in the extremities, and heat cannot be generated as rapidly as in the trunk. One question then is, "How can the equilibrium be maintained, and what mode will best surround the body with a stratum of warm air, and thus prevent the too rapid abstraction of heat from the body by the surrounding atmosphere?" Next, "What style will best promote the perfect expansion of the body?" Evidently the one which removes compression and allows free exercise of every muscle. Do tight waists, whalebones, and long heavy skirts sustained by the hips, abdominal muscles, and spine, allow the free, full and easy motion of every part? Look at the waspish waist, the hobbling, wriggling walk, the sallow complexion and languid eyes, and listen to the complaints of weak spines and pains innumerable,—see the heaving chest as the lungs toil to perform their task, and hear the hacking cough. Are you satisfied? Have you an answer? If you have not, the grave could not convince you, nor solve your question. There is not one woman in a hundred who, in breathing, uses one-half of her lungs or respiratory muscles, or who, in speaking, uses the abdominal muscles at all. They, in this respect, are not alone in their fault. Very many of our best public speakers, by constantly using the lungs alone, induce lung diseases, when, by calling into action the muscles of the abdomen, they might not only save their lungs, but they would be enabled to speak with more ease and greater volume and richness of tone. Tight clothing impedes respiration; and thus the blood, imperfectly purified, is compelled to circulate through the system, vitiated in every part; the brain is formed of bad materials, and as the manifestations of the mind depend upon the quality of the brain, we have impure, sickly and dwarfed minds. Young ladies, if you wish to possess strong and noble minds, you must secure health by obedience to the laws of life; and one of these, and not the least by any means, is, that dress must be adapted to the anatomical and physiological wants of the system.

I can hardly enumerate the evils of the present mode of whalebones and skirts without first explaining the anatomical structure of the human body, which the limits of one lecture forbid my doing. You must study this subject, and then you will be better able to see and understand how the mischief is done, what it is, and how to apply the remedy. One evil of long skirts is, that they impede the motion of the lower limbs, which, by the way, are equally as beautiful, honorable and useful as the upper ones, the arms, and have just as good right to full freedom of motion, and must have, to be strong. Another is, that long skirts in wet weather absorb the moisture and filth from the pavements, communicate it to the ankles, and thus subject the wearer to the inconvenience and unhealthiness of filthy wet skirts and feet. But the

greatest evil is in their weight, by which the abdominal muscles and spine are weakened,—and finally, in conjunction with whalebones, they displace the internal organs, having first exhausted the whole system. There is many an one who is suffering from pain in the back and head, and from general debility, or from displacement of some of the abdominal viscera, who has not the slightest idea that her dress was the principal agent in accomplishing the mischief.

We would not neglect the feet. Too much cannot be said of them at this time, when small feet are all the rage. The vanity of many a lady in this respect has been dearly paid for by her life. The feet, in cold, damp weather, should be well protected by warm hose and thick leather boots or booties.

IV. CLEANLINESS.

I should think it almost uncalled for to speak upon the subject of Cleanliness to those present, if I had not met many persons who are considered very tidy, not allowing the least dust to remain upon their clothing, who nevertheless had never washed their whole bodies in their lives, or performed the same kindly office for their teeth! To be sure, they often washed their faces and hands, as if these parts had a greater facility for accumulating filth than any other. The skin is a gland which is constantly secreting upon its surface effete matter which is poisonous to the system, and, if left upon the surface, is again taken into the circulation, and becomes a cause of disease. There is a constant change going on in the system. The death and disintegration of the particles is facilitated by every thought and every motion of the body, and these particles are to be removed by the several excretories, of which the skin constitutes an important part. This is one reason why every person should bathe daily, and why it is conducive to purity of body and mind, and thus to health. Suppose every young lady who does not bathe daily, commences to-morrow morning and continues the practice for a month, and see if she does not feel stronger and livelier, and does not make more progress in her studies than she is now making. Let her place a dish of water in her room, and a couple of towels, and the first thing upon rising commence her morning toilet by washing her face and then quickly her whole body, and then drying the surface by rubbing briskly with a dry towel. This sends the blood bounding through one's veins, and imparts an elasticity and buoyancy to the spirits, reminding one of the fountain of youth which the Spaniards thought to find in the New World, wherein they might bathe and grow young again. This is one of the best cosmetics, preventive of gray hairs, wrinkles, and the blues, and the best medicine to produce a good appetite and healthy digestion. The Arab upon the sandy desert performs his morning bath by rubbing his whole body in clean sand—water being always used when it can be obtained. This constitutes a part of his devotions. The morning bath, inasmuch as it is necessary to health, should constitute a part of the morning devotions of the Christian—his daily baptism—that his body may be a fit receptacle for the Divine Life which is constantly coming to him from above.

V. EXERCISE.

Although we have placed *exercise* last, we are far from regarding it the least of the conditions necessary to the maintenance of health. We may obey all the foregoing conditions, yet if we allow the body or mind to remain inactive, we cannot grow strong. Every one of the many, many muscles which compose the body, must be exercised, if it is ever developed, or the person possesses health. Gymnastics, or physical development, should constitute an important part of every child's education. The development of its mind will be of little use if it has not a body capable of sustaining that mind. "A sound mind in a sound body." The inventors of the present age have not found any means to sustain the mind independently of

the body; so we must take them as they are, and endeavor to develop them harmoniously. This perfect harmony of development is Beauty, Grace, and Health—qualities which every one's nature compels them to admire, and which affords them happiness to behold. It is true that some persons inherit these qualities in a much greater degree than others; but all can cultivate them and acquire them to a certain extent by exercising the muscles. This can be done by leaping, running, jumping, hopping, throwing the feet, tossing and whirling the arms, taking full inspirations, forcibly enunciating the vowel sounds, singing, reading aloud, endeavoring to call the muscles of the abdomen into action, &c. This branch of education is too much neglected. It must be attended to if we wish to see men and women worthy of the name.

Who is to be first in commencing this reformation? Which of you, young ladies, will lead the way? Do not commit the great error which many before you have, of trying to effect a revolution by teaching one branch of reform. A reformation in health can only be effected by a combination of all the conditions we have enumerated. If all these are obeyed, then may the opprobrium be removed, which now so justly rests upon American women, of being a weak and helpless race. Upon every one of you rests the responsibility of accomplishing that object. Shall we in this be disappointed? Are we destined to see in you the decay of our brightest hopes for the future elevation of the race? We are now commencing an era from which great things are to be expected. The moral, social and physical world are now agitated to their centres;—we must now quell their agitation, and bring humanity back to nature.

I know that I do not appeal to you in vain. I see in you the holy aspirations of noble souls longing for progress. I know that those aspirations will urge you all to make for yourselves a character and a name. Let those holy aspirations still urge you forward to physical and mental developments, and success shall crown your efforts; the smiles of Heaven shall rest upon you, and the blessings of future generations shall cluster around your memories.

DROPSY.

BY ROLAND S. HOUGHTON, M.D.

The term *Dropsy* denotes an unnatural collection of serous or watery fluid in one or more of the shut cavities of the body, or in the cellular tissue, or in both, independent of inflammation. When the fluid is deposited in the cavity of the cranium, and the cerebral ventricles, or the meshes of the *pia mater*, are distended with it, the patient is commonly said to have "water on the brain (*hydrocephalus*), and there is danger that he may die in a state of *coma* or insensibility. When serous liquid collects in the cavity of the chest, we say that the patient has *hydrothorax*; and whether the diseased condition proceed from an affection of the pleura (or the lining membrane of the chest), or of the areolar texture of the lungs, or of the sub-mucous areolar tissue of the glottis, at the bottom of the tongue, there is risk of death from *aphnoea* or suffocation. When the fluid is deposited within the cavity of the pericardium (or the membrane that surrounds the heart), the disorder is called *hydro-pericardium*, and its tendency is to produce death by *syncope* or fainting. When the cavity of the peritoneum (or the membrane which surrounds all the viscera of the abdomen) is the seat of the effusion, we call the disease *ascites*. Of this, there are two species: (1) *ascites abdominalis*—when the water is in the cavity of the peritoneum, which is known by the equal swelling of the walls of the abdomen; and (2) *ascites sacculus*, or encysted dropsy—when the water is encysted, as in the ovarium: the fluctuation being here

less evident, the swelling at first partial, and its progress slow. When the cellular tissue of a part becomes infiltrated with serous fluid, the part is said to be *oedematous*; and *anasarca* is the name given to the more or less general accumulation of serum in the cellular tissue throughout the body, and especially to visible sub-cutaneous oedema of considerable extent. Finally, the term *general dropsy* signifies the combination of *anasarca* with dropsy of one or more of the large serous cavities.

"It has been said—and said with much truth—that dropsy is rather a symptom of disease, than a disease in itself. And it has been affirmed that it would be more philosophical and scientific to treat of the original malady upon which the effusion or accumulation depends; to erase dropsy from the list of substantive diseases, and to place it in the catalogue of mere symptoms. But this, in my mind, is a very mistaken view of the matter. For, first, it is oftentimes uncertain, while the patient is yet alive, what or where the primary disease may be; and even after death, we sometimes can discover no organic change that would satisfactorily account for the effusion. Practically speaking, in such cases the dropsy is the disease, and the sole object of our treatment. And, secondly, dropsy is, in fact, to a medical eye, in all cases, something more than an effect or symptom of disease. The imprisoned liquid is often a *cause* of various other symptoms; embarrassing, by its pressure, important functions, and even extinguishing life. The removal of the dropsy (although its original cause, of which it was a symptom, may remain behind untouched, to be again productive of effusion, under circumstances favorable to its operation)—the removal of the dropsy will often restore a person to comparative comfort, or even to what, so far as his sensations, and powers and belief are concerned, is, to him, for the time, a state of health. You see then, already, that in a dropical person, whose dropsy depends upon organic disease, there are two sets of symptoms to be distinguished; namely, those which depend on the primary disease, and those which depend on the collected fluid. The latter, often the most grievous, are often difficult to be got rid of; the former, frequently permanent, are frequently also but little complained of or felt by the patient, except when effusion is the result. Some persons, I fancy, have regarded dropsy as a less attractive subject of investigation than it might be, if it were less frequently in its nature incurable. But as far as the dropsy itself is concerned, the complaint often is curable, and there are some forms of dropsy that are curable in a more absolute sense; that is, both the effusion, and that condition which was the physical cause of the effusion, are sometimes remediable. Besides, it is our business to cure when we can; but whether we can cure or not, to relieve and palliate human suffering; and this, under Providence, we are able to do, in many, or most cases of dropsy, to a very considerable extent."—(*Watson*.)

Causes of Dropsy.—Hooper furnishes a formidable list of the various causes of the different species of dropsy, as follows:—"A family disposition thereto; frequent salivations; excessive and long-continued evacuations; a free use of spirituous liquors (which never fail to destroy the digestive powers); scirrhoties of the liver, spleen, pancreas, mesentery, and other abdominal viscera; preceding diseases, as the jaundice, diarrhoea, dysentery, phthisis, asthma, gout, intermittents of long duration, scarlet fever, and some of the exanthemata; a suppression of accustomed evacuations; the sudden striking in of eruptive humors; ossification of the valves of the heart; polyp in the right ventricle; aneurism in the arteries; tumors making a considerable pressure on the neighboring parts; permanent obstruction in the lungs; rupture of the thoracic duct; exposure for a length of time to a moist atmosphere; laxity of the exhalants; defect in the absorbents; topical weakness, and general debility."

At the present day, however, the weight of authority is decidedly against the admission of one of the "causes" alleged in the foregoing list.—I refer to the one designated as "defect in the absorbents." For instance, *Dr. Billing* contends that dropsical effusion never commences until the capillary vessels of the serous membranes and of the cellular tissue, which in a healthy state supply merely sufficient watery fluid to keep those parts moist, become congested themselves in consequence of relaxation from loss of nervous energy; and subsequently observes in the following explicit terms: "I hold relaxation of capillaries to be sufficient for the explanation of the phenomena of dropsy; and I deny that it is necessary to refer, as many do, to a diminished action in the absorbents as a cause of dropsy. I consider the action of the absorbents to be uniform, and that it is not necessary to suppose any alteration as to absorption as a cause either of inducing or removing dropsical effusion; for, considering the action of the absorbents to be uniform, merely to take up and carry off what is offered to them, it is evident that in case of too great a quantity of fluid being poured out, the absorbents will not be equal to the taking it up fast enough; but when we act upon the capillaries, so as to check their exhalations, we know that the absorbents, continuing their action, will gradually carry off the overplus of effused fluid; and we know that we can restrain the effusion from capillaries in two ways, either by constricting them, or by allowing less fluid to go to them. But of the absorbents we know no demonstrable mode of directly altering their action. I believe, therefore, that the medicines which are commonly said to increase the action of the absorbents, act on the capillary vessels so as to check their deposition; and that this is the true account of the removal of dropsical swellings by the action of mercury and other medicines, which either cause an alteration in the action of the capillaries, so as to stop their deposition, or, as elaterium, for instance, by causing evacuation, actually diminish the quantity of matter supplied by the arteries to the exhalants, whilst the evacuation increases the current in the absorbents." (*Principles of Medicine.*)

In like manner, *Dr. Watson* very justly remarks: "To the doctrine that dropsy is a consequence of the deficient action of the absorbents, this obvious difficulty presents itself,—that absorption really goes on, and goes on very actively, in dropsical patients; their adipose matter disappears, and they become wretchedly thin. There is no complaint in which wasting and emaciation go to a greater extent than in dropsy."

There is good reason for supposing, according to the same writer, that the process of absorption is shared among the lacteals, the lymphatics, and the veins; and it is probably distributed between these sets of vessels somewhat in this manner: the lacteals absorb the chyle from the surface of the alimentary canal, and convey into the blood the materials of its renovation; the office of the lymphatics is to take up and carry into the blood those old and effete portions of the solid constituents of the body, which require to be removed to make way for a fresh deposit; while the veins imbibe the serous fluid exhaled from the surfaces of serous membranes, and into the meshes of the areolar tissue, as well as poisons and other substances that are soluble and dissolved in that fluid. These premises being granted, *Dr. Watson* proceeds to argue that the chronic forms of dropsy are attributable partly, and chiefly, and in many instances entirely, to undue plenitude of the veins; and that this venous repletion is produced, almost always, by some impediment to the free return of the blood towards the heart.

When the areolar tissue of a limited part of the body becomes filled and distended by serous fluid, we call the swelling *œdema*; but this is exactly the same, in its nature, as *anasarca*, and is often the consequence of some mechanical obstruction to the venous circulation. Long-abiding *œdema* of one foot and ankle

has been cured at once by the reduction of a crural hernia, which had been pressing for the same length of time upon the femoral vessels. The disease called *phlegmasia dolens* is very common in women soon after childbirth, although it is not peculiar to them, nor to the female sex. The foot, leg, and thigh become enormously œdematous. The essence of this disorder is inflammation of the femoral vein; blocking up that vessel near the groin, and retarding or precluding the return of the venous blood from the limb. One arm often swells in the same way, and from a similar cause, in women who are afflicted with cancer of the breast. In pregnancy, the gravid uterus sometimes presses upon the iliac veins, and obstructs the current of blood within them: the consequence is, *anasarca* of the lower extremities, which disappears as soon as the pressure is removed by the delivery of the woman. The flow of blood through the *vena portæ* is frequently hindered by disease of the liver, or by other causes; and serous liquid accumulates in the peritoneum, constituting *ascites*. (*Watson.*)

General debility is, doubtless, a very frequent cause of dropsy; and there is good reason to believe that it may sometimes be so extensive as to implicate the action of the heart—that hollow muscle whose office it is to propel onwards, with a certain degree of force, the blood that reaches it. Weak, chlorotic girls, with bloodless cheeks and pale lips, sometimes manifest dropsical symptoms, without any apparent venous obstruction, or organic disease in the heart, or anywhere else; and such cases not only recover, under a judicious course of tonic treatment, but are radically cured: the heart regaining its needful strength in proportion as the muscular system in general receives fresh tone and vigor. Cases of chronic (or *passive*) dropsy, which come under the head of general debility, unaccompanied by any organic disease or change, are traceable in their origin to debility of the heart, and, viewed in this light, have accordingly been designated *cardiac* dropsies. *Hepatic* dropsies are those which are connected with disease of the liver; and *renal* dropsies, with certain diseased conditions of the kidneys.

Acute or active dropsy is so called in distinction from the *chronic or passive* form; it is characterized by excessive exhalation of serous liquid, and comes on suddenly and tumultuously. For instance: a patient recovering from scarlet fever imprudently ventures out into a cold atmosphere, while the process of desquamation is going on; and he is attacked with dropsy of the cellular tissue, and possibly of some of the larger cavities also. The urine at the same time becomes scanty, turbid, and mixed with blood. The cause of this rapid change is well explained by *Watson*, on physiological principles, as follows:

"Besides the constant exhalation that takes place from the inner faces of the shut serous cavities, a large amount of watery fluid is continually thrown out of the system by all those surfaces that communicate with the air,—by the skin, the lungs, the bowels, the kidneys. Now it is well ascertained that when the excretion of aqueous fluid from one such surface is checked, the exhalation from some other surface becomes more copious. It is probable that the aggregate quantity of water thus expelled from the system in a given time, cannot vary much, in either direction, without deranging the whole economy. But we are sure that the amount furnished by any excreting surface may vary and oscillate within certain limits consistent with health, provided that the defect or excess be compensated by an increase or diminution of the ordinary expenditure of watery liquid through some other channel. Sound health admits and requires this shifting and counterpoise of work between the organs destined to remove aqueous fluid from the body. This supplemental or compensating relation is more conspicuous in regard to some parts than to others. The reciprocal but inverse accommodation of function that subsists between the skin and the kidneys affords the strongest and most familiar example. In the warm weather of summer, when the perspiration is abundant, the urine is proportionally concentrated and scanty. On the other hand, during winter, when the cutaneous transpiration is checked by the agency of

external cold, the flow of dilute water from the kidneys is strikingly augmented. All this is well known to be compatible with the maintenance of the most perfect health. But supposing the exhalation from one of these surfaces to be much diminished, or to cease, without a corresponding increase of function in the related organ, or in any excreting organ communicating with the exterior, then dropsy, in some form or degree, is very apt to arise. The aqueous liquid thus detained in the blood-vessels, seeks, and at length finds, some unnatural and inward vent, and is poured forth into the areolar tissue, or into the cavities bounded by the serous membranes."

I might adduce many other instances by way of illustrating the phenomena of *acute dropsy*, but a single additional one will suffice:—A laborer has been digging in a wet ditch in winter time, and at length pauses, while in a copious perspiration, to take his meal: the perspiration, accordingly, is suddenly checked, and in the course of a few hours, he becomes universally *anasarous*. This is an instance of common occurrence: but I may here remark that it is not by any actual necessity that the intercepted perspiration is turned upon the serous surfaces. On the contrary, it is more apt to escape from some free surface: hence the frequency of diarrhoea, or "flux," under the supposed circumstances; "apparently because there is a closer analogy of structure, and a more direct consent or agreement in function, and a stronger reciprocal influence, between the skin and the mucous membrane of the alimentary canal, than between the skin and the serous tissues."

General principles of treatment.—The first object which the physician has in view, in treating a case of dropsy, is to get rid of the unnatural accumulation of serous fluid; and the second, to prevent its re-accumulation, or in other words to remedy the diseased conditions which gave rise to the dropsy. Our old-school friends endeavor to accomplish these objects by means of blood-letting; *diuretics*, as squills and digitalis; *hydrogogue-purgatives*, as elaterium; *alteratives*, as mercury and iodide of potassium; and the mechanical expedient of *paracentesis*, or tapping. The first remedy named—I mean blood-letting, or venesection—is obnoxious, as indeed are all the others on the list, to very many fearful objections;—so many, in fact, that *Dr. Watson*, who is one of the best of the standard authors in the department of medical science, pointedly condemns it. Thus he expressly says:

"Although blood-letting is the most direct and certain way of unburdening the loaded veins, and therefore, in many instances, the most effectual remedy for the dropsy, it is by no means adapted to all, nor even to many, forms of the malady. It will always, indeed, remove a portion of the aqueous ingredient of the blood, but it expends at the same time its fibrin and its red particles. It impoverishes the circulating fluid, and thus enfeebles the patient. * * * It certainly weakens the central organ of the circulation; and to muscular debility of the heart we have already seen that certain forms of general dropsy may owe their origin; and thus it is that ill-timed or excessive bleeding may be the cause of dropsy."

Diuretics are notoriously of uncertain effect in dropsy, and it requires no ordinary prudence and care to use the two specimens of the class which are mentioned above (digitalis and squill) so as to prevent them from exerting a deleterious influence, both of them being well known as virulent poisons. *Elate-rium*, which is the favorite prescription for dropsy amongst many of the old school, is a powerful drastic-cathartic, and its use has frequently eventuated fatally. The principle on which these three very powerful medicines are administered in dropsy, is to conquer that disease by excessively stimulating the kidneys and bowels, and literally creating a new disorder as a substitute for the old one. The "alterative" medicines mentioned above are administered "empirically," as the books admit: just as they are pretty certain to be prescribed, at all hazards, upon the least suspicion of liver-complaint on the one hand, and of *scrofula* upon the other. *Tapping* comes last of all to the relief of the unfortunate, water-logged patient—that is,

to prevent his being literally overwhelmed by his distressing malady; but, as the annals of the old school abundantly prove, repetitions of the operation are at intervals required, until at last the health and strength rapidly deteriorate, and the patient sinks.

Now I claim, in behalf of judicious water-treatment, that a radical improvement can be made upon this old-fashioned style of practice. Instead of scourging the stomach, the bowels and the kidneys, we endeavor to restore a healthy action of the skin, and at the same time build up the patient's strength by a careful course of tonic treatment. The great fault of the old-school practitioners in dropsy is, that they neglect the skin altogether, and forget to apply to any practical purpose those physiological principles which we are bound to suppose that they must have mastered while engaged in acquiring a medical education. I have never seen a dropsical patient whose skin, before commencing the water-treatment, under my direction, was not dry and inactive; but it does not require a very long time to overcome this state of that vastly-important organ; and it naturally follows that when the skin does begin to act—when the sensible and insensible perspiration are once more in full play—a large quantity of watery fluid will be thrown out of the system, which under other circumstances would infallibly tend to aggravate the existing disease. The dripping-sheet will be found invaluable at the outset of the treatment; it will make a good, strong, reliable foundation. As time advances, the wet-sheet-packing and half-bath should be carefully employed; and occasionally sitz-baths—or according to the state of the digestive organs. It is really wonderful how rapidly some dropsical patients will improve under this simple style of treatment. Even long-standing cases, manifestly complicated with organic disease, will be benefited by a course of tonic baths, and life prolonged for an indefinite period,—the patient meanwhile enjoying a degree of comparative comfort, instead of being helpless and bed-ridden. Water-drinking, of course, forms a part of the treatment; and the morbid appetite, which is characteristic of dropsical patients, must be brought under subjection to physiological laws.

The special forms of dropsy will of course require special plans of treatment; but their consideration does not fall within the scope of this article, which is strictly confined to the discussion of general principles relating to dropsy in the abstract.

Water-treatment after the operation of tapping.—Before concluding, however, I will take this occasion to report the complete success of water-treatment in preventing peritoneal inflammation after the operation of tapping. The case occurred in my practice at the West last summer; the operation being safely and skillfully performed by Professor MILLER, of Louisville. About 44 pints of serous liquid were drawn off, which, on subsequently testing with nitric acid, we found to be rich in albumen. Wet bandages and sitz-baths formed my main reliance in preventing any bad effects afterwards; and, as I have before intimated, the treatment was crowned with complete success. The patient has been going on admirably ever since the operation, and in a recent letter informs me that too much credit cannot be given to hydropathy for all that it has done for her within the past year. As an act of justice to Professor MILLER, I cannot refrain from adding that he warmly encouraged me to persevere in carrying out a systematic course of water-treatment in this case, as affording the strongest and most reasonable hopes of recovery. I would not have the operation of tapping performed by any means without the most careful deliberation beforehand; and yet I cannot conceal my satisfaction at the success of water-treatment in preventing so many of the bad effects which are likely to follow the operation under ordinary circumstances.

WHO ARE OUR HYDROPATHIC TEACHERS? AN INQUIRY FROM THE WEST.

BY A. W. SCALES, M.D.

THE Western people are proverbial for their curiosity. They occupy, it is thought by certain of the Magi and Wiseacres of the East, a position on the earth's surface, where cholera holds its carnival, and whose "capricious skies are laden with misery;" where "limestone streams," with "snags and their victims, mud and earth-washings, the constant contributions of the towns and cities along their banks" (which at certain points produce sour grapes), "the decayed vegetation, and the constant whirling and churning of the various ingredients of the admired liquids," generate physical hobgoblins and apparitions of disappointed ambition, and where wicked sprites breathe forth pestilential vapors, destructive to imported green-house plants, and sickly transplanted city exotics. Thus remote from the genial warmth of the great light of civilization, whose focal centre is the great city of New York, it is no matter of surprise that the western people are characterized by that peculiar grasping credulity which endows each divergent ray from the great focal centre, with luminous and magnifying qualities, by whose transforming powers fabrics acquire brighter colors and richer textures, fashions become more *a-la-mode*, pills, potions, powders, panaceas, catholicons, fluid extracts, cod liver oil, Schiedam schnapps, and all other elixirs from the pharmacopoeia of his Satanic majesty's cupboard become most potentially quintessential, and marvellously curative; books translucent with the spirit of wisdom radiate the degree of progression; tallow brains, converted into shining intellectual lights, loom out West, and each divergent ray made to point to a dime, a bright idea, or a healing virtue.

Thanks to the redeeming powers of Hydropathy, dispensed through the WATER-CURE JOURNAL, some of our people have been regenerated, and brought into the glorious light and liberty of the truth, as it is set forth in the sublime philosophy of the Water-Cure, and are enabled, in that spirit of meekness and humility which becomes learners, to look both upon the works of Nature and upon those of man with their natural eyes, and with this humble spirit would have been content to look upon the gloomy and sad realities which surround them, and patiently watch the march of truth in the progressions of science to a point of deliverance, had not a divergent ray from the old focal point loomed upon them through the columns of the December number of the WATER-CURE JOURNAL, stirring up the old leaven of curiosity and grasping credulity, to receive Croton water and a model Water-Cure establishment as the *me plus ultra* of the Water-Cure treatment.

Under this eventful dilemma, when wise faces grew pale, and strong nerves trembled, and growing hopes drooped and languished, an elderly gentleman of great worth of character, long a resident of our community, known as COMMON SENSE, with whom, it is said by the knowing ones, the Eastern Magi who have visited our inhospitable clime have never cultivated an acquaintance, suggested that public curiosity demands that an inquiry be instituted through the WATER-CURE JOURNAL, "Who are our Hydropathic Teachers?" for the whole hydropathic ranks were indignant at the slanderous declarations which posted up our majestic streams, wide-spread prairies, forest capped mountains, teeming grain-fields and commercial cities, as public nuisances, in company with distilleries, drug-shops, "broken-down taverns," dram-sellers and pill-peddlers, to satisfy whose pestilential maws humanity has given up more souls than ever fell victims to all the impure waters, Pontine marshes and "misery-laden skies" of this earth. Besides, they were decidedly opposed to placing bottled filtered Croton water alongside of fluid extracts, cod liver oil, and the scientific Schiedam schnapps, with a flaming label, "Purest Hydropathic Water," put up expressly for western invalids.

That we are subject to both physical and artificial evils, it did not require the tail of a hydropathic comet to illumine our view. How to free ourselves from them belongs to hydropathic philosophy to teach, and is the part of the medical philosopher, to whatsoever school he may belong, to explain, to admonish of

danger, and point out the way of escape, and not to hold up with the cold fingers of disappointed pride, to public scorn, pernicious incidents connected with natural causes, which it is the delight of medical science to unveil, and the cheerful task of art to remove. The waters of our majestic rivers, driven on by a rapid current, having their sources in mountain gorges, and washing thousands of miles of territory, must necessarily be impregnated with various earthy and organic matters; nor has it occurred to certain wiseacres, that filters accomplish the same purifying purposes in the West that they do in the East—that the same kind of materials which construct eastern, will also construct western cisterns; and that wherever made, their excellence will depend upon the perfection of their construction.

As the progress of agriculture, and an increasing population, make bare the earth's surface, and civilization spreads out her numberless improvements in moulding the gifts of nature to the wants of man, the climate of any country will be gradually ameliorated; but the geographical position of the Mississippi valley must ever protect it from any generally prevailing malarial influence, and ultimately make it the most desirable climate of our country. Walled in by extensive mountain ranges on the east and west, gently sloping from the lakes of the North to the gulf-stream of the South, with wider spreading prairies and a surface diversified by ranges of lofty hills and undulating table lands, with countless streams unsurpassed in grandeur and beauty; however variable and fitful its climate may be, it is impossible it can ever prove unfriendly to health or inimical to life. Our worst enemies to life and health are wrong habits, educated appetites and intemperate indulgences, the common enemies of mankind; which will neither be frozen out by northern cold or washed out by Croton water, but are to be eradicated by the reforming influences of hydropathic philosophy.

The narrow-sighted sagacity is as contemptible as the arrant quackery which would teach the public that the preservation of health, or the cure of disease, depends upon soft water and a model water-cure establishment and a salubrious climate; while it is a fact as clear as daylight, known to every intelligent, thinking physician, that temperate habits, a pure unstimulating diet, well-regulated out-door exercise, cleanliness of person, and cheerfulness of mind, are a guaranty of health in the midst of stagnant streams in the most insalubrious climate.

There is not to be found upon the earth's surface, a population of equal numbers, that can successfully compare with the people of the Mississippi valley in constitutional vigor, physical development and intellectual energy, or a country where health is more secure and life less uncertain. And young as we are in hydropathic experience, and limited as our philosophical knowledge may be, we would not readily yield the palm to eastern experience or focal light in the triumphs of the water-cure over disease. For there are hundreds upon hundreds in this western land of blunt manners and of plain speaking, of limestone water and rocky mountain mud, who can testify to the saving virtues of its life-renewing powers, in making the halt to walk, the blind to see, the deaf to hear, the dumb to speak, and both he and she who were possessors of a spirit of insanity, made sane; all of whom are rejoicing in health and the spread of hydropathic truth.

But the inquiry recurs, "Who are our Hydropathic Teachers?" We are all; young and old, sick and well, male and female, deeply interested in this inquiry. Are they of a stamp that we may safely rely upon their instructions in the various matters treated of in this JOURNAL? allusion being more particularly made to professional correspondents arrogating the right to teach. Are they men who have made those attainments in knowledge of life, health and disease, by an elementary professional education, that enable them by an enlightened experience to "prove all things, and to hold fast only to those that are good?" Do they in all things conform to the doctrines they profess? or do they teach by one faith and practice by another? Do they teach hydropathic philosophy in the WATER-CURE JOURNAL, and practise with allopathic or homoeopathic poisons, producing alarming convulsions? Do they proclaim plain diet, exercise, pure air, and pure water, to be the indispensable elements of success to the Hydropath; and that cholera and all manner of physical hobgoblins are blended with the mud and limestone of the western streams, and the atmosphere and climate of the Mississippi Valley? and do they adulterate the pure element with *grape acid* and wear gum over-shoes after every summer shower; and never during an entire summer put their noses beyond the doors of their bed-rooms before ten o'clock in the morning, after a breakfast in their bed-room of fried steaks, broiled chickens, hot cakes swimming in butter, and coffee; and confine their daily exercise to a walk to the pump and the dining room? Have they diligently watched the progress of each patient while under

treatment, and based the prescription of each day upon the changes effected by previous treatment and upon present symptoms, or have they given a prescription for the season and upon inquiries from patients for further information referred them to it for instruction? Do they inculcate the necessity of giving up artificial appetites, wrong habits, the use of all stimulants, tobacco, tea, coffee, &c., and themselves live in subjection to lust? Do they urge upon us the golden truth, that health is the legitimate result of obedience to organic laws, and are they guilty of physical licentiousness? If these be facts, should we rely upon them as teachers? do they merit our respect? and are not their inconsistencies evidencing the grossest insincerity, a barrier to confidence?

There are minds, great minds, that consider consistency a jewel; having neither the brazen effrontery of the mountebank, nor the waxen hue of the cloistered bigot, whose sparkling eye, elastic step, and life-like countenance, suffused with the deep carnation glow, are the exponents of the philosophy they teach; and whose instructions are the accumulated treasures from patient vigils and faithful labors; and not the book gleanings of other men's opinions, communicated in a spirit of meekness and philanthropy that stamp upon them the impress of truth. Again, there are men, in the wind-mill of whose brains, truth undergoes a dilution equal to "homeopathic pigeon broth," that consists of the essence of attenuated shadows. The industrious spider, by assiduous toil at night, may weave a gossamer sheet that collects and entangles the dew-drops of the heavens, which reflect the sparkling beauties of the solar ray, by whose warmth they are dissipated into thin air, and by whose breath the ingenious web is wadded away. So there are minds whose midnight toils produce an ingenious web of the fancy beautified by the borrowed colors of truth, which the analyzing powers of reason sweep away as the cobweb before the wind, leaving not a vestige of practical utility behind. There are phosphorescent minds that give off flashes at night; but during the day, like certain Water-Cure Establishments, are only brought into notice by "flaming advertisements," or newspaper coruscations. In these cold phlegmatic brains, truth congeals; and but for the warmings of passion, excited by the prickings of vituperation, or the itchings for popularity, would remain as dormant as a buried icicle, and as useless.

We are not a one-idea people, to be gulled with the *ne plus ultra* of Croton water and a model water-cure establishment; nor are we a timid people to be frightened out of our wits by the apparitions produced on a diseased mind in contemplating the upheavings of Rocky Mountain mud, Mississippi snags, steamboat disasters and capricious skies, though presented in terrific array by "a paper flourish." We are a plain, blunt, truth-loving people, having more of the frontier boldness than of the "city shine," generous, just, and hospitable; and we admire and delight to foster that bold, straightforward, open philosophy that bears upon its front the image of Truth; in its maxims, Practical Utility; and in its every line, the bright and fearless blaze of Common Sense. We have tried the stubborn, unmeaning brass of ignorant pretension, and the moon-shine shadows of mere book-learning, and find neither to suit the genius or diseases of our people, and upon "the sober second thought" for the future, we prefer "to bear the ills we have, than fly to others we wot not of!"

Those who will teach us a knowledge of the laws of life, of health and of disease; convince us of the moral obligation to obey them; to learn the right use and proper regulation of diet, air, exercise, cleanliness, bathing, dressing, laboring, sleeping, thinking, with the proper government of the passions, the control of the appetites, and the limits of temperate enjoyment, we shall esteem as medical philosophers and delight to honor and to exalt; but the hybrid spawn of Allopathic-hydropathy who would frighten us with natural demons, wicked airy spirits, and water apparitions, because their teeth are "set on edge" by *sour grapes*, and who would cram us with the faith that Croton water, Model Bath-Houses, and the "steady cold of northern winters" are the *ultimatum* of water treatment, will ever be considered in this "neck of woods" as Hydropathic Calves, whose aversion to the "sudden changes of a southern clime," is best shown by the haste with which they leave them.

[Harrodsburg, Ky.]

DIARY OF A NEW ENGLAND PHYSICIAN.

NUMBER SIX.

BY ROGGS.

Mr "sheepskin" being procured, I was anxious to confirm the good opinion of the venerable Professors who had declared in good round Latin, written in angular Ger-

man text, on parchment (stolen from some poor sheep's back and dignified by the name of a "diploma,") that I, the said Edvardus Pillicody, "had passed a satisfactory examination, read and defended a certain Thesis," &c., whereby they, the worshipful college of physicians and surgeons, had authenticated me as one qualified to bleed, blister, and puke, et cet. &c., all and divers who might be so unfortunate as to fall into my hands.

Oh how eager I was to be testing the many wonderful medicines and "Medicamentums" on patients of my own, as I was in for a "consideration," most scientifically assured by the learned "Prof's" that such and such articles would cure such and such diseases, and nothing else continually.

Nothing then seemed wanting to my earthly felicity but a "good stand for a doctor," being convinced that my "winning ways" must bring me practice, and my great skill and medical knowledge would most inevitably cure all who applied in the shortest possible time.

Well, the "stand" was had, the "shingle" stuck up, and the first three days I had as much as I could possibly do any how! "Getting into business fast." Yes, I was, but it didn't pay a great profit—it being of that kind that pleases much but profiteth little—to wit, looking at my sign! Yes, there it was in glaring capitals, that those who ran or rode, might see, and which no man had a right to dispute—"DR. PILLICODY."

The second three days was spent looking out of the window, through a venetian blind, to see if everybody that passed duly cognized my gilded cognomen and title, and wondering, if any of the many eager equestrians or furious 'Jehus' were coming after me—the 'New Doctor' Edvardus Pillicody, M. D., Physician and Surgeon, &c.

"Why don't they come" was never uttered by mortal maid of thirty-two, with more earnest unction, than by me during those terrible three days—those of the French revolution some years ago, want a touch to 'em—Echo answered why?

Oh, if they but only knew, thought I, how nice I could cure 'em up, would'nt they stop at the new Doctor's office, instead of going over the way, for that old, and of course, ignorant—fellow?

On the seventh day of my arrival, at early morn—just the time for sick folks to send who have spent a wretched night—I heard, oh how distinctly, for my tympanum had been on the stretch for a week—another such a week of tympanitic tension would have undrummed me forever—a knock upon my office door!

All young Doctors and Lawyers will know how I felt, at that most intensely interesting moment. The first sensation was that of a newly kindled fire in my ears, the drums of which seemed now about to be burnt out of my head entirely. The next was a terribly fluttering sensation in the 'cardiac region,' or as the vulgate hath it, in the neighborhood of the heart.

I, however, mustered by an effort command enough over my perturbation to say, in what I conceived to be a most decidedly bland and careless sort of voice, 'Come in,' while as if by intuition, I assumed the best possible position, having had the wonderful presence of mind, as I did so, to drop behind my desk Walter Scott's last new novel, and catch up 'Dewees on Diseases of Children,' which I kept for that purpose all open on my table.

The door opened, and a boy of six or seven presented himself, whom I recognized as an influential neighbor's child.

Ah, said I, in my most dulcet tones,—good morning, my little lad, how finely you are looking this morning! I am sorry—may I be forgiven for that lie, for it was a whopper—that there should be any necessity in your worthy father's family of having to come thus early for me; but sickness will happen, so speak out, my little man, don't be afraid: who's sick? "Please, sir, father wants you." Ah, yes, wants me to come immediately—well, wait a bit, my boy, till I put on my boots, and I will be with him in a jiffy. Let me see, what shall I take with me?—by the by, my fine fellow, can you tell me what ails your father? "Oh, sir, he aint sick, he sent me to tell you that you must come and"—Yes, yes, I see it all; your dear, excellent mother is sick and your father can't leave her—oh how beautiful is conjugal devotion—but go on, what ails your mother, my chubby little hero? "Nothing ails mother neither, only she and father both are mad as a hatter, 'cause your old boss got into our garden and eat up father's cabbages, and trod all over mother's carnations." *Sic transit gloria mundi*—"What a fall was there, my countrymen."

Hers I had barely escaped hypertrophy of the heart, oc-

casioned by that "first knock," and had my feelings wrought up to the highest possible pitch of earthly joy at the thought of being thus early called into "one of the first families" in the village, which I considered as the very vestibule of "a smashing business," only to have them most cruelly crushed again.

Anything further, you chub-sucker? "Yes, sir, father says he'll send your hoss to pound if you don't take care on him; and mother says no doctor that had anything to do, would have his hoss out to grass all the time." That'll do, scape-gallows, you may tell your snap-dragon father that he may pound my horse and be—blowed, and your vixen mother that I shall keep my horse out to grass or anything else I please, and as long as I please.

Here was a pretty kettle of fish a-frying, and all, as I afterwards learned, because the owner of the trampled carnations was one of Dr. M.'s favorites, who felt it her duty to annoy all "new doctors."

But never mind, said I, better luck next time. And sure enough the next knock, which happened the same day, (two knocks in one day, think o' that ye young Esculapians,) meant something. Oh how shall I describe the tumultuousness of my felicity when I actually found myself on the way—"lickety split"—for I went Gilpin-like, although the case had been of ten year's standing—being anxious to show my zeal, and to show the villagers that I, Dr. Pillicody, was going to see a live patient!

A ride of three or four miles—I went the farthest way possible, so that all the folks might see the color of my horse and sulky, and wonder where the "new doctor" was going to—cooled down my feverish excitement somewhat, though when I entered the room of my first patient I could hardly speak, so frustrated was I with the responsibility and novelty of my position.

The case was one of surgery, an unreduced dislocation of ten years, which the old lady, an octogenarian, declared I "must set for her whether or no." I modestly hinted that some things were impossible. "Oh," she exclaimed, "the Pillicodys can no anything in the surgery line."

I didn't exactly set her bone, but I set myself a-going, as the great faith in the name I bore made my applications have a wonderful effect; and one leg being shorter than the other, I tied the feet together, so that one might keep the other down. As this was altogether a "new kink" in "chirurgery," the good people of B— insisted upon it that "somebody had come to town, sartin."

In a few days it was all over town that "Mrs. R—, ten years a cripple, could walk as well as ever she could in her life;" whereas the truth was, she only, by dint of much friction and faith, was enabled to go with a cane instead of a crutch.

On the strength of this case I was sent for far and wide, especially in surgical cases. One man sent for me twelve miles to "set a broken leg"—"because I was so used to it"—when at that time I had never attempted such a thing! And here again the name of Pillicody received fresh honors, for "none but a Pillicody could have set a bone so nice."

"I told you so," said one old woman: "I never seed the like, I didn't, in surgery, specially, as them are Pillicodys—why, there was old Dr. Jacob, who lived on Pillicoddy Hill, in the North Parish, who set a man's leg once, twenty five years after it was broken, and made it just as good, if not better, than it was when it was new! And I declare to you, that this new doctor, who has set up over to the West, in my opinion, is a regular descendant of his grandfather, the good old Dr. Jacob, now dead and gone these twenty years." "You don't say so!"

SIGNS OF THE TIMES.

BY S. O. GLEASON, M.D.

Some centuries ago a book was written in which may be found an admirable description—one full of meaning, of the tenacity with which men in authority are wont to adhere to opinions, and put forth all their strength to retain power, even after every attempt seems only to bury them deeper in trouble—giving larger and freer scope to those over whom for ages they have held an iron rod—undisputed sway.

To govern both body and soul—to hold health, life,

and all that is sacred and dear in the hands of a certain educated class of men, is at this age of the world an attempt to stay the progress of truth among the masses—to roll upon them darkness, ignorance, superstition, and consequently force, upon the unwilling mind, a night-mare full of doleful dreams, sad pictures, which a little light and knowledge might transform into beautiful images to cheer the heart and strengthen for life's battles.

It would seem that candid, reflecting men, might so discern the features of the age, that they would avoid the errors of the past, by learning wisdom from the fate of the false positions that have been maintained with such indulging zeal, and at such cost of life and human happiness in times gone by.

How long will it take the *Medical Profession* to learn that the knowledge so important to the development and perfection of the human race, cannot be controlled by them, and doled out in such scanty and pitiful measures, as the history of the past warrants us in believing would be the case, if they could do as they wished.

Stir up a nest of vipers and they erect themselves, hiss, show all the venom in their ill-begotten natures, throwing themselves upon their dignity and poison for self-defence. Their lancet and sack of poison you must not interfere with; unless at the peril of your life.

But the time has gone by when any attempts of this kind intimidate, or relax, the efforts of those not sanctified by being baptized in the blood of human victims, shed by the point of the lancet, or in the pestiferous breath of the mercurialized patient.

In a village not a thousand miles from Elmira, N. Y., the *regulars* have formed themselves into a society—a protection association—to secure the honor and safety of the profession against incursions from any men who do not bow the knee to his most antiquated honor,—*Mr. Mercurius*, with all his train of lesser gods and imps of inferior magnitude.

These *regulars* are trained to a sheet-iron-collar stiffness and tonic spasmodic rigidity, in order to maintain a dignity consonant with their high development, magnanimous aims, and strong attachment to their "*Alma mater*." At all hazards, by any means sanctified or ridiculous, they are determined that Allopathy shall reign triumphant—the medical king—supreme authority in all doubtful questions as to human weal or woe.

Strange as it may seem, after such mighty efforts, in which the combined strength of twenty *regulars* is forced—some *du* venture to go to the water-cure, even in spite of all entreaties, misrepresentations, pleadings, shedding of tears, recommendations to prepare for a burial, and all such frightful images as warped and bigoted minds can easily invent. And what is stranger still, patients *get cured* after all their skill has been expended in vain.

It has said, and many times most signally illustrated, that when a long-cherished system of ideas—wrought into a creed by some master minds, is about to suffer from bold and strong assailants, that the adherents of such creeds make renewed efforts to throw around themselves and the system they uphold, the strong arms of the *law*—besides attacking most fiercely their enemies; and instead of examining what is presented, they cast it aside as though with naked feet they had trod on a slimy serpent.

Hopes I see are yet entertained that we as well as all the rest of the world, shall be made to submit to the potency of drugs and the jargons of the schools. As *decay* is written in legible characters on the doors of the temple of Esculapius, "the orthodox" have cast themselves about to find a remedy against the unyielding hand of time and advance of mind. In Edinburgh, I am informed that "students are required to bind themselves," even under heavy penalties, not to depart in theory or practice from the creed taught them by their professors. They even reserve the right to de-

prive such as *dare* think for themselves of their diplomas. Even in St. Louis the faculty are striving to follow in the track of Edinburgh. Oh! Hunkerism you must die, but I fear not the death of the righteous. The ligatures with which you propose to bind the free circulation of thought in the minds of young men, will only stop your own vital current, and you expire from inanition—die from want of new ideas enough to feed the antiquated carcass of medical lore for which you cherish such a sublime reverence.

The advocates of Hydropathy have great reason to take courage. The increasing numbers that have been patients in Cures the past seasons—the increase of the subscribers to the Water-Cure Journal—the rigid, curve-like stiffness of large bodies of the *faculty*, only tells that patient toil will yet secure in the hearts of the people at large, a home for the principles we advocate—the simple, but effectual system we practice.

Our system stands unrivalled in the history of the world, for its advocacy of health giving-influences; for teaching the way to live, to avoid sickness, disease, and premature death.

Let medical Hunkerism struggle, bleed, blister, purge and vomit its schools till none shall be there but those who will swear to live and die by its most sacred faith, and ere long its halls will be empty, while owls hoot therein, and satyrs dance to the doleful music of their death dirge. [Elmira, N. Y.]

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.

[We have on hand a variety of communications, pro and con, on the subject of vegetable diet, to some of which we give place as exhibiting the different views which may be taken of many questions involved in the issue of an exclusive vegetable against a mixed diet. Some of the objections raised against vegetarianism have been answered a hundred times in as many different publications, and will doubtless be considered hereafter in this journal, by some of the vegetarian advocates. We wish to let the people have the pith of all that can be said on both sides.]

WHY I AM A VEGETARIAN.—Three years ago this fall, I was afflicted with bronchitis, consumption, and dyspepsia. I was pronounced by several "regulars" to be pretty well on in some one of the "stages" of consumption. My health was so poor that I almost despaired of ever becoming a healthy man. The doctors gave me to understand that it was highly doubtful, if not impossible, to cure me entirely of consumption, but that the dyspepsia they could remove entirely. During this time of affliction I was troubled with a very severe coughing, which would seldom permit me to enjoy a "night's sweet repose," unless I had my bedding so arranged or fixed that I could assume an almost erect posture while sleeping.

The doctors, after partially acknowledging their inability to cure consumption, gave me, always without fail, a good pack of medicines, to make me, as I supposed, ride more easily in the "stage" of consumption which I was then in! With all due deference to those "scientific experimenters," I must say that I experienced some temporary relief as long as I was under the influence of their medicine; but as soon as I left off using it for a week or two, consumption would be dancing on my cheeks as before, and dyspepsia, with all its enervating and paralyzing influence, would throw me into a fit of despondency. In this state of mental torpidity, I would lounge about until some one would persuade me to try a doctor again. Thus I kept on till I had nearly expended "my all," without experiencing any perceptible relief, save that of my money. Many a time was my body, instead of being a fit indwelling-place of an immortal soul, a stinking,

walking apothecary shop. During those days of affliction, I heard it repeatedly said from the pulpit, that "the way of the transgressor is hard." As often as this sentence fell upon my ears, I acknowledged the hardness of my ways; but my mental horizon was so foggy that I could not see that I was a transgressor, and as my friends and the *learned doctors* never in the least intimated to me that I was a transgressor, I consoled myself by believing that mine was one of the "wonderful ways of Providence," and bore my afflictions with Christian fortitude. However, happy for me, that, in the "course of human events," I came across the "WATER-CURE MANUAL." Notwithstanding the mists and fogs which overshadowed my mental firmament, I read the contents of that Manual with a deep interest, which was followed in due time with such vigorous health and strength of mind and body, that I have had ever since deep feelings of gratitude and heart-felt rejoicings that that *book*, which I cannot but look upon as the savior of my life and restorer of my former health, was accidentally thrown in my way.

Heretofore I had been taught to believe that God created the world and all that is therein, except the many sufferings to which human flesh is heir to; and that these either "came of themselves," or were "wise dispensations of Providence." However, after having read the Water-Cure Manual, I was forced to abandon some of those time-sanctified ideas imbibed during my juvenile days. From reading its pages I was led to infer that there was a physical government of the world, as much so as a moral; and that he who would sin against the laws of the former, was as certain of suffering the penalty of the law violated as if he had sinned against the latter,—notwithstanding the "deep silence," and I might add the profound ignorance, of many divines in reference to the laws which govern the organic world.

In applying the water-cure to my case, I commenced by wearing a wet jacket, and wet bandages around my neck at night, and adopting strictly a "Graham diet." The result of the few first months was that I felt very much relieved of my cough, and was ordered to take one of "the back seats" in the "stage of consumption." During the first three weeks I gained eight pounds. My diet consisted of Graham bread and such vegetables as the season generally affords. I also took a good bath every morning, followed by a thoroughly "rubbing over" with a coarse towel, and without fail slept with the windows of my room up all night.

It is now nearly three years since I adopted the vegetarian system. Two of these years I spent at a College in Northern Pennsylvania. A brother of mine accompanied me at College. We, being in rather straitened circumstances, and anxious to test the vegetable diet, adopted the "self-boarding system," that we might give the *vegetarian system* a satisfactory trial. We hired a commodious and airy room, furnished with a cooking-stove; here we lived and studied. Our diet consisted of Graham bread, the various preparations usually made of Indian meal, cracked wheat mush, and such vegetables as the seasons afforded. We drank nothing but water, except now and then a little milk—principally buttermilk. During these two years at College we enjoyed almost uninterrupted health, and possessed a buoyancy of spirits that we never had experienced before. Our appetites were as regular as a clock, but far from being morbid. We had none of that *wolfish hankering* for our meals; in fact, we seldom got hungry; but when we sat down to our meals, which we had at regular hours, eating would go so natural that we enjoyed our plain fare better than any beef-eater can enjoy a five dollar oyster-supper. Headaches, "bad colds," &c., which are generally rather prevalent among certain students, were almost entire strangers to us; and if they should visit us, they would be received with such a cold reception that their stay would be quite short.

When Mrs. Headache had once learned that we principally lived on "mush and potatoes," she restricted her visitings to those fashionable people who used tea, coffee, refined pastries, and delicate viands, and silently and unnoticingly passed by those "brush-wackers" who lived too much as our grandfathers and grandmothers used to. Our expenses for living this way never exceeded four shillings per week. We paid considerable attention to bathing and exercise. Sawing and splitting wood we preferred, as this would answer a two-fold purpose, whilst walking would answer only one—that of exercise.

This may be said by some "upper-ten-doms" is not a very respectable way of going through College. "If I could not board at one of the fashionable boarding-houses, wear a standing collar, carry a neat cane, be enrobed in broadcloth, and have as much pocket-money as the next one, I would never go to College." "I would rather not see the inside of an algebra or geometry than undergo such privations and self-denials." But to such "uppers," who are in society what the froth and foam (also the upper) of a beer-bottle is, useless, I would say, that such a course is honest, upright, and honorable, notwithstanding the sneers and scoffs of a light-headed, stocky, and money-made nabob. Any gentleman or lady who will go through such a course, will acquire habits of economy, frugality, industry, and perseverance, that are of paramount importance to one's success in after life. When such self-boarders shall enter the active duties of life, public or private, and discharge their various duties and binding obligations with a loftiness of aim, a magnanimity of sentiment, and a corresponding action, and with an eye single to the welfare and happiness of humanity, no sensible man or woman will withhold their patronage and approbation from such, merely because they lived on "mush and potatoes" whilst they were laying the foundations of their human acquisitions, from which streams of usefulness may go forth to bless and make happy a multitude of hearts. I would recommend every son and daughter of America to get a liberal education: all can if they only will. It need not cost six or eighteen hundred dollars to go through a course of academic culture. It requires no "princely fortune" to support the real, necessary wants of your bodies during a few years of mental labor. M. H.

DR. ANTISELL ON ANIMAL FOOD.—I have read with profit the articles on the "Chemistry of Life," by T. Antisell, M.D., and now I am almost captivated by his philosophy for the necessity of an animal diet. When I am met with his reasoning, I can only say, as in my schoolboy days, "I guess I have got a brother that can lick you." Will some of our philosophical vegetarians examine his last—No. 6—in the November of the Journal, and give us some help? I lived two years with a very small quantity of animal food, and the last two ate none but fish, and the last one year I have not eaten any except what is in my food by cooking, and that unknown to me, except a very little milk, cream and butter. My health has been so much improved by every increased degree of abstinence, I was almost inclined to so far separate myself from society as is necessary to get rid of eating milk, cream and butter. What say you, brother vegetarian—will it injure me? J. O. A.

THE EXAMPLE OF CHRIST.—In the last issue of the Journal, under the head of "Vegetarian Department," you speak of the hostility of the Bible to fish eating. It is the general belief that Jesus Christ was man, perfected, and that his life was one of perfect obedience to all the laws of God, physical as well as moral. Now, if we are right in believing you to hold that man's legitimate diet is simply vegetable, farinaceous, or frugivorous, and that it is violating a fixed law of our physical constitution to eat flesh, then you certainly must allow Christ, in one particular at least, to

have violated a law of his nature, and to have given all the world an example of disobeying a law established by the Creator himself—for Christ *did* subsist upon flesh partially. I should like to have you explain this matter. Let this question be fairly answered, as fairly as it is stated: Did the Saviour of the world, as a physical being, *obey* or *disobey* the laws established by his heavenly Father, whose will he came to fulfil, or no? Let us hear.

Newport, R. I.

W. C. L.

Dress Reform.

MALE COSTUME.

OUR fair friends the "Bloomers," with a degree of moral courage and constancy which does them infinite credit, continue to maintain the independence so nobly conquered in the early days of their movement. We admire their earnest zeal and self-devotion, and give them our warmest sympathy. If they need our aid, we are ready at any time to take up the pen in their defense, but just now we think that our own sex stands much more in need of our aid.

These are days of revolutionary organizations, and of protests against tyranny. To be *politically* free is much, but to be *socially* and *spiritually* free is more. While we tamely submit to the yoke of Fashion, and to the galling fetters of false and subversive social customs, let us cease to boast of our freedom! Are our sisters alone in their bondage to the dress-tyrant? No; shame to our manhood! *our* slavery is not less complete than theirs! Where are our organizations, where our protests? We still hug our chains—chains which "weak woman" has broken. We are still creatures of the tailor, and are wont to kiss with more than Popish reverence the "bull" of some sovereign Pontiff of Fashion, enthroned in Paris or London, and to accept with unquestioning acquiescence whatever the "artist of clothes" (would to God tailors were, truly, artists) sends home to us as "the latest style."

Dress, in this country, is seldom varied in any of its essential forms or features, though in its minor details, its mutations are constant and endless. The coat and the hat which we wore a few months ago, however unimpaired their beauty, are no longer available, if we desire to adorn ourselves *a la mode*. But, with all its changes, our costume is never graceful, and never appropriate. It is stiff, uncomfortable and awkward, being as little suited to convenience as to health. It violates "the unities," and sets all the laws of harmony at defiance; its parts having no natural or necessary relation to each other, or to the whole. Instead of the flowing outlines and graceful curves of the human form, an uncouth mingling of angles, bundles and knots, is presented to our view. The line of beauty which naturally belongs to the human body, is entirely lost. We encase the neck in a stiff cravat, and a stiffer collar, which impede its motions and prevent the free circulation of the vital fluids. We then hide every graceful curve of the arms, shoulders and back, under that most ridiculous apology for a garment misnamed a *dress-coat*, with its straight lines, and all sorts of angles. The vest is a more respectable garment, but still open to some objections. Long, shapeless pantaloons take away all grace from the lower limbs. A tight boot cramps the foot, and covers it with thorns. To crown all, we place upon the head, the noblest part of the human figure, and the part, above all others, which should receive the highest adornment, a hat than which we challenge the most ingenious Yankee to invent a more awkward, ungraceful, and unnatural covering! "What in the whole works of art," says a late writer, "is more unnatural, stiff and uncomfortable, than a modern hat—a mass of glue, paper, and wool, formed into a cone or a circle, with hard lines, and stiff, unyielding corners, presented to view on all

sides, without beauty, or grace, or comfort, or even use; liable to be blown off with every gust of wind, cramping the head, and serving not only as a complete attraction for the rays of the sun, but as a reservoir of heated air, which continually annoys the wearer?" Are we men, and yet submit to this disgraceful imposition—this most galling tyranny?

The ridiculous fashions of the present day arose principally from two sources: First, from the attempts of ill-formed persons to hide their defects. In many cases such persons have had sufficient influence, through position or wealth, to impose their style of dress upon the well-formed, thus making their deformity the standard of fashion! The second cause is found in the cupidity or the necessities of the tailors and milliners, whose trades would no longer support the large numbers engaged in them, if the fashion of our garments was stationary, but who are now growing rich through the quarterly or monthly changes in the style and finish of our habiliments. All this is doubtless quite right, "as things go," and we can hardly hope for a complete reform in costume till it comes, as come it will, with a new and better social order. In the mean time, are not some of us free and brave enough to venture some slight innovations, at least, as a prophecy of the "good time coming," in which dress will serve to adorn and beautify (as it does not now) "the human form divine?"

The present state of things, in regard to dress, has one advantage, at least. It gives a class of fops, who possess much money and little brains, a chance to distinguish themselves in the only sphere for which their capacities fit them!

Poetry.

I WAIT FOR THEE.

WHAT a beautiful picture is the following! Ah, it would make one almost throw away even the pen, and hurry home to his wife—if he has one. What shall repay the loss of such a welcome as this to the bachelor? Not even the luxuries of negative cares—not the silent hours of study—not the independence as a man! For without the love of woman in the gentlest corner of the heart, all welcomes are indeed cold.—*Los. Dem.*

THE hearth is swept—the fire is bright,
The kettle sings for tea; *
The cloth is spread, the lamp is light,
The muffins smoke in napkins white,
And now I wait for thee.

Come, come, love, home, thy task is done;
The clock ticks listeningly;
The blinds are shut, the curtain down,
The warm chair to the fireside drawn,
The boy is on my knee.

Come home, love, come; his deep fond eye
Looks round him wistfully,
And when the whispering winds go by,
As if thy welcome step were nigh,
He crows exultingly.

In vain—he finds the welcome vain,
And turns his glance on mine,
So earnestly, thy heart again
His form unto my heart I strain,
That glance is so like thine.

Thy task is done—we miss thee here;
Where'er thy footsteps roam,
No heart will spend such kindly cheer,
No beating heart, no listening ear,
Like those who wait thee home.

Ah, now along the crisp walk fast
That well known step doth come;
The bolt is drawn, the gate is past,
The babe is wild with joy at last—
A thousand welcomes home.

* All but the TEA.—*Eds. W. C. J.*

The Month.

NEW YORK, MARCH, 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 disease of the day. If they can go a step further, and make themselves acquainted with the LAWS OF LIFE AND HEALTH, they will well nigh emancipate themselves from all need of doctors of any sort."—HYDROPATHY FOR THE PEOPLE.

MARCH MATTERS.

BY E. T. TRALL, M.D.

PROFESSIONAL WOMEN.—The ultra-conservative portion of our citizens has lately been called upon to manifest becoming consternation, and the non-progressive portion of the public press has had occasion to evince characteristic indignation in the recent and somewhat formidable invasion of our "reserved rights," by certain persons, not unknown to fame, of the "other sex." We allude to the addresses recently delivered on Temperance, the Maine Law, Woman's Rights, &c., at Metropolitan Hall, the Broadway Tabernacle, Brooklyn, and the regions round about, by Mrs. L. N. Fowler, M. D.; Mrs. Amelia Bloomer; the Rev. Antoinette L. Brown, and Miss Susan B. Anthony; and, as if to cap the climax of our wrongs, at the Metropolitan Hall meeting, Doctress Fowler occupied the Chair as presiding officer, and Mrs. Mary S. Rich officiated as secretary. Could any thing have been more cruel to us "lords of creation," (and hence owners of the female part of it), than such a method of signifying to the world that our services were of no more importance in reforming the world than theirs?

Well, we have had our revenge in part already. Among the reminiscences of our school-boy days is an anecdote in point. A "big lubberly boy," having played truant, had his ears pretty soundly boxed by the teacher. Unable to resent the attack according to the law of "an eye for an eye," our hopeful Demosthenes satisfied his revenge by "making up faces," when the master was looking t'other way! Our don't-believe-in-new-notions newspapers have expressed their non-concurrence in a similar manner to that of the afflicted but helpless boy. Unable to answer the arguments or refute the positions, or reason against the "sphere" of these women, they "take it out" in calling them hard names.

When Doctress Fowler admonishes the assembled mothers that, by vitiating the appetites of their young children with condiments, stimulants, &c., and that by making them drunk with opium tinctures and alcoholic cordials in order to keep them quiet, they are laying the foundation for diseased bodies and dissipated habits in after life, these marvellously wise and benevolent papers reply substantially:

"Well, well, all such talk may be very well

in its proper place; but we think such matters had better be left with the sterner sex, who are better qualified by nature and education to teach us the medical properties of remedial agents, and also to dissect out a tumor, or amputate a limb, or perform the operation of venesection, arteriotomy, blepharidoplastotomy, &c., when emergencies require, whilst the genial influences of the weaker vessel may find their appropriate 'sphere' in contriving new and nice puddings for their husbands' dinners, if they have husbands; and if they have not any husbands, in relieving the miseries and ameliorating the condition of the sick and suffering in their own neighborhoods."

When Mrs. Bloomer protests that society has no right to compel a woman to be the abused slave of a drunken husband, and raise up diseased offspring to a drunken father, knowing that wretchedness and degradation will be their lot, and a life of unmitigated suffering her only portion; when she claims that woman has a right to protest against this wrong, and a right to a voice in the making of laws which hold her personally responsible to all their penalties, she is met in this fashion:

"We very much regret that Mrs. Bloomer, who really has talent, did not confine her remarks to the subject of temperance exclusively, instead of travelling out of her appropriate "sphere" to lug in the fanatical notions of a party of restless adventurers who are vainly enlisted in a Quixotic expedition to recover their imaginary rights, or redress equally imaginary wrongs. To our mind, woman never seems so lovely as at home, tending her husband's babies and cooking good victuals for him to eat, surrounding his hearth with comforts such as only her delicate hand can provide, whenever he returns from his labors or his sports."

When Parsoness Brown asks the good *gentleman* why it is that the singing of Jenny Lind and the dancing of Fanny Ellsler, and the Shakspearian readings of Fanny Kemble should elicit their rapturous applause, and yet the woman who addresses them on the subject of temperance, and health, and personal purity, and holiness of life, asking of them protection against the desolating tide of intemperance, and claiming a legal prohibition of the abominable liquor traffic, be told that she is out of here "sphere" when she exposes herself to the gaze of a public audience, she is replied to:

"We were pained to perceive that her manner of emphasizing her periods was somewhat monotonous, having in fact more or less resemblance to a habit acquired by some clergymen we have been acquainted with."

And when Miss Anthony asks her sisters of the Empire State to organize themselves into societies and work together for the passage of the Maine Law and the extermination of the rum trade, she is answered:

"She dresses in black and sports the Bloomer costume, although her frock is somewhat long-

er than Mrs. Bloomer's. It is to be deplored that she should so depart from the appropriate 'sphere' of woman, and engage in such masculine duties and be actuated by such sordid motives as forming associations to make war upon existing institutions, circulating newspapers, collecting moneys, &c. It is a great pity she wasn't married and had some one to keep her in her appropriate 'sphere.'"

Having thus taken a glance at the spirit of the mission these women are fulfilling in their day and generation, and of the substance of the opposition with which they meet, we conclude with the earnest expression that others of their sex will be induced to go and do likewise. We believe there are now in the United States one hundred well-qualified female lecturers, and they can wield an influence more potent for human good, in the capacity of reform lecturers, than that of any five hundred men now existing on the face of the earth. Woman's first right is the right to herself; and her proper sphere is wherever she can be most useful to the human race.

HEALTH OF THE CITY.—Our allopathic contemporaries are excellent statisticians, but miserable philosophers. They can more easily accumulate a mountain of details, than establish a single principle. Their tables, compiled with remarkable precision, tell us how many die each month in the year, each week in the month, and each day of the week; the names of the fatal diseases, the ages of the deceased, where born, &c., &c.; but here the accuracy ends. We learn little or nothing, perhaps rather less than nothing, of the real causes of the prevalent mortality, or of the means of preventing or diminishing it. So far as the hygiene of society is concerned—ten thousand times as important as mere doctoring—the people are left to grope their way in utter darkness, despite the popular medical theory and practice of the day. In fact, physicians themselves do not usually present any better examples of healthy persons, nor afford in their personal habits any better evidence of either a knowledge of or conformity to the laws of life and health, than non-professional persons generally. They are as liable to sickness, as full of disease, as exposed to death, as other folks. The leading allopathic journal of this city, in its January number, gives the following paragraph, under the head of "Health of the City:"

"The bills of mortality are not large, but there are indications of Scarlatina, Erysipelas, and Puerperal Fever, notwithstanding the mildness of the winter is remarkable. As usual at this season, there are cases of Small-Pox and Varioloid. Otherwise the city is healthy."

On turning to the City Inspector's report of one week's mortality about that time, we find a record of three hundred and ninety-three deaths, one hundred and sixty of which were of children under five years of age. Of the whole number, fifty-four died of consumption,

eighty-four of fevers, of which the victims of "Scarlatina" counted thirty, whilst sixty-three died of convulsions and croup.

Now these facts exhibit to our mind pretty strong indications, not only of diseases among us, but of death itself. And thirty deaths from scarlet fever are pretty decisively "indicative," not only of the existence of a disease of that name in our city, but also of lancets, leeches, calomel and jalap, salts and senna, etc.

But the journal tells us that, otherwise than the "indications" of scarlatina, erysipelas, puerperal fever, and cases of small-pox and varioloid, our city is healthy. All these diseases combined do not constitute more than about one-sixth of the city's mortality.

We can never regard our city as healthy, nor any city as healthy, where fifty or sixty persons, in the prime of life, are dying every week in the year of consumption. Nor can we regard that "medical science" quite as good as merely useless, which practically treats the subject as though this disease was a necessity of civilization, instead of a most unnatural and forced malady, which a true medical science ought and would teach the people to eradicate entirely from society. Let the doctrines of the WATER-CURE JOURNAL prevail throughout our country, and hydropathic treatment supersede all manner of drug-medication, and a single generation will suffice to render consumptions, convulsions, croups, and all kinds of fevers, almost unknown.

JOKING EXTRAORDINARY.—The Medical Journal above quoted, under the head of "Editor's Easy Chair," relates the following:

The best Joke of the Season

is related as having been perpetrated the other night in the Pathological Society. One of its members had been treating a female in a pauper hospital for Ulceration of the *Os uteri* with all the paraphernalia of speculum, topical cauterization, astringent and anodyne washes, &c., after the most approved fashion, until, as usual, she died *secundum artem*. Whereupon the organ and its appendages were removed from the body, and taken to the Society for the inspection of the savans. The history of the patient, the diagnosis, treatment, and fatal result, having been duly chronicled, the specimen was produced upon the table. All eyes were eager to examine the pathological mischiefs which had destroyed life, but after diligent search, the uterus was declared to be a perfect type of the normal structure of the organ, the only deviation from health being the local injury of the textures, resulting from the mistaken remedies which had been applied for a disease which had no existence. The blunder can only be accounted for by the theory that the disease had been *cured*, of which the patient is nevertheless reported to have *died*. It would be better in such case to have no post-mortem, for it would be less awkward for the doctors to let the grave cover up *such cures*, than that they should only be discovered *after death*. No report of this case will be published in the forthcoming Medical Times, and we hence charitably supply this lack of service.

This is certainly an unusual theme for "joking," but we are assured on orthodox author-

ity, that it is *secundum artem*. No doubt the rare sport was highly enjoyed by those who discovered the fact that a woman had been "done to death," after the approved fashion, *as usual*, by a blundering use of caustics and other drugs. But what mean those strange words, "as usual?" Is such the *usual* result of the "most approved fashion" in medicine, administered "*secundum artem*?"

REGISTRATION IN MASSACHUSETTS.—We have before us the interesting report of Amasa Walker, Esq., Secretary of the Commonwealth of Massachusetts, to the Legislature of that State, relating to the registry of the births, marriages, and deaths. It is a valuable document in a health-reform point of view; and presents, in a variety of aspects, the great truth that by far the greatest proportion of the sickness and deaths in our country is caused by circumstances which are wholly at the control of and removable by proper sanitary regulations. We have only room for the following quotation:

"In addition to this actual waste of life, there is much avoidable sickness and general enervation of physical energy, the amount of which it is hard to estimate. A few years ago it was estimated by the celebrated Dr. Warren, of Boston, that the temperance cause had augmented the physical power of the State one-sixth. If a reformatory change in the habits of the people pertaining to a single article as a beverage had wrought, or was capable of effecting (and no true physiologist will hesitate to admit it) such a valuable result, what arithmetic can calculate the advantages upon the public, especially in our cities and more densely peopled villages, of a complete system of health measures, such as it is within the province of legislators to require, and in the power of the people to adopt? Such, however, cannot be expected until the public are made acquainted with the lessons which our system of registration is teaching, by having them presented in plain and comprehensive language. Not these alone, but our English neighbors, who were our pioneers in laws and investigations upon the subject of public health, are furnishing annually a mass of information on the subject, corroborative of, or, rather, they are so extensive and systematic as to demonstrate with almost mathematical precision, the truths which our reports shadow forth.

"Dr. Guy, of King's College, London, &c., says: 'I do not fear the charge of exaggeration, when I claim for the sanitary question the right to be regarded the great question of the day. Look at it as a question of humanity, and it will not suffer by comparison with the highest efforts of the philanthropist; regard it as a great act of justice, and here, too, you will acknowledge it prefers peculiar claims to consideration; measure it by the rule of economy, and I hesitate not to affirm that it stands without a rival; or view it in its moral relations and reactions, and I know not whether even the great question of education will take rank before it.'

HOMŒOPATHY vs. ALLOPATHY.—Dr. Bowers, the homœopathic physician in the Protestant Half-Orphan Asylum, in this city, has, by a collection of facts and figures, fairly turned the tables upon his allopathic friends, as will be seen by the following extract from his late re-

port. These statistics go to strengthen a position we have long advocated, viz., the less drugging the better:

"In the first period of seven years (under the old system,) two nurses were employed, and there was paid for extra nursing \$59. For removal to the country \$36 25. Paid for medicine \$239 64; equal to \$334 89.

In the last period of ten years, only one nurse, who has faithfully endeavored to supply to the sick the want of a mother's kindness and care, has been employed, and nothing has been paid for extra nursing. For box of medicine \$32 25, castor oil fifty cents, and a trifle for camphor and arnica—making up, perhaps, \$35.

In the first seven years, under the old practice, there were of small pox 15 cases and 2 deaths; also two deaths from scarlet fever the same season, which appears to be the only time when there were any cases of the dangerous contagious diseases. The average annual number of children in the asylum was 106. The total number under care was 1,063. There were 22 deaths, or 1 in 58 of the whole number under care, and 1 in 33 of the average annual number.

During the last ten years there have been of typhus fever, 98 cases, 4 deaths; cholera and diarrhoea, 207; Asiatic cholera, 42 cases, 10 deaths; dysentery, 150; mumps, 20; whooping cough, 86; measles, 42; erysipelas, 30; scarlet fever, 70 cases, 1 death; croup, 25; varioloid, 27; small pox, 19.

So that for ten years, under the new practice, there has been no death in this Asylum from diarrhoea, dysentery, mumps, whooping cough, measles, erysipelas, croup, varioloid, small pox, and only one death from scarlet fever, out of an aggregate of 676 cases of these diseases which have been treated. In the last five years there have been of scarlet fever 59 cases and no death. In the first and second of the last five years there were 4 deaths from typhus fever, and 10 deaths from cholera. Since February, 1850, almost three years, there has been no death.

The average annual number of children in the Asylum for five years, from 1842, was 161 4-5—the average for the last five years is 176 2-5. There are 15 adults in the Asylum who have also been treated for this time, making the annual average for the last five years 191 2-5. Excluding the adults, the main annual average for the last ten years is 166 1-10. The total number under care in the ten years, is 2,522. There were 21 deaths, or 1 in 120 of the whole number under care, and 1 in 80 of the average annual number.

If the expenses for medicine, &c., for the ten years had been in the same ratio as for the first seven years, instead of \$35 they would amount to \$771 95.

The rate of mortality for the last ten years would give for the first seven years less than

9 deaths, instead of 22; and a rate of mortality equal to that of the first seven years would give for the last ten years, instead of 21, more than 51 deaths.

DOCTORS DEPRIVED OF THEIR BRANDY.—The following slip from the daily papers shows, that in the opinion of the Governors of the Alms-House, the physicians of the establishment are in the habit of using brandy as their protection against infectious diseases. In our judgment, a sober man is much less liable to take any infectious disease, than one "stimulated with brandy." We fear the "love of the critter" is at the bottom of such professional opinions and practices.

THE TEN GOVERNORS.—The regular meeting of this Board took place yesterday, Simeon Draper, Esq., in the chair. The requisitions from the Wardens and Superintendents of the different Alms-House establishments were read by the President.

The Warden of Blackwell's Island, in his requisition, desired a sleigh, which was granted.

A discussion ensued upon granting brandy to the physicians in Bellevue Hospital.

Mr. Williams—Five gallons of brandy is too much to give to the physicians. If it was for the use of the patients there he would have no objections, but they all knew it was not so.

Mr. Pinkney—These physicians considered it unsafe to go into a fever ward unless stimulated by brandy, and by it they were less likely to be attacked by an infectious disease. The question was whether the common brandy would not answer the same purpose.

Mr. Williams—We pay \$100 yearly, and furnish them with brandy. Consider this. We would not prohibit drink on any occasion when prescribed by the doctors. Formerly those young doctors paid \$100, and were not furnished with drink. He would move this allowance of brandy be struck out. The motion of Mr. Williams was agreed to.

Review.

A REVIEWER REVIEWED.

BY R. T. TRALL, M.D.

It is natural enough, perhaps, that an author, after having seceded from the doctrines and repudiated the practice of a learned profession, and having written a book advocating a very different sort of a "healing art," or "science of medicine," should feel a little curiosity, or even some degree of vanity, to see the reception the said book should meet with at the hands of those whose system it aims to destroy.

The Hydropathic Encyclopedia joins issue with the Allopathic school on more than one hundred distinct propositions; and I confess that I have carefully watched the various periodicals of that school for some evidence or argument in relation to some one of them. But, although the work has been noticed by most of the journals in the country, not one has, to my knowledge, proffered a single fact to oppose any single position advanced by the Encyclopedia, nor to defend a single position of their school attacked by that work. Generally they have passed it over with an indifferent commendation of its hygienic department, and a flippancy at the *ultraism* or *one-ideism* of its therapeutics. But one journal of the "old school" has professed to "review" it; and as the attempt made to disparage its teachings exhibits the weakness of allo-

pathy in a much *stronger* light than I could present it by direct argumentation, the public may be not less amused than myself, and it is certainly more interested than I am, in learning what strength of argument there is on the other side.

The New Orleans *Medical and Surgical Journal* is one of the most popular and ably-conducted allopathic periodicals in the United States. In the number for January last, a Dr. G. T. B. devotes five pages of his review department to the Encyclopedia. The first point which the reviewer makes runs in the following strain:

"Passing over this descriptive part of the work, we are at once brought in contact with the *erratic* propensities of Dr. Trall, as he proceeds to explain his water-cure processes. *Ultraism* is an unfortunate quality of the minds of many men; with such the most extravagant opinions are entertained with all apparent sincerity; nor are we at all times at liberty to doubt the motives, however we may question the propriety or the truth of certain doctrines which are endeavored to be inculcated. With Dr. Trall, the element—water, is everything; all rules, all practice, all doctrine, must be brought under the dominion of water, assisted, it is true, with those hygienic agencies which enter into the materia medica of every hydropath, such as 'air, light, food, temperature, exercise, etc., etc.' These agencies, it is maintained, are sufficient to sustain every living animal in existence, as far as regards functional derangement; and farther, 'that a full knowledge of all the remedial resources of hygiene, with the possession of all the means afforded by such knowledge, enables the hydropath to dispense with drug medicines entirely.'

"Many men may find

'Books in running brooks,
Sermons in stones,'

"But Dr. Trall eagerly eschews

'The good in everything;'

having fond, in comparing notes with those who have used drugs in disease, restoration to health less certain."

The "good of everything" can only mean drugs, *alias* poison. But why does Dr. G. T. B. aim his missiles at Dr. T. *personally*? Why not drive away at the book? Why not prove, or at least try to, that something it avers is wrong? Calling the author "erratic" may be convincing enough with your class of readers, but it will never take with the readers of the WATER-CURE JOURNAL. They demand whys and wherefores.

The doctor, however, admits a great deal about water. Hear him.

"The high value of water as a topical agent in many surgical cases, as also in scarlet and other fevers, is fully recognized, and its internal exhibition in health and in disease as the true assuager of our thirst, and were it more extensively used, medication of all kinds would doubtless be less required."

Great, and greatly to be admired, is the admission that water is good for thirst. But the idea that water is a valuable "topical agent in scarlet and other fevers," is exceedingly original—rather "erratic," I think. To what part of the body would you apply it in scarlet fever, good Dr. G. T. B.? (Sorry you didn't give your full name.)

The dietetic department of the Encyclopedia is thus handled by the reviewer:—

"Abernethy, and others of like good authority, have recommended a rasher of bacon for breakfast for dyspeptic subjects; and the good old practice of eating mince pies at Christmas, digested with fine sherry and hock, is likely to prevail over vegetarian folly, and the exclusive doctrine of hydropathic diluents."

Abernethy was no doubt a very nice old English gentleman and doctor in his way. But because he loved bacon, and because it has been the fashion to eat mince pies, drink sherry and hock, does all that prove vegetarianism a folly and hydropathy false? Verily, your allopathy must be nothing *but* a fashion, and a foolish one too, if it affords no better stuff for an argument. Does not such a method of endorsing the bad habits and commending the drinking usages of society evince more of the "gluttonous man and the wine-bibber," who is willing that disease should be perpetuated for the benefit of the profession, than of the

true physician, the real medical reformer, or the philanthropist? If such a defence of allopathy is honest, its author must be just *forty-seven years* (the temperance reformation commenced in 1806) behind the age.

Says Dr. G. T. B. again:—

"Since the days of Hippocrates, we are told, the *old school* plan has been to conduct fevers through their course; and that 'by poisoning the body through and through, with course after course of drugs! There is nothing known to civilization more thoroughly barbarian than the drug treatment of a fever.' To this we must give our hearty concurrence, for if our poor bodies are to be *poisoned through and through*, we must die martyrs to a savage treatment, and hang the Doctor without benefit of clergy!

"But if Dr. Trall make the above statement in all sincerity and simplicity, we must inform him that at the present day, instead of conducting most, not to say all, fevers, *through their course*, we *cut them off*, and save our patients for a higher state of 'civilization!' and this we do through the *chemical agency* of quinine."

I know but too well that you *cut your patients off*, and perhaps send them to a "higher state of civilization," through the "chemical agency of quinine." It is, although you may not be aware of it, a disputed point among the physicians of your own school, whether quinine kills or cures—whether it cuts off the course of the fever or the course of the patient. I need not go far to prove this. Your own journal—The New Orleans—is full of it, the evidence; yes, the very number in which you boast of the chemical agency of quinine, publishes enough of it. Turn to page 561, and read from an essay on Typhoid Fever, by A. Patten, M.D., of Mississippi, the following words:—

"I have treated 13 cases of true typhoid fever during the season, with one fatal termination. The disease exhibited the usual phenomena in such cases, and it is unnecessary for me to refer to symptoms, except to state that considerable tenderness on pressure over the right iliac region was experienced in every case, with a gurgling sound. The disease ran its course in from 15 to 42 days, with a very tedious convalescence; these patients retained their strength astonishingly, though there was great emaciation. I adopted the following treatment:—

"During the first four days all the abortive means advised by Dr. Fenner and others, were, I conceive, most faithfully employed; quinine was given in doses from 20 to 40 grains, repeated *occasionally* according to effects. I gave the *veratrum viride* a trial, and although it certainly reduced the frequency of the pulse, and greatly *reduced the heart's action*, yet it failed to arrest the disease; still I am inclined to believe that the remedy will be found useful in some diseases. In this first stage I gave one or two small doses of calomel, followed by aperients, if necessary, though I found it important to watch the effects of purgatives, and after the first few days relied on charcoal and magnesia to open the bowels, assisted by enemata. After giving the abortive treatment a fair trial, the disease still progressing without any beneficial change being effected, I then calmly informed my patient that he labored under a *very peculiar fever*, which we term typhoid, and that it would run its course in spite of all the remedial measures which could be used, perhaps confining him to the bed 15 days, or more likely 21, and probably 42 days. This to an industrious and energetic man was a very bitter dose, but he was compelled to swallow it."

Verily, verily, it *was* a bitter dose. Does Dr. G. T. B. consider a fever "cut off" which runs *forty-two days*? There was no lack of the "chemical agency of quinine" in the matter, for *forty-grain doses* will pass for pretty strong drugging the world over.

But Dr. Patten stands not alone in opposition to Dr. G. T. B. Dr. Wilburn, of Alabama, (of the same school) declared in a late number of the same *New Orleans Journal* that quinine always proved *detri-mental* in typhoid fever.

Yet further, Dr. H. A. Ramsay (of your school also) says in the same January number of your journal—see page 564—that the typhoid fever of the South is "caused to some extent by the extravagant use of quinine." Here we have the usual exhibition of what you and the ignorant laity around you call "medical science." One doctor asserts that a particular drug cuts off a fever; another declares that a fever runs its

course in spite of it; a third assures us that it is always injurious, and a fourth represents it as a cause of fever. Now these doctors, these authorities, all belong to the same school; they all believe in the "science" of drug-medication, and they all "go their length" against the "erratic propensities" of us hydropaths, who "don't know enough," as Noggs says, to keep a fever running more than five or six days—to say nothing more about six or seven weeks.

But we have not quite finished Dr. G. T. B. We will now give him something from his own journal worth reviewing. Please turn to page 562 of the same *New Orleans Medical and Surgical Journal*, and read the following extract from Dr. Patton, heretofore quoted, who, on finding his quinine and all the rest of his drugs fail in treating fevers, resorted to water-cure and succeeded. He says:—

"In the cases in which I have tried the cold water, I had fully and fairly tried the other remedies, and it was after they had failed—utterly failed to cause reaction, and the patients were rapidly sinking—exhibiting all the marks of approaching death—parents weeping in despair—my hope almost gone—I say it was with all these growing circumstances surrounding the cases, that this most potent remedy was resorted to, and with what signal and astonishing success at least three grateful families in this community can testify. In two of the cases referred to I had the valuable assistance of my partner, (Dr. W. C. Payne,) who fully concurs with me in all that I have said of the value of cold water in Congestive Fever.

"And now permit me, as a means of more fully illustrating the subject, to report a most interesting case, which occurred a few days since. On the 23rd of November I was called in haste to see Henry D., aged eight years. When I reached the patient, I found him far advanced in a most alarming congestive chill, his extremities were cold as marble, no pulse perceptible at the wrists, heart's impulse very feeble, tongue pale and cold, face and hands a livid paleness, features shrunken, respiration like a succession of deep, irregular sighs, stomach irritable—in short, the symptoms were all most unfavorable. I at once commenced a vigorous application of the usual remedies, and for a short time with some benefit; but soon their effect ceased, and the patient began rapidly to sink, which continued in spite of all my efforts. I had tried the boasted remedies usual in such cases, (except bleeding, and common sense would have taught even Mackintosh that that remedy was inadmissible) and all had failed; the family were in despair; death appeared to have marked the little sufferer for its victim; but in this dreadful crisis I prepared cold water—no objection being made by the parents. I had the almost dying child divested of all his clothing and laid on the floor, face down, and poured from a large pitcher, at a height of several feet, two buckets full of cold water on the back; applying the water first to the occiput, then proceeding down the spine to its termination; then wiping him perfectly dry, I had him well wrapped in blankets and covered up warm in the bed, with bottles of hot water to the feet, allowing him to remain perfectly quiet; and in one hour and twenty minutes from the time the water was poured on him, full and complete reaction had taken place, the extremities were warm, pulse good, respiration natural, and, in short, the child was saved—saved, too, by cold water, when any other remedy would have been utterly powerless to do so."

I hope Dr. G. T. B. will graciously accept the humble apology of Dr. Patton, for having resorted to the "erratic" employment of water. He excuses the irregular practice on the ground that "death was approaching; parents were weeping; all the regular drugs had been tried; nothing else would save." It became a question whether the patient should be sacrificed to the science, or the science to the patient. Dr. Patton took the unprofessional but humanitarian view, applied the "exclusive doctrine of hydropathic dilutents," and thus saved his patient.

Now, as the testimony of several allopathic physicians is not only adverse to Dr. G. T. B.'s "chemical agency of quinine," not only against his drug-treatment of fever, but unequivocally in favor of water-treatment, let us see what the doctor himself says of water in fevers. I quote once more from his review of the *Encyclopædia*:—

"Water, especially in the form of ice, is certainly indispensable in the treatment of fevers; but having had no experience in the manner of its employment re-

commended by the author, we will only remark, that as such treatment would, in the greater number of cases, be opposed by the strong prejudices of the patient, an instant difficulty would occur to its employment, even were there no well grounded objection to being wrapt 'in double wet sheets.'"

Well, it all results as we expected it would. He has had no experience in the matter, and knows nothing at all about it. Moreover, the prejudices of the patient are a sufficient objection! Isn't that a pretty medical science which takes the fashion of society for its rule of diet, and the prejudices of the patient as its guide in practice? How much more scientific is such a trade than that of the butcher, the tavern keeper, the tobacconist, the liquor dealer, the candy pedler, etc. All of them sell the people whatever there is a call for in their line; all pander alike to the appetites and caprices of their customers. Neither think it any part of his trade to teach the people what is right or what is wrong; and, perchance, few of them know, or care to know.

I most respectfully suggest to my learned friend, Dr. G. T. B., that before he reviews another hydropathic book, he make himself acquainted, not only with the subjects he professes to review, but also with what the authors and writers of his own school have to say about them. Against his negative or knowing experience, I will, in conclusion, give him a few lines of positive or know-something-about-it experience. I have treated fevers allopathically for some ten years. I presume I lost about the usual proportion of cases; or perhaps rather less, as from the start it was my good fortune to repudiate as "unphilosophical and absurd," some of the worst of the drug-school destructives, as nitre, antimony, free-bleeding and blistering, etc. I have now treated fevers hydropathically ten years. Among them have been some cases of typhus, typhoid, ship, scarlet, inflammatory, remittent, intermittent, "congestive," and nearly every other kind of fever, save the yellow variety, as well as many cases of eruptive fevers, small-pox, measles, erysipelas, &c. Many of these cases have been taken off the hands of allopathic physicians in the last and apparently hopeless stage, and some of them were actually given over to die by their physicians. Of all these patients, treated hydropathically, I have not lost one. I claim no personal merit or skill in this matter, for I am not aware of any case of fever treated hydropathically, from first to last, in this city or vicinity, during the last ten years, by other hydropathic physicians, that has been lost. I make these statements because the people are interested in them. If these facts have any particular meaning, I hope Dr. G. T. B., as well as the public, may be able to discover it, and make the proper application of it for the benefit of sick and suffering humanity.

HOME TREATMENT FOR SEXUAL ABUSES. By R. T. Trall, M.D. Fowlers and Wells.

The contents of this work are not well indicated by its title, for the reason that they are not half indicated. On the title page, however, we find a satisfactory explanation in the following words: "A practical treatise on the nature and causes of excessive and unnatural sexual indulgences, the diseases and injuries resulting therefrom, with their symptoms and hydropathic management." It is hardly possible to name a subject upon which information is more generally needed. The amount of vice and crime, of disease and suffering is immense, inconceivable, which results from ignorance in relation to it. Few medical authors have had the boldness to speak plainly about it to the public ear; fewer still have had the requisite intelligence, the tact, the nice sense of propriety, and the matured judgment, so combined with professional experience, as to enable them to present the requisite knowledge in a plain and popular, yet delicate and unobjectionable manner. In this most difficult task the author of the volume before us has succeeded admirably.

No one, we think, will find fault with the style, manner, or matter of this book. Few can read it without deriving more or less of instruction from its pages; whilst its general diffusion amongst the youth of both sexes will be the means, we fully believe, of saving thousands, if not tens of thousands, from ignorance and error, and their consequences, ruin of body and mind.

Many of the author's views of morbid or perverted sexuality differ essentially from the prevalent opinions, and some of them are directly at variance with the commonly received doctrines of the medical profession; nevertheless, the facts upon which his reasoning is based, seem almost irresistibly to point to the conclusions at which he arrives. Aside from inherited propensities or predispositions, physiological miseducation is regarded as the general cause of licentiousness and self-abuse; and hence the victims of the latter are regarded as more unfortunate than criminal.

The relative force and importance of the various predisposing and exciting circumstances which conduce to the formation of habits of sexual abuse are lucidly explained, and the proper training of youth so as to render them comparatively secure against the diseases and infirmities resulting from it, are very clearly pointed out.

The treatment recommended is very simple, ultra-dietetic, and radically hydropathic. In other words, the author rejects and repudiates every thing pertaining to the generous diet, "restorative cordials," "tonic mixtures," "chalybeates," "bark and wine," &c., &c., so generally recommended by the allopathic school, and predicates the only rational hope of cure on a rigidly exclusive and discriminating application of hygienic agencies alone.

Those who are suffering from physiological transgressions in the sexual relations, will find this work their best guide to a recovery under self-treatment; and those who are yet pure and uncontaminated will derive from its careful perusal admonition and instruction enough to preserve them from the untold wretchedness and deep degradation of the evils of unregulated passions.

Generalities.

HINTS TO STRANGERS—NO. II.

HOW TO LIVE IN NEW YORK.

Our remarks under this head must necessarily be of a very general character, but will not, we trust, be found entirely valueless to those for whose benefit they are written. To some topics, which we can only touch upon here, we may hereafter devote an entire article.

There are few persons in the United States—we might say in the world—who have not friends, or acquaintances at least, in New York. Those who have such can procure from them the information best adapted to their special needs, and they will do well to write to them and make, through them, all necessary arrangements, at as early a day as possible, as the city will be densely crowded, during the coming season, by visitors to the "World's Fair."

New York is sometimes designated as the "City of Hotels." In no city in the world are these establishments so numerous and so magnificent in size and in appointments, as here. In these public palaces thousands of families spend the larger portions of their lives, occupying permanently their suites of apartments, and enjoying all the comfort and privacy of a home, without the cares and discomforts of housekeeping. They do not even take their meals at the public tables unless they prefer to do so. "Hotel-ling," as some one has termed it, is becoming a prominent phase of New York life; and even the astonishing increase in the number and size of our hotels, can hardly keep pace with the increasing demand for such accommodations.

Hotels are of course the principal resorts of strangers, stopping transiently in the city. These are to be found here

of every grade, in character, style, and price. The *Metropolitan* is our largest house. It is an immense and massive structure of brown free-stone, situated on Broadway, corner of Prince street, and is furnished throughout with the magnificence of a palace. *St. Nicholas Hotel*, a beautiful edifice of white marble, is perhaps even costlier and more elegant in its appointments, but is inferior in size to the *Metropolitan*. The *Astor House* and the *Irving House* are well known as first class hotels. The prices of board in these houses is from two dollars to—as much as you please—say fifty dollars per day! according to the rooms occupied. *Delmonico's Hotel de Paris* and *Hotel de l'Europe* are French houses of the first class, and corresponding price. Second and third rate Hotels are found by hundreds in various parts of the city, and it is not necessary to specify. Board can be had at very respectable ones at from five to six dollars per week.

Our readers are Temperance People, and we should be glad to give them a long list of Temperance Hotels among which to distribute their patronage. In order to procure such a list, or the means of making one, we called on our neighbors of *The Organ*. Their knowledge extends to only one—TAYLOR'S TEMPERANCE HOTEL, No. 28 Courtland street! Our own information on the subject is no more extensive! Is it possible that this is all? Only one strictly Temperance Hotel in a city of more than half a million of inhabitants! There may be several others, and if we learn their existence and location, we will give them the benefit of a brief mention in a future number. Our readers need not be told that we have no "Maine Law" here yet. Taylor's Hotel is a comfortable, quiet, and well kept house, and deserves the patronage of the Temperance public.

Strangers intending to remain in the city several weeks during the Great Exhibition, may prefer a boarding-house to a hotel. Boarding-houses, like hotels, are of various grades, and have corresponding grades of price for board, rising from two dollars and a half up to twelve or fifteen dollars per week. Good board in respectable houses, with comfortable accommodations, can be obtained for from three to four dollars per week.

Brooklyn, Williamsburg, Jersey City, and numerous other places in the immediate vicinity of New York city, as well as various localities further removed, but accessible by railroad or steamboat, will furnish pleasant accommodations for thousands.

Our Vegetarian friends will doubtless be glad to learn that an effort will be made to accommodate them, but at present we can only refer them to Dr. Trall, President of the Vegetarian Society, 15 Lighthouse street, who, if he cannot furnish them with board, will be happy to put them in the way of finding such as will be unexceptionable, where pork, tea, coffee, and other dietetic abominations will not offend the sight and smell.

We need in New York, lodging houses on the plan of the best of those in London and Paris, where rooms, well furnished, properly ventilated, and suitably lighted, could be obtained at moderate rent, by the day, by the week, or by the month. These houses should have baths, reading-rooms and refectories connected with them, and be strictly quiet and orderly—but we are to speak of what is and not of what should be. We know but one house in the city built and furnished expressly for a lodging house. This is situated on the corner of William and Frankfort streets, and seems to be, in a business point of view, very successful. It has over two hundred rooms, is lighted with gas, and has Croton water on each floor. Good order and a tolerable degree of cleanliness seem to be preserved; but many of the rooms are too small, and some of them dark and badly ventilated. There is a common sitting-room attached, called *par courtesie*, a reading-room, but not furnished with the newspapers and periodicals which are necessary to make it really such. Rooms can be obtained there at from one and a half to two dollars per week, or at twenty-cents per night. Furnished rooms in private houses can be obtained without board, at prices varying according to the situation of the house and the size and furnishing of the room, from one and a half to four dollars per week.

An entertaining chapter might be written on the subject of eating-houses or restaurants, but our space will permit us only to glance at them here. They are of various classes, and abound in all parts of the city, but principally "down town." Thousands of young and unmarried men breakfast, dine, and sup at these restaurants constantly, having no other boarding place, but occupying furnished lodgings, or sleeping in the stores and offices where they

are employed. Other thousands residing or boarding "up-town" or in Brooklyn or Williamsburg, where they get breakfast and tea, constantly dine at a restaurant, near their place of business. In many of these eating-houses one may dine very comfortably at from twelve to eighteen cents, and breakfast or sup for even less! A "Bill of Fare" is before you, on which the prices are affixed to the various dishes, and you order, eat, and pay for such as you choose. We are sorry to say that "Bar-rooms" are very generally attached to these dining-saloons; but there are many exceptions. The stranger should by all means take a glimpse of that phase of Gotham life exhibited in the Eating House.

The stranger will find Guide Books at the book-stores, which will give him all necessary information in regard to the institutions, buildings, and places of interest, which it will be desirable to visit, with the means of access to them. We can merely mention a few of them.

First of all, perhaps, it will be well to take a bird's-eye view of the great Metropolis and its surrounding cities and towns, from the battlements at the base of Trinity Church spire. Within sight of this spire live, it is estimated, a million of people, and you look down upon their habitations, as far as they have "local habitation" at all, which can hardly be said of many thousands of them. Having taken this general view, you will be prepared to descend to particulars.

On Wall street, the centre of the financial operations of the city, you will find the Merchants' Exchange and the Custom House, both fine buildings, and worthy of notice. The City Hall you cannot fail to see. The City Prison and Halls of Justice, called "the Tombs," should be seen from the outside. To go within those massive, gloomy, Egyptian walls, even as a visitor, is too painful to be recommended. God hasten the advent of a social organization which shall not need such places! Grace Church, the University, the Astor Library, the Orphan Asylum, the Institution for the Blind, the Insane Asylum, the various Libraries and Galleries of Art, with hundreds of other places in the city and vicinity, will claim the attention of those who have time to see them. Greenwood Cemetery should be visited, and an excursion up the "glorious Hudson" made by all means; but for particulars we must again refer to the guide books.

In our next we shall speak of the PERILS OF NEW YORK.

DIGNITY OF LABOR.—False views of labor prevail among all classes. The rich, who imagine that the possession of a few thousands exempts them entirely from the obligation, which might otherwise rest upon them, to perform a portion of the world's work, have been so long accustomed to speak sneeringly of labor and the laborer, that many of the laborers themselves have adopted the same false views of work, and have desired and still desire to escape as speedily as possible from the disgrace and curse (as they consider it) of useful toil.

What a mistake! Labor, rightfully considered, is a blessing, and moreover the highest glory of man. Labor is god-like! It creates. It is an auxiliary of the Deity himself, in developing the globe and rendering it fertile and pleasant. Who feeds and clothes the world? Who builds its dwellings, its ships, its steamboats? Who constructs and guides its machinery; who but the laborer? Shall he be despised, sneered at, degraded, and, what is worse, fail to respect himself? God forbid!

Laborare est orare—"Work is worship"—says the Latin proverb. There is truth in it. We serve God acceptably by doing his work—by serving Humanity—by helping to prepare the world for the advent of the Better Social Order—the KINGDOM OF HEAVEN ON THE EARTH.

Here is a Hymn of Labor-Worship, worthy of its theme. It is an extract from a poem by Edward Youl, and appeared originally, several years ago, in an English paper:

LABOR-WORSHIP.

Brother, kneeling late and early,
Never working—praying ever—
Up and labor, work is prayer.
Worship is in best endeavor.

Days and nights not given to service
Turn thy life to sinful waste;
Be no laggard—be no sluggard,
Live not like a man disgraced.

See—Creation never resteth,
Ever God creates anew;

To be like Him, is to labor,
To adore him is to DO.

Do thy best, and do it bravely,
Never flag with under zeal,—
This is writ as Scripture Holy;
Thou must either work or steal.

None have mandate to be idle;
Folded hands are vilest crime;
God's command is labor-worship,
In thy youth and in thy prime,

For I preach the newest Gospel,—
Work with hand, and work with heart.
Work—the Heavens are working away;
Nature reads a text to Art.

Ever idleness blasphemeth
In its prayer—in its praise;
How shall Heaven accept his incense,
Who is idle all his days?

Be a workman, O my brother!
Trust not worship to the tongue;
Pray with strenuous self-exertion;
Best by Hands are anthems sung.

Everywhere the earth is hallowed,
Temples rise on every soil—
In the forest—in the city—
And their priest is Daily Toil.

PHYSICAL COMFORT.—"The last shall be first and the first shall be last."—A distinguished clergyman of the present day has said, that "physical comfort is the basis of popular virtue"—that "whether vice has led to poverty, or poverty is the parent of vice, one thing is indisputable, that that neither can be cured without the preliminary of physical comfort"—that "even the work of the religious missionary proves an abortion unless it is preceded by some means to secure the physical comfort of the convert."

This sentiment speaks well for Humanity, without further comment. PHILADELPHIA.

LIVING LEGACIES.—"The mistake with the many is, that they leave to their executors to do what would be better done by themselves." (Inquirer.)

This is the idea—living, practical benevolence. PHILADELPHIA.

Miscellany.

WATER-CURE IN GEORGIA, AGAIN.—We cheerfully publish the following reply to the remarks of our correspondent M. F. R., who, we doubt not, will rejoice with us and every true friend of the Water-Cure, in learning that the reports alluded to were unfounded, and willingly and zealously co-operate with Dr. Cox in spreading far and wide, through the sunny South, the health-giving and life-saving principles of Hydropathy:—

Rock Spring Water-Cure, Marietta, Ga.

MESSERS. FOWLERS AND WELLS:—In your WATER-CURE JOURNAL for January, 1853, under the head of THE WATER-CURE IN GEORGIA, you say:

"Our correspondent M. F. R., Covington, Ga., writes as follows:—'The Water-Cure is now attracting great attention in this State, and if it does not succeed, it will be owing to a want of fidelity in its professed friends. Dr. P. Coyle, it is said, is about moving to Mississippi; and I am informed that Dr. —, from whom I had hoped much, is only a partial Hydropath. It is said, his table presents the invalid with everything usually found at fashionable tables; even to tea, coffee, and swine's flesh; and that the Dr. leads the way in the intolerable habit of using that loathsome and disgusting article, TOBACCO.'

Dr. Irvine, four miles east of Jonesboro', in Henry Co., is practising the system on a small scale, and is a Hydropath of the right stamp," &c., &c.

Having the only Public Water-Cure, at this time, in the State of Georgia, I must therefore be the "partial Hydropath" spoken of in the above publication;

consequently, I feel it a duty I owe the Hydropathic profession to correct and disabuse your correspondent's information relative to the rules and regulations of my establishment. 1st. I would inform him that I was educated an *Allopath*; and when I learned from experience the superiority of WATER over the various articles of the *Materi Medica*, without waiting for the public expression of the opinion of the community in its favor, I laid them by in the garret; from whence they are taken, only to scatter on our vegetables in our garden, to kill and drive off the bugs and insects which trouble them in the spring. 2nd. That I go so far as to refuse to treat at my *Water-Cure* any patient who does not avoid the use *in toto* of tea, coffee, pork, and TOBACCO, in any and every form in which they are used.

And now, gentlemen, if it be true, as I feel sure that it is, that "the *Water-Cure* is now attracting great attention in this State," and if your correspondent, M. F. R., is really desirous and feels rejoiced at it, I hope you will suggest to him the propriety of his aiding me in getting subscribers to your *WATER-CURE JOURNAL*, by becoming an agent, that the people may be more and more enlightened on the subject of *Hydrophathy*.

CARY COX.

NOTICE.—The third annual meeting of *The American Hygienic and Hydropathic Association of Physicians and Surgeons* will be held at *Hope Chapel*, in the City of New York, on *Wednesday, May 4th, 1853*, at 10, A. M.; at which time and place, the punctual attendance of every member is earnestly requested. A public meeting will be held at the same place in the evening, at which an address may be expected from WILLIAM A. HAMILTON, M. D., the orator elect, or from N. Bedortha, M. D., substitute. *By order of the Executive Committee*:—BUTLER WILMARTH, M.D., President; R. S. HOUGHTON, M.D., Secretary.

CHOOSING DARKNESS RATHER THAN LIGHT.—We commended the following communication to the careful attention of the reader. It has an important bearing on an important question, whether our allopathic friends love their craft better than they do truth.

EDS. W. C. JOURNAL.

For the Boston Medical and Surgical Journal.

Albany, N. Y., Nov. 22, 1852.

MR. EDITOR:—I am a graduate of the Albany Medical College, and have practised medicine, as there taught, about two years. Believing, as I do, that, the profession, as a class, do really love the truth and have at heart the good of the public, I send you the following case, that you may, if you see fit, give it a place in your valuable journal: premising only that I have recently, from conviction of truth and duty, adopted the *Water-Cure* treatment as a system.

Respectfully yours,

WM. A. HOWLEY, M.D.

CASE OF PHELGEMASIA DOLENS.

Nov. 16, 1852.

I was called to see Mrs. L. of this city, whom I found suffering from the above-named disease. Left leg affected. Previous history, delivered by Homeopathic physicians:—Oct. 20th. Labor instrumental, child lost; felt at the time a severe shock pass down the limb, which she supposed was caused by the pressure of the instruments on a nerve, followed immediately by a feeling as if the limb were asleep, which continued with but little abatement till the time of my call. After a few days the entire limb became very painful and began to swell, from a little above the knee to the toes. The Homeopathic remedies seemed to afford only temporary relief, and after two weeks, an Allopathic physician was called in, who prescribed volatile liniment externally and castor oil internally. She made one application of the liniment, which was immediately followed by an aggravation of all the

symptoms. She then used an ointment called magnetic, which gave some relief to the pain, while the swelling increased till Nov. 7th, when another Allopath was called, who again prescribed the liniment, insisting that she had not before given it a fair trial. She applied it again with the same result as before; aggravating the pain and increasing the swelling, unable to sleep at all nights.

Present condition:—Pulse 100, easily compressible. Tongue slightly covered with a white fur. Appetite fair. No pain in head or bowels. Limb swollen, tense, and white from a little above the knee to the toes. Heat natural. Severe pain in the entire limb, hip and loins. Tender to the touch, with distressing feeling of numbness and pricking in foot and ankle. Lochia partially suppressed. I found the patient opposed to the water treatment, though her husband greatly favored it, and had difficulty to persuade her to consent to take my prescription, which was a wet sheet packing for 30 minutes followed by a dripping sheet cold, and the limb to be kept cool with wet cloths frequently changed. She said she could not get out of bed to take the dripping sheet. Directed a towel bath instead. Diet, gruel or boiled rice.

Nov. 11. Patient bright and cheerful. Pulse 90. Tongue cleaning off. Slight pain in the limb—swelling sensibly diminished. Took the pack yesterday with such marked relief from pain that she was able to get up and take the dripping sheet, and on lying down, and having the limb enveloped in cold wet cloths, fell into a sleep and slept well all night. Treatment of yesterday repeated. Nov. 12. Pulse 100. Tongue cleaner than before. Some pain in hip and back. Swelling much as yesterday. Treatment same. Had rather a restless night in consequence of seeing company the evening before. Nov. 13. Had a good night. Pulse 88. No pain. Swelling less tense. Sweated for half an hour in dry blankets, followed by cold dripping sheet. Nov. 14. Pulse 80. No pain in limb, swelling much decreased. Rested well all night. Treatment same as yesterday. Diet same. Nov. 15. Found patient sitting up knitting. Pulse 80. Limb still improving. Return of the lochia yesterday after the sweating. Treatment dripping sheet only. Limb constantly wet. Nov. 16. Patient up and busy with sewing. No pain in the limb, swelling still less. Numbness all gone. Treatment, sweating and dripping sheet. Nov. 17. Patient about as yesterday. Pulse 88. Tongue clean. Slight pain in hip, with occasional darting pains in uterus. Treatment of yesterday repeated, with vaginal injections of cold water twice a day. Nov. 19. Feeling quite well, except the stiffness caused by the swelling. Applied a bandage firmly as far as the limb is swelled. Repeat the sweating and dripping sheet. Limb kept wet. Patient takes her ordinary diet. Nov. 20. Entirely free from pain. Limb still improving. Pulse 72. Yesterday the patient went from the second story into the basement to dinner. Treatment same. Nov. 22. Patient discharged. Walks about the house freely. Ankle and foot still slightly swollen.

Saratoga Springs Water-Cure, Jan. 19, 1853.

MESSRS. FOWLERS AND WELLS:—Wishing to get the above case before Allopathic physicians, I sent it, as its date indicates, to the "*Boston Medical and Surgical Journal*," with the request that they would publish it if they deemed it worthy. The 14th inst., it was returned, with a polite note of thanks, saying, "Your report has been retained in the expectation each week of finding room for it; but our pages have been so crowded, that we have been unable to introduce it thus far, and see but little prospect of our being able to do so."

As I have been unable to get it before the Allopathic public, will you, if you deem best, let the friends of the *Water-Cure* see it?

I am spending a few days with my friend Dr. Bedortha, one of the pioneers in the *Water-cure*, and I am

happy to say that his well-conducted establishment is doing a good business for the season, and that all his patients are improving. Yours respectfully,
WM. A. HOWLEY, M.D.

ELECTICISM IN MEDICINE.—We give place to the following, in justice, if not in generosity, to those who consider themselves aggrieved by the way and manner in which eclecticism is handled by some of our hydrophathic writers. We agree most cordially with the author in aiming to "abolish the objectionable features of medical practice," but the question which he does not meet, and which is open for discussion, is, "What are, and what are not, objectionable features?" When our friend of the eclectic system will speak directly to this point, he will find direct and ready answer by our hydrophathic authors.

I have several times noticed in the *WATER-CURE JOURNAL* sneering allusions to the eclectic system of medicine, calculated to do great injustice to the school and the party alluded to, but evidently based upon misconception in the minds of the writers. I do not desire to censure any one for such remarks, but would merely offer a correct statement which may prevent future misconceptions of the character of the reformatory party called Eclectic.

This party consists of those who believe that the objectionable features of medical practice ought to be abolished as fast as possible, but who do not desire, while making this reform, to become the infatuated adherents of any exclusive system, or to neglect the liberal cultivation of science. The Thomsonians, the ultra-botanics and the no-poison party, are, as advocates of an exclusive and erroneous theory, evidently distinguished from the Eclectics, and some of them have been our violent opponents. Hence when your correspondents ridicule the *Thomsonian* or *no-poison* doctrines and practice, and call them Eclecticism, they are doing great injustice to Eclectics.

The principal and original source of Eclecticism has been the Eclectic Medical Institute of Cincinnati, the doctrines of which have been very amply set forth in the Eclectic Medical Journal, and in the circulars of the school.

Believing that medicine is necessary in the treatment of disease, but believing also that medicines may be used in a safe and salutary manner, we object to all measures that experience has condemned as dangerous or destructive in their tendency. We object to bleeding and to drug poisoning, (rejecting a large portion of the common prescriptions of physicians as injurious,) but we are not so infatuated as to assert that all poisons must be rejected from the materia medica, since we know that all drugs, however safe in their legitimate use, may be made poisons by extravagant and indiscriminate administration.

Eclecticism aims to be a rational and liberal system of medicine. Accordingly, it recognizes the truths of phrenology and animal magnetism which other medical schools usually overlook or reject; it recognizes merit in homeopathy, and extends a cordial professional recognition to the homeopathic practitioner, whom other parties denounce as a knave or empiric. It recognizes the right of every man to think and act for himself in reference to medical doctrines, and whether an individual be devoted to Homeopathy or Hydropathy, Eclecticism recognizes him, if respectably educated and honorable in his aims, as a brother in the healing art, whom we have no right to denounce. We denounce only those who will neither reform themselves nor permit any one else to introduce improvements in the healing art. We denounce Hunkerism, and we honor all forms of honest progress. Long before Hydropathy was introduced into our country, Eclectic reformers were distinguished from other physicians by their more extensive use of bathing, and their careful attention to the skin. All Eclectics, I believe, look upon the progress of Hydropathy with pleasure, and many are deeply interested, if not personally engaged, in its practical application. AN ECLECTIC.

GOOD NEWS FROM THE SOUTH.—We take the liberty to publish the following extract from a letter dated Belton, Anderson District, South Carolina, Jan., 25th, 1853. We are right glad to learn that a *Water-Cure House* is to be opened in that delightful region. In regard to the scenery and climate of that section, we can speak from personal observation, and assure our readers that both are almost unsurpassed. Italy and the South of France, as travellers have assured us, have not a finer climate or bluer skies. A properly conducted *Water-Cure Establishment* there, cannot fail to be successful.

MESSRS. FOWLERS AND WELLS:—I have only time to say to you, that I am highly pleased with your WATER-CURE JOURNAL and Herald of Reforms, and am now in the act of erecting a Water-Cure Establishment at our place; there are none in the State: we have a fine location, as it regards air, water, climate, and scenery, being near all the fine scenery in the upper parts of the Carolinas and Georgia, and being at the junction of the Greenville and Columbia Railroad, and also the contemplated Great Rabun Gap Railroad. I shall, after a while, purchase a full circulating library, and may contribute some articles for the JOURNAL. I have practised Allopathy eight years, and have practised to some considerable extent with water, quite to my satisfaction. I wish to see from you the best plan for a Water-Cure building. I send the pay for my present subscription, \$1 00. I have not been able to get many new subscribers yet, as Water-Cure is comparatively a new thing in these parts, but it will, eventually, succeed. I, for one, go for it—heart, tongue, pen, hand, strength and might. *God speed the good cause.*—Yours sincerely,

W. T. H.

[Yes, it will succeed in the Carolinas, and everywhere else, East and West, North and South. Give the people a chance to examine, and they will at once adopt it.]

WATER-CURE IN CALIFORNIA.—It affords us pleasure to announce that the advocates of medical reform are to be found even in California: may their number increase.

Dr. Albert Utter, of New London, Conn., an M. D. of the College of Physicians and Surgeons of this City, having from experience satisfied himself of the correctness of the Hydropathic System, goes forth as its advocate. He is a practitioner worthy of confidence, and deserving the encouragement of the friends of our cause in that country. He sailed in the Ohio the 20th ult. His whereabouts after his arrival there will be duly announced.

We have no doubt of the adaptation of hydropathy to the diseases of that country. Our friends there will, we trust, extend to Dr. Utter their encouragement.

Varieties.

LINES WRITTEN AT A STATION HOUSE.

"WHERE'RE you going there, sir? hey, sir!
Come along with me this way, sir!"
"Clear the track," "or else you'll see many
Things will make you cry O Gimminy!"
"Here's the engine, coughing, sneezing."
"Goodness gracious, how you're squeezing!"
"All aboard." "There goes the bell now."
"Such a crowd." "I feel unwell now."
Such a rushing and crushing,
Bumping, thumping,
Tumbling, grumbling,
Smashing, crashing,—
Oh—go,
"Save the baggage there—Oh Lord—
While I try to get on board."
"Take care, madam, you'll get run over!"
"Bless me! how the people shove her!"
"Hang the children, how they're squalling!"
"Hackmen shouting—news-boys bawling—
Baggage carried?" "Stand aside, sir!"
"First-rate carriage—better ride, sir!"
"Have a car, sir?" "Where's your ticket?"
"Mind your pocket or he'll pick it,—
That chap there, kids and hair."
"Twas my hat on which that ugly woman sat!"
"Such a job to clear this mob."
Dashing, splashing,
Hissing, kissing,
Tearing, swearing,
Why—
Never saw in all my life,
Its match, except—a scolding wife.

STARVE 'EM OUT.—A Letter to the Home Journal.—Your correspondent "Kent" thinks the danger of being overrun by numerous visitors is a serious inconvenience to persons residing in the country. For this I think there is an effectual remedy, which I wish to suggest to him.

I live in the country myself, at a pleasant distance from town, where I have numerous acquaintances. My wife has fourteen sisters, seven of whom are married; and the

married ones, of course, have husbands and children. They visit me in summer and winter, day and night, by moonlight, daylight, starlight, and twilight. They come in divisions, brigades, and regiments. When one corps has returned, another corps of sisters or children is immediately detached to supply their place. When I bless my stars that one set is gone, another bevy of friends or relatives takes me by stratagem or by storm. They remain with me for months. They cannot perceive my weariness or un-casiness. At first I treated them with all manner of civility, and supplied my table with the best things in the market. I supposed they would appreciate my motives, and would render their visit most agreeable by its brevity.

But it would not do; they hung on. By accident, one day, I saw a letter written home by one of my tormenters, in which she spoke of staying with me "another month" on account of her inability "to tear herself away from the good things of my table." Instantly the remedy for this social persecution infringed upon my *pitia mater*. I resolved to starve them out. That's the remedy. *Starve 'em out.*

From that moment the "good things" disappeared. My butcher, the scoundrel, neglected to supply me with meat; the baker was always out of bread; there wasn't any vegetables in the market. Sometimes I prohibited fruits as dangerous in cholera seasons; at other times I forbade meat, as "engendering cholera," or because I was a Gramhamite. I interdicted the use of coffee, tea, and sugar, as unhealthy trash. I watched the diet of my visitors with marvellous solicitude. My table, in its meagreness, would have done credit to a female seminary, or a fashionable boarding-house. But it cleared the premises. They called me a "stingy old curmudgeon," and departed. I urged them to stay, with pressing invitations; I urged them at the table to eat, as earnestly as Lord Peter did his brothers, when he sat before them a crust of bread, and called it sirloin, mutton, beef, and every other kind of delicious meat.

Let me inform "Kent" that visitors won't stay where they are not well fed. The remedy is, "*Starve 'em out.*" JOHN TOMPKINS.

We recommend the above from the *Yankee Blade* "to whom it may concern." It don't apply to any of our relations, coz we're "Vegetarians," and our cousins aint. So we're not troubled with a "free boarding-house." Besides, we've only got one "spare bed," and that's made of straw. CABBAGE HEAD.

A PAIR OF RHYMING EPITAPHS.—The author of the first we do not know. It is,

ON LORD JOHN JONES.

Beneath these stones
Repose the bones
Of Lord John Jones;
Friends, make your moans!

But vain are moans,
For Lord John Jones
Is naught but bones,
Beneath these stones.

The second is by Tom Moore.

ON JOHN SHAW, ATTORNEY.

Here lies John Shaw,
Attorney at Law;
And when he died,
The devil cried,
Give us your paw,
John Shaw,
Attorney at Law!

TOO MUCH STEAM.—As long as a man gets six dollars a week, he can live and get along rather quietly and contented, but as soon as his wages reach twelve dollars a week he needs twenty-four—gets in debt and bursts up at that. Man is a high-pressure engine, vanity is the steam, money the fuel; apply the principle and you have the fact. Make a note on't.

NOT BAD!—A day or two since, a white man met a negro followed by a dog, and proposed to purchase the animal, telling the negro he would give him a one dollar Virginia note for it. The negro took the money and disposed of his dog. On coming to town he ascertained that the one dollar Virginia note was on the celebrated Bank of the Union, and therefore, worth nothing.—"Oh, I doesn't loss anything," said the negro, "the dog was wuff nothing, too."—*Staunton Vindicator.*

MADAME DE GENLIS said somebody reproved her librarian for putting books written by male and female authors upon the same shelf.—"Never do it," said she, "without placing a prayer book between them."

AN AFFECTING INCIDENT.—The editor of the *Buffalo Rough Notes* saw a little girl leading her father, he being in an utter state of intoxication. She was crying bitterly, and at every breath would say "Father, walk steady, folks will see

us." A feeling of sorrow smote the editor like a chunk of lead, and he turned away with a large tear in the corner of his eye.

A CURIOUS CUSTOM.—In reply to the question propounded by the Record Commissioners, in 1833, to the municipal authorities of England and Wales "Do any remarkable customs prevail in regard to the choice of corporate officers, annual processions, feasts," etc.? To this the borough of Chippenham, Wilts, replied as follows: "The Corporation dine together twice a year, and pay for it themselves."

THE DOOR YARD.—We love neatness. Our eyes take in a stranger's house at a glance. Heaven pity the man who has a slovenly housewife. Wealth may cast her favors around him, but dirt and disorder will make his dwelling a cheerless abode. As we traverse the country we look in upon the door-yards. The dooryard is the programme of the order of internal arrangements. The clean swept door, sill, and walk, and the flowers, are no unmeaning indications, and we stop with a sense of comfort where we know that "order reigns."—*Cayuga Chief.*

A MAN once asked Diogenes what course he should take to be revenged on his enemy? "Become a good man," answered the philosopher.

CHARLES WESLEY thus felicitously uses a pretty similitude:

Here in this body pent,
A pilgrim sad I roam,
And nightly pitch my tent
A day's march nearer home.

And unconsciously this suggests LONGFELLOW's incomparable "Proem" with its concluding stanza—the climax of perfection:

And the night shall be filled with music,
And the cares that infest the day
Shall fold their tents like the Arabs,
And as silently steal away.

The following is part of a poem by GEO. W. BUNBAY, called the "White Stairway": it is a pretty fancy.

A white sheet, woven in the clouds,
Enwraps the silent hills that lie,
Like giants, sleeping in their shrouds,
Clasped in the blue arms of the sky!

As the turf veils the peaceful dead,
Beneath this great white sheet of snow,
The winds tuck round their dreamless bed,
With hands unscen by us below!

Upon the mountain's furrowed brow,
By summer's awful thunder riven,
The winds are heaping banks of snow,—
Building white stairways up to heaven!

The Editor of the *Boston Post* is lying in a very critical condition, having perpetrated the following:

The reason that a chilly day is called "raw," is because the sun doesn't give heat enough to "cook it!"

The *Buffalo Republic* heads a paragraph, "*Bachelors at Home.*" Who ever heard of their going abroad?—*Mirror.*

"Who ever heard of their" being any where else than "abroad?" "*Bachelors at home!*" What an absurdity in terms!—*Sandusky Register.*

SOME cool-headed philosopher says, if nature designed man to be a drunkard, he would have been constructed like a churn, so that the more he drank the firmer he would stand.

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.

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

HABITUAL VOMITING.—H. B. R. Eath, "wishes to know what can be prescribed for a man accustomed to live the old way, who is troubled to keep his victuals down, to remedy which difficulty, he has resorted to tobacco-chewing, &c."

He should adopt the new way of living, i. e. "eat to live" according to the system detailed in the Hydropathic Encyclopædia, specially avoiding everything that tends to make a person bilious, as fat, gravies, milk, cheese, superfine flour, &c.

A CHAPTER OF SUBJECTS.—A. G. S. suggests :

"I am glad to see that you decide to have a Vegetarian Department to the Journal. I think it will be generally acceptable. I hope the subject will be thoroughly discussed, and the effects made known to the public. Tell us how people shall subsist in very cold climates without animal food? Review Liebig's and Pereira's opinions. Tell us whether a purely vegetable diet will enable men to think as profoundly, to labor as vigorously, to pursue any or all of the useful employments of life, as readily and with as little fatigue as he would with a mixed diet? Give us a word upon the use of mustard, pepper, vinegar, salt, spices, the whole list of condiments in general. Don't spare the 'doctors,' but give them 'flus.' Let them have a deluge of truth now and then for a torrent." All these things, yea, more, shall have our "profound attention," not excepting the doctors. One question, however, we can attend to now. "How can people subsist in cold climates without animal food?" Why, sir, they must eat vegetable food. One of our famous northern navigators, Capt. Ross, we think, spent one winter as near the North Pole as 70°, without himself or crew partaking of any animal flesh at all, or experiencing any need of it.

CONGESTION OF THE BRAIN, &c.—A. S. A., Morris, N. Y., writes: "Mr. K. went to California, worked about two years in the 'wet diggings,' returned with the Panama fever, as it is called, attended with severe pain in the head and back, skin very yellow, eyes inexpressive, bowels costive, slight chills every day, &c. In nine days after his return (last November), his ague left him stupid and unable to speak or act (congestion of the brain); he could take no medicine, and died in three days thereafter. What is judicious water-treatment in such cases where a Hydropathic physician cannot be obtained? Also, what is the treatment for congestion of the brain or liver?" We have had several returned Californians at the establishment during the past year, laboring under the same symptoms precisely, all of whom recovered in a short time. Treatment—warm wet sheet pack with hot bottles to the feet, and followed by a tepid sponge bath daily, with a tepid sitz bath in the evening, and a tepid ablation at any other time when the skin is dry and hot. Diet, wheat-meal gruel and Graham crackers. Congestion of the brain requires in addition occasional cold applications to the head and hot foot-baths. Congestion of the liver, in addition to all the above, hot fomentations to the abdomen.

CANKER IN THE MOUTH.—H. J. P., Old Colony, Mass. This affliction is produced by hot drinks, green tea, hard water, greasy food, particularly fried meats, &c. It is curable by a plain unconcentrated vegetable diet, soft water, and one or two daily ablutions. Graham's "Science of Human Life" is out of print.

CUTANEOUS ERUPTION.—J. C., Dayton. Such itching eruptions as your husband complains of, require a very strict diet, with occasional packings in the wet sheet, and a daily tepid half-bath. All condiments, salts, alkalies, hard water, &c. &c., must be abandoned.

SORE LEG.—D. B. H., Collinsville. The young man whose case is under your treatment, should persevere in the application of water, and adopt a strict vegetable diet. He ought not to stand much on the affected limb until it heals entirely. The other case you mention may be difficult or even impossible to heal, while the patient continues to labor in a standing posture.

ENLARGEMENT OF THE ARTERIES.—S. B., Bloomville, O. "My brother has an enlargement of the artery just above the ankle, and also just below the knee; the leg around the ankle is almost as large again as the other. It commenced about six years ago. Can it be cured, and how?" If it is really an arterial enlargement, of which any competent surgeon can inform you, it can only be cured by the operation of tying the artery.

CONGESTIVE CHILLS.—Philo, St. Louis :

"An acquaintance of mine in this city was attacked

very severely, a few days since, with 'congestive chills.' He called an Allopathic doctor, who immediately took two quarts of blood from him, and drugged in proportion. He barely escaped with his life. How would you treat such a case? Will you not tell us in your next number? We find no instructions in the 'Hydropathic Encyclopædia.' The Encyclopædia does not treat of "congestive chills" as a distinct disease, for the reason that there is no such disease. The phrase, most awkward and meaningless, is applied to any morbid condition. Probably the real ailment was a disguised or irregular form of intermittent, for which see vol. ii., pages 90, 91, and 92, Encyclopædia. Hot foot-baths, tepid half-baths, and local fomentations, would probably answer five thousand times better than the treatment this patient received.

VEGETABLES versus SWINE.—S. G., a Western pork-grower, sends the following request:

"As to the 'Vegetarian Department,' give it to us by all means, although I am a flesh-eater, and sold fifty swine last week, and have on hand now one hundred shoats for next season. But, by way of encouragement to you, I can say, that when I commenced taking the Journals, I smoked, chewed, drank tea and coffee, and also a little white-eye; none of which I have practised for a twelve-month." We have no manner of doubt that our Vegetarian Department will soon convince Mr. G. of the "better way" in agriculture; and that, true to his convictions, he will exchange his one hundred shoats for one hundred fruit trees, which will be equally profitable for him, and ten thousand times more useful to the "generations yet unborn."

RUINED BY ALEOPATHY.—J. D. writes: "We have two young women in this neighborhood who have been bed-ridden many years, in consequence of Allopathic doctoring. Is there no balm in Gilead?" Many such or similar cases have been cured at the Water-Cure establishments. The above writer also observes: "I speak on the subject of health from the desk on the Sabbath, for I verily believe that the first work of every minister of the Gospel (like Oberlin of old), is to teach the people how to be healthy, because a healthy mind cannot exist in an unhealthy body; therefore it should be the first work, not only of every minister, but of every school-teacher and parent."

LIVER COMPLAINT.—R. S. P., Providence, asks us to answer and explain to his satisfaction, through this Journal, *four pages of questions!* As almost every question is fully answered in the Encyclopædia, and as he has that in hand, we can only refer him to a more careful perusal of it. It would take a whole number of the Journal to explain all the subjects he has propounded. As to his complaint, there can be no doubt that it is a diseased liver chiefly, with but a slight, if any, affection of the lungs. It should be treated as recommended under the heads of Dyspepsia and Liver Complaint.

STRAWBERRY TONGUE.—G. W. C., Berks Co., Pa. The "cankorous" condition which physicians denominate "strawberry tongue," is usually owing to acrid bile, and this to a diseased liver. Treat it as an idiopathic liver complaint, according to the directions in Water-Cure books.

LAMENESS DURING PREGNANCY.—G. R., Tremont : "Will you explain the cause and treatment of the pain and lameness about the hip joint so common among our women of the present day during pregnancy." Constipated bowels is the usual cause; and the medication is, plain coarse food, hip-baths, and tepid injections.

CHRONIC THROAT.—S. M. R., Albion, Tenn. : "Please state in the Journal what baths and diet are best in this disease." A tepid sponge bath once or twice a day is usually sufficient if the diet is properly regulated. Unfermented bread, good mealy potatoes, sweet apples, baked or boiled, &c., constitute the best dietary.

FALLING OF THE PALATE.—J. O. R., Trenton. Wash the neck with cold water morning and evening, gargle the throat occasionally with a little very cold water, and attend strictly to the general health. Whenever you feel a "cold settling in the throat," wear the wet compress, covered with dry flannel, during the night.

GRAHAM BREAD.—J. W. M., Charleston, S. C. : "Will Dr. Trull publish in the Journal the receipt for making that excellent 'Graham bread' I have eaten at his table? I cannot buy anything like it in this city. Does he use any par-

ticular 'brand' of flour?" Good bread can never be bought. It must be made. We use no particular brand, only that it be particularly good. The best Graham bread is made in the same way as ordinary home-made (not baker's) fine bread, except that the dough is mixed a little less stiff, and it is baked one half an hour longer. Fresh hop yeast must be used; it must be thoroughly kneaded, and put in the oven at the precise time when it is light enough. Moreover, the quantity of yeast is important; too much or too little will spoil it. No one can make good fermented bread from a receipt. It requires careful attention and practice. Those who cannot take pains to understand the theory and devote the labor to perfect the practice, should use unfermented bread.

EMACIATION.—J. S., Sheridan. Your diet should be Graham bread, good potatoes, cracked wheat, &c., with a little good fruit. Cases like yours require a long time for a cure. Do not take any more baths than are perfectly agreeable, so far as the bodily temperature is concerned. The book on cookery will be ready soon.

DWARFISH.—J. W. G., Selin's Grove, wants to know if we can cure a young man, 18 years of age, of his dwarfishness. Hydropathy can work wonders, but will not perform miracles. The best thing the young man can do to intensify his powers of development is to get the Encyclopædia, and eat, drink, exercise, and live according to its teachings.

TYPOGRAPHICAL ERROR.—F. H., of Caraway, N. C., cannot understand the meaning of the phrase "stimulating natural death," which he finds on page 229, vol. ii., of the Encyclopædia. The word is *stimulating*. If there is a *t* in the copy you have, it is an error of the printer, which has been corrected in the later editions. In relation to "Spina Bifida," see pages 253 and 255, as well as 380. Why do you object to the technical term being given for diseases, whilst the common or familiar name is also given?

Business Matters.

TO PREVENT MISCARRIAGES, 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.

"INCIDENTS in the Annals of the Water-Cure, No. II.," is in type, but unavoidably omitted from this number. No. III. is received.

A CLUB OF FIFTY SUBSCRIBERS has been made up for the Journals by H. T. W., of PUTNAMVILLE, INDIANA. We hope the "good cause" may extend throughout that great State.

OUR PROFITS.—Having a very large list of subscribers for THE WATER-CURE JOURNAL, it is supposed by some that our profits must be very great. Others better acquainted with the "printing business," are surprised that we can afford so much reading matter, on new type, with such beautiful paper, at so small a price. Others have ventured the opinion, that we must be connected with some of the numerous "establishments," and share in the profits with the physicians, managers, or proprietors, and in this way "get our money back" expended on the THE WATER-CURE JOURNAL. "The regulars" feel quite sure that it cannot be "a paying concern," as we have "no medicines to peddle." But the vegetarians account for the "quantity and quality" in this way: The editors and publishers are all working-men. They live more economically than other folks. No tea, coffee, rum, or tobacco, is bought or consumed by them. They have no doctors' bills to pay. They seldom or never quarrel, hence have no occasion to see lawyers. They chop, saw, and carry in their own wood, and shovel in their coal: this gives them healthful exercise. They wear plain, comfortable, and durable home-made clothing of the best patterns. The women dress themselves without a waiter: do up their own hair, including curls, ruffles, and caps. The men either wear their beards or shave themselves, thus saving the barber's fee. Instead of hiring slow horses to go five or ten miles, they either walk fast or go by railroad or steamboat. Not so with the doctors, editors, and publishers in other schools. We have before us a "regular" monthly medical publication, at one dollar a year, with only eight pages. THE WATER-CURE JOURNAL has

never less than 24, and sometimes 32 of the same size, which would be equal to 48 or 64 large octavo pages. All this, together with our illustrative engravings, consumes most of our profits, 'tis true; but it is our determination, should our list reach 500,000, to make the Journal as much better than it now is, or than any existing publication, as that number of subscribers would enable us to make it. But in any event, every subscriber to this Journal will get the worth of his money; while not a few will get it a thousand times over, in health, wealth, intelligence, and happiness.

BOOKS BY MAIL.—On receipt of cash orders, the publishers of THE WATER-CURE JOURNAL will obtain and send to any post-office in the United States, Territories, or Canada, any work in print that may be desired. They will import books from Europe by every steamer, and supply the trade, public libraries, and agents, on the usual terms. When books are ordered to go by mail, money should be sent with which to pre-pay the postage from New York.

J. W., Chatham, Ohio.—Your verses are very smooth and graceful, and are appropriate to send to your friends, but would not be interesting to the public.

J. G.—Accept our thanks for your excellent and very acceptable article on "Parental Responsibility." It is on file for early insertion.

HORACE.—Thank you for your poems, "A World's Fair" and "An Exploring Expedition," though at present we have no room for pieces as long as those.

"IS IT DUTY?" by Mrs. E. Potter—(a reply to the article of Julia Kellogg on "Bloomers" in our February number), is received.

MERCER WATER-CURE ESTABLISHMENT.—Messrs. Hanna & Stephenson have erected a Water-Cure House near Mercer, Mercer Co., Pa., in what is said to be a very desirable location, and now offer either to sell or to rent the property to some suitable person. They wish to see the establishment occupied by a good, scientific, and experienced Hydropathic physician. One who has a wife, who is also a physician, would be preferred. Address Hanna & Stephenson, Mercer, Pa.

WHERE DID YOU COME FROM?—There are several letters in our office, some without the name of the writer, and some without the name of the State or post-office from whence they came, which cannot be attended to. Please inform us where you live, good friends, and tell us exactly what you want, and how and where you want it sent. "Uncle Sam" got \$40,000 last year out of the dead-letter office at Washington, on account of the carelessness, negligence, ignorance, or oversight of those who misdirect their letters. With a view to correct these errors, the publishers of this Journal have now in press a neat, cheap, and handy little work, designed for beginners, giving complete instruction in the art of letter-writing. It will be published soon.

BOOKS PRE-PAID BY MAIL.—On another page may be found a list of books with prices annexed. Distant readers may now avail themselves of the new postal arrangement, and receive any work in the list by return of the first mail, at the price named, without further charge for postage. Small coin,—silver, gold, or postage stamps, may be remitted by mail for single copies of these books. Until agents and booksellers keep a supply of these works, this is the best way to obtain them. When large quantities are wanted at wholesale, it will be best to send funds in drafts or checks on some bank or merchant in New York, Boston, or Philadelphia: the publishers will pay the cost of exchange in such cases. Should this not be convenient, any EXPRESS COMPANY will deliver orders with enclosures, and return goods ordered by the same express; but, for small packages to be sent great distances, the mails afford the best facilities.

See "GOOD BOOKS FOR EVERYBODY," on page 72, with prices covering postage.

The lawful postage on this Journal is but six cents a year to any post-office in the United States, to be paid quarterly in advance by the subscriber, at the office where received by him. Thus half a cent per number is all that will be charged by any postmaster.

THE ELECTRIC MEDICAL INSTITUTE, the principal medical school of Cincinnati, has announced a spring session, with a full faculty and hospital instruction. See advertisement.

Literary Notices.

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

THE DAUGHTERS OF ZION. By Rev. S. D. BURCHARD, D. D. Illustrated with numerous steel engravings. 12mo., pp. 355. Price \$1.50. New York: JOHN S. TAYLOR.

Composed of sketches of the lives and characters of thirteen women, whose names we annex: Sarah, Rebekah, Miriam, Rahab, Jephtha's Daughter, Ruth, Esther, Bathsheba, Judeth, The Virgin Mary, The Woman of Samaria, Martha, and Mary Magdalene. On reading these sketches, it would appear that our modern Daughters of Zion have comparatively an easy time of it. In old times, when war, blood, and carnage was the rule, and peace the exception, those women had something serious to do. Nor were they less zealous, heroic, or effective, than the Sons of Zion, who "fought and bled in Freedom's cause." But we have no taste for that sort of life, and will therefore turn our attention to the living Daughters, who are to reform the world, and "the rest of mankind." Let us have a book on the dutiful daughters of the nineteenth century, including teachers, authors, lecturers, preachers, singers, mothers, and workers. It would be interesting.

THE LIFE OF GEORGE WASHINGTON. By JARED SPARKS, LL. D. Two volumes in one, abridged by the author. Auburn: Derby & Miller.

Of some of the characters with whom History makes us familiar, we can never hear enough. Our beloved Washington is one of these. The enthusiasm which his name excites, suffers no diminution with passing years. Mothers hold up his character as a model for the imitation of their sons, and children are taught to lip the venerated name of Washington next after those made sacred by family relationship. Most readers of American Biography are familiar with Sparks' Life of Washington. The present edition is an abridgment of the preceding ones. The omissions are mostly of a political nature. All the incidents of the Biography are retained unchanged. The abridgment will render this work more acceptable to a large class of readers than the original life could be, and enable every American who desires—and is there one who does not?—to own a copy of the Biography of the Father of his Country.

PLYMOUTH AND THE PILGRIMS. Romance of American History, Novelties of the New World. By JOSEPH BANVARD. Boston: Gould & Lincoln.

These attractive and interesting books form part of a series of American Histories, to consist of twelve or more 18mo. volumes, containing about three hundred pages each. Each volume is complete in itself. The subjects treated of have an abiding interest for all Americans. The history of the discovery of our country, of the trials and dangers to which its early settlers were exposed, their intercourse with the natives, the peculiarities of their manners and customs, with sketches of the most prominent individuals among them—all these and topics of kindred interest are discussed in a simple, lively manner. Small in size, attractive in appearance, and full of matters of general interest, they are just the books to be popular, especially with the young, by whom the numerous illustrations will surely not be overlooked.

THE UNA: A Paper Devoted to the Elevation of Woman. Published monthly, at \$1.00 a year. By MRS. PAULINA W. DAVIS. Providence, R. I.

A neat quarto, of sixteen pages, somewhat resembling the WATER-CURE JOURNAL, in its general appearance. Mrs. Davis will be aided by numerous "strong-minded women" (we can see no objection to these often-quoted terms), in Europe and America, and cannot fail to receive, at once, a liberal patronage.

The objects are more fully set forth in the Prospectus. We copy the following:

"Our purpose is to speak clear, earnest words of truth and soberness, in a spirit of kindness; to discuss the rights, sphere, duty, and destiny of woman, fully and fearlessly; and our aim will be ever on the side of freedom. We shall not confine ourselves to any locality, set, sect,

class, or caste, for we hold to the solidarity of the race, and believe that if one member suffers, all suffer, and that the highest is made to atone for the lowest. Our mystical name of THE UNA, signifying TRUTH, will be to us a constant suggestor of fidelity to all."

SPEECHES ON THE LEGISLATIVE INDEPENDENCE OF IRELAND, with Introductory Notes. By THOMAS FRANCIS MEAGHER. New York: REDFIELD, 1858.

The eloquent and true-hearted patriot and exile, Meagher, deserves all the success he has won. While his genius and his earnest unselfish love of Liberty and Humanity have commanded our admiration and applause, his deportment and character have enlisted our esteem and love. The volume before us will be welcomed by all lovers of freedom, and especially by the author's countrymen, our Irish-American fellow-citizens. We need not speak of its literary merits. The reputation of the author is too well established to need our endorsement. The work is handsomely printed and bound, and is embellished with a portrait of its talented author.

COUNTRY RAMBLES IN ENGLAND, or Journal of a Naturalist—with Notes and Additions. By the AUTHOR OF RURAL HOURS. 12mo., pp. 337. Price \$1.25. Buffalo: PHYNNEY & Co.

We like such works. They entertain and instruct us. They represent NATURE. With this volume in hand, we may sit in an easy chair, and travel through portions of merry England. To persons of sedentary habits, it is a release even to read of Country Rambles. This begets a desire to realize—what we can now but imagine as we follow the author—and even this is refreshing. We commend everybody to Country Rambles in the Country, and to read books on Country Rambles.

"Plants, trees, and stones, we note,
Birds, insects, beasts, and many rural things."

THE FARMER'S COMPANION, and Horticultural Gazette. Published monthly, at 50 cents a year. By CHARLES BETTS. Detroit, Michigan.

A brief Prospectus of this new candidate for agricultural favor, may be found in our Advertising Department, to which we refer for further particulars. We rejoice in every attempt to awaken an interest in, and shed light on, these subjects. Agricultural Papers and Periodicals are multiplying. We hope they may command a liberal patronage. Have a good agricultural education. Nothing of greater value can be bequeathed to a MAN, or a COMMUNITY.

THE NEW UNITED STATES POST-OFFICE DIRECTORY, and Postal Guide. Compiled from the Records of the Post-Office Department. Price 55 cents, prepaid by mail. For sale by FOWLERS AND WELLS, New York.

Alphabetically arranged, printed in one handy octavo volume of about 140 pages. The number of post-offices in the Union now exceed 20,000. This Directory is the most perfect of any yet issued. All Publishers, Postmasters, and others, having much correspondence, will find a copy exceedingly useful, if not almost indispensable.

FOX AND HOYT'S QUADRENNIAL REGISTER OF THE M. E. CHURCH, and Universal Church Gazetteer. 1852-6. 12mo., pp. 300. Price \$1.00. Hartford, Ct.: CARE, TIFFANY & Co.

Full of Statistics, Tables, Figures, Reports of Proceedings, and Facts, which must be highly appreciated by all Clergymen, Directors, and Managers of the M. E. C. For a vignette, the publishers have a view of a small, familiar-looking Church, founded on a rock, with the following motto:

"The gates of Hell shall not prevail against it."

THE AMERICAN RAILWAY GUIDE, edited by R. S. FISHER, is published monthly by CURRAN, DINSMORE & Co., 22 Spruce-st., N. Y., at 12½ cents a number.

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.

THE BLOOMERS IN NEW YORK.—It will interest the fair readers of the WATER-CURE JOURNAL to peruse the following extracts from our City papers, describing, as seen from widely different stand-points, the grand and triumphant moral, social and political demonstration made on the

evening of February 7th, 1853, at Metropolitan Hall, where an audience of about three thousand persons, of both sexes—venerable, gray-haired Fathers and Mothers, Doctors, Lawyers and Divines, with not a few of the *Bon-Ton* of upper-tendom, who had assembled to hear and see the veritable Amelia Bloomer, Antoinette L. Brown and Susan B. Anthony, all from Western New York. These women were sent, under the patronage of the "New York Women's State Temperance Society," to lecture, circulate tracts, obtain subscribers for their organ, the *Lily*, and, above all, to *incline the hearts of the people to vote for the MAIN LIQUOR LAW.*

Mrs. Bloomer and Miss Anthony were attired in dresses—of course they were!—and while they attracted much attention, they were considered and respectfully treated by the large and promiscuous audience before whom they appeared, and whom they, in return, treated to a rich intellectual feast.

Waiving further comment for the present, we proceed to give the promised quotations from those impartial chronicles, the daily journals of the following morning. They will indicate the state of feeling which exists here in regard to the *DRESS REFORM*, commenced a few years ago by us.

The *Tribune* has a very full and correct report of the meeting, including the speeches. We quote from its introductory paragraphs:

The Women's Grand Temperance Demonstration at Metropolitan Hall, last evening, was a most brilliant and successful affair. The audience which assembled on that occasion to welcome Mrs. Bloomer and her assistants in the cause of Temperance was almost as large and fully as respectable as the audiences that nightly greeted Jenny Lind and Catharine Hayes during their engagements in that hall. Good order was observed throughout the evening, and earnest and hearty applause was frequent. The only hissing evidently intended for the speakers, was when Mrs. Bloomer reviewed the sentiments of Hon. Horace Mann relative to Woman, and then the plaudits came to a rescue and triumphantly sustained the speaker. The audience was a smiling one—some smiled at the novelty of the occasion; others with admiration—the latter, judging from the twinkling of eyes and clapping of hands, were in the majority. While some evidently writhed under the application of the lash for their disregard of the principles of Temperance, others enjoyed the rigor of the infliction and manifested their satisfaction by applause.

Mrs. Bloomer and Miss Anthony were the only ones of the party attired in the Bloomer costume. Mrs. Bloomer was attired in a dark brown changeable tunic or kilt, descending just below the knee, the skirt of which was trimmed with rows of black velvet. The pantaloons were of the same texture, and trimmed in the same style. She wore gaiters. Her head-dress was cherry and black. Her dress had an open corsage, with bands of velvet over the white chemisette, in which was a diamond stud and pins. She wore flowing sleeves, tight undersleeves, and black lace mitts. Her whole attire was rich, but plain in appearance.

Miss Anthony was dressed in the same costume, but plainer. Her dress was of longer skirt than that of Mrs. Bloomer. It was of black brocade silk, with pants of the same. The trimming was a simple white collar and cuffs, and a gold chain. Her hair was cut short in the neck and curled in front.

Mrs. L. N. FOWLER was called to the Chair, and Miss MARY S. RICH chosen Secretary.

We next quote the *Evening Post*:

The first meeting of the Women's Temperance Society was held last evening in Metropolitan Hall. There were about three thousand persons present, a large proportion of whom were ladies. It was the first time that an audience in this hall was to be addressed by women, and the novelty of the occasion doubtless attracted a large number who would otherwise have been absent. The proceedings, however, were conducted in the most orderly manner, and the speakers apparently felt themselves as much at home with their hearers, as if they were merely addressing a private company. They were listened to with much attention, and frequently applauded.

There were some slight expressions of disapprobation, however, from a portion of the audience, but they were very slight and were soon suppressed. Altogether the meeting was very successful, and would compare most favorably with any that has ever been held in the same building.

The *Herald* has some very characteristic remarks, from which we make the following extract:

The ladies of Western New York, who had rendered themselves famous in that region for their advocacy of woman's rights, and their disputations on their right to wear a certain nameless garment hitherto monopolized by the rougher sex, made a sortie on the Empire City last evening, and took Metropolitan Hall by a *coup de main*. They had formerly confined their operations, for the most part, to Rochester, Syracuse, and some other favored portions of this State; but at last the Empire City itself yielded to them. "Cataline is at the gates," or, rather, the Amazons are within the walls, and it seems that, having once got into possession, they are determined not to surrender their advantageous position. Mrs. Bloomer, of *Lily* and

pantalette celebrity; the fair divine, Rev. Miss Antoinette L. Brown; and Miss Anthony, an envoy from the Woman's State Temperance Society, delivered eloquent speeches last evening before a very numerous audience, on the temperance topic, a pretty full report of all which pretty sayings and doings will be chronicled in to-morrow's *Herald*.

Our flippant neighbor, the *National Democrat*, having quoted the *Tribune's* remarks, proceeds:

The importance of the information thus conveyed, its vast effect upon future ages, nay, its tremendous influence upon the present time, can scarcely be imagined by one of the un-illuminated. How the oppressed of all lands will raise their eyes and clap their hands when they hear that Mrs. Bloomer wore "a white chemisette" and—"gaiters!" And to the hopeless and down-trodden how like a word of prophetic hope will come that sublimely simple truth—*Miss Anthony's dress "was of longer skirt than that of Mrs. Bloomer. It was of black brocade silk, with pants of the same."* The whole account is serious and earnest, and worthy the deepest emotions of earnest men. The world, which has been wicked so long, and which white coats, of dingiest hue, failed to better, is, it seems, to be regenerated by "gaiters," "white chemisettes," and "pants" of black brocade silk. There is yet hope for man.

We conclude with an extract from the report of that most respectable, conservative and formidable piece of "heavy artillery," the *Courier and Enquirer*:

A large audience, attracted by the announcement that several persons in female and others in "Bloomer" costume, would speak to the public on the subject of Temperance, came together at Metropolitan Hall last evening, for the purpose of gratifying an excusable curiosity concerning the appearance and conduct of such lecturers. The congregation gathered at an early hour and sat with as much composure as a fevered expectation would admit, until, led on by Mr. Horace Greeley, the officer-esses and orator-esses of the evening made their *entree* upon the platform, which was the signal for enthusiastic applause.

Mrs. Amelia Bloomer, in a very short dress and inexpressible continuations, was next introduced, and read an address which was not only novel in the order and arrangement, but anomalous in sentiment.

The subject, according to previous announcement, was to have been Temperance, but Mrs. Bloomer had either not seen the advertisement, or resolved not to be bound by it, and to say what she pleased. With form erect, aspect stern and a firm voice, she hurled defiance at mankind generally, and declared that women would be masters in their husband's houses, and never disgrace their sex by submitting to the commands of anything with a beard! She was followed by Rev. Antoinette Brown, who made a very pleasing off-hand speech, after which came Miss Susan B. Anthony, in "Bloomer" costume, who made nine speeches in rapid succession.

GOSSIP FROM BOSTON, BY NUGGS.—The way people ask for Water-Cure now-a-days, is a caution to druggists to fill up their bottles with aqua *fortis* instead of aqua *fortis*. "By their fruits ye shall know them." One case that gets well, which resists (as almost all bad cases will) the Allopathic nonsense, by the aid of Hydropathy alone, will do more than a dozen lectures for the cause sometimes.

It is astonishing what ideas have got abroad concerning the Water-Cure. Some imagine that they will have to be "kept in cold water all the time!" One woman said her doctor told her that "the Hydropathic folks kept their patients in a cold siz bath five or six hours at a time!" Another one said she heard that they didn't give 'em anything to eat only once a month or so!! The great objection though, the doctors have to it, is that "the profession will all run out." This is an objection that is well founded, but precious little being left for doctors to do, when once the Water-Cure gets fairly established as the prevailing way, as it most assuredly will in due time. Doctor K. says that he can't go but once or twice now, where he used to go ten or a dozen times when physic was "the order."

A hundred little children have died of scarlet fever in the town of Waltham (10,000 inhabitants), in the course of two months or so!

Why is it that the Allopaths, who have had so long a time to perfect their system in, don't know the first thing towards stopping the ravages of any violent distemper? Who now among the intelligent and thoughtful, has any faith in drugs in acute diseases of any kind?

On the other hand, what Hydropath thinks of losing more than one or two out of a hundred, of the worst kind of acute diseases?

Let the undecided ponder and "search the Scriptures," and see if these things be so or not. *Ventrum sapientia.*

E. C., of CHAMPLAIN, N. Y., says that some persons complain that the *JOURNAL* is too severe in some of its remarks concerning those who do not receive its peculiar teachings and accuse us of lack of charity for those who, in their blindness, do not see as we do.

We have sworn eternal hostility to Druggery and Quackery in all their forms, and the "hard words" we sometimes use (and they cannot be too hard) are aimed at *systems and practices*, and not at *persons*. We have abundant "charity" for the "blind," but very little for those who, having eyes, willfully shut them against the light, and at the same time strive to throw dust into the eyes of the people, that they may continue to walk in darkness. Some of our prescriptions may be "hard to take," but they are not half so bitter, and are far more salutary than Allopathic drugs.

THE PUMPKIN SEEDS HAVE COME.—In compliance with our request, DR. HANAFORD, of the *Nantucket Mirror*, has sent us (by mail) some seeds, out of a pumpkin raised by Reuben Hallett, which weighed 95 pounds!! We intend to plant them, and if they grow as good as they are great, we shall aid in propagating that variety for the benefit of vegetarians "and the rest of"—pumpkindom.

Since the above was written, E. S. P., of FARMORA, *Bureau Co., Illinois*, adds to our stock of garden seeds, for which we are much obliged. He says:

Inclosed I send you a few SQUASH SEEDS, of the variety known by the name of the SUPERIOR SQUASH. When cut up and baked, they are far better than any other that we know of. Baked squashes may be a novelty to Yankees, but they are equal to the best sweet potatoes, being dry and mealy. They are of slow growth, and should be planted early—small-sized, green color, and may seem to be not worth gathering. But try them. Plant away from other varieties, that they may not mix.

[We shall do it.—Eds. W. C. J.]

IN NEWPORT, R. I., DR. W. F. REH is fitting up a new Water-Cure establishment. It will be in readiness on the first of April. The celebrity of Newport as a watering place will attract health-seekers as well as pleasure-seekers. The establishment is situated on the "Point," in Narragansett Bay, said to be the most desirable place in the town. We hope Dr. Reh will meet with all the success that his energy, integrity and skill entitle him to. For particulars see advertisement.

THE SUGAR CREEK WATER-CURE is announced by advertisement as being in successful operation. We have favorable reports from those who have been under treatment at this cure. The success of this establishment will drive patent medicines out of that market, and put the people on the road to health.

FEMALE DOCTORS.—At the annual commencement of the Female Medical College of Pennsylvania, at Philadelphia, on the 27th ult., Mrs. Hannah W. Ellis of Philadelphia, Mrs. Henrietta W. Johnson of New York city, Miss Maria Minniss, N. Y., Almira L. Fowler, New York city, Mrs. Annan N. S. Anderson of Pa., Mrs. Julia A. Beverly of Rhode Island, Augusta R. Montgomery of N. Y., Mrs. Margaret Richardson of Phila., and Mrs. Charlotte G. Adams of Boston, graduated and received their diplomas. The honorary degree of M. D. was conferred upon Miss Harriet K. Hunt of Boston.

BUENA VISTA SPRINGS WATER-CURE, IN LOGAN COUNTY KENTUCKY.—The *Green River Whig* announces a new Water-Cure establishment at this place, under the management of Doctors WEBBER and EDMONDS. That paper says:

"They are men of ability, and if any body could make the Springs an auxiliary to health, it is they. They will be missed very much in this vicinity. We wish them abundant success."

WESTWARD, HO!—A correspondent writes from Savannah, Missouri, as follows:

"If you know of a good Water-Cure Doctor that would like to come out West, I would recommend him to come to Savannah. I think I would be safe to say that he could make money out here, and more than any other kind of Doctor."

Who will go?

GRACE GREENWOOD.—It is rumored that the charming, witty and piquant Grace Greenwood is about to commit matrimony. "The happy man" is said to be "a wealthy and accomplished American," whom she captured in the Eternal City!

We are happy to announce that DR. SHEW has opened a new Hydropathic establishment in a very pleasant and healthful location in this city, at No. 75 East Fifteenth street, near Union Park.

Advertisements.

A LIMITED space of this Journal will be given to advertisements...

HINTS TOWARDS REFORMS. IN LECTURES, ADDRESSES, AND OTHER WRITINGS...

To enable the reader to form a correct opinion in regard to the contents of the work...

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In his preface, the author says: "The great truth that every human being is morally bound...

THE NEW ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA. A Family Guide, in Health and Disease...

"For popular reference, we know of no work which can fill its place. Without any parade of technical terms...

Common sense pervades the whole work, and much useful information concerning the laws of life and health may be derived from it...

THE EXPENSE OF ONE NUMBER OF THE "LADY'S BOOK" including steel engravings and literary matter...

THE MARCH NUMBER contains EIGHTEEN splendid illustrations, besides its usual large quantity of reading matter...

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REGISTER your letters, and when remitting, get your postmaster to write on the letter "Registered"...

THE ILLUSTRATED SELF-INSTRUCTOR in Phrenology and Physiology, with one hundred Engravings and a Chart...

OUR BOOKS IN BOSTON.—New England patrons who wish for our various publications, may always obtain them...

PHRENOLOGICAL EXAMINATIONS with charts, and written opinions of character, may also be obtained day and evening at our rooms in Boston...

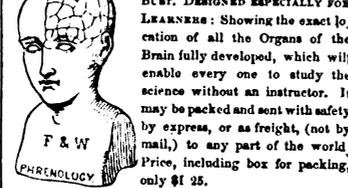
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EMPLOYMENT, PLEASANT AND PROFITABLE.—Young men in every country, town and village in the United States may find a safe and profitable employment...

PRACTICAL PHRENOLOGY.—For Professional Examinations, call day or evening, at 131 Nassau-st., Clinton Hall. The Museum is always open, and free to visitors.

S. H. & G. BURNETT, WHOLESALE AND RETAIL BOOKSELLERS and Stationers, 54 Main Street, Peoria, Ill.

Kept constantly on hand a complete Stock of Fowlers and Wells's works on Water-Cure, Phrenology, and the Reforms of the day.



THE PHRENOLOGICAL BURT. DESIGNED ESPECIALLY FOR LEARNERS: Showing the exact location of all the Organs of the Brain fully developed...

"This is one of the most ingenious inventions of the age. A cast made of plaster of Paris, the size of the human head, on which the exact location of each of the Phrenological organs is represented, fully developed, with all the divisions and classifications...

THE ONLY LADY'S MAGAZINE PUBLISHED in the United States.—Godey's Lady's Book for MARCH, now ready. The Book of the Nation and Arts Union of America...

Nothing but real worth in a publication could be the cause of so prolonged an existence, especially in the literary world, where everything is so evanescent...

Many persons, who see no farther than our title, presume that the "Lady's Book" is intended merely for the amusement of a class, and that it does not enter into the discussion of those more important questions connected with the realities and the duties of life...

THE EXPENSE OF ONE NUMBER OF THE "LADY'S BOOK" including steel engravings and literary matter, paid for by any other magazine published in this country...

THE MARCH NUMBER contains EIGHTEEN splendid illustrations, besides its usual large quantity of reading matter. TERMS, cash in advance, postage paid: One copy, one year, \$3. Two copies, one year, \$5. Five copies, one year, \$10, and an extra copy to the person sending the club...

NO OLD SUBSCRIBER will be received into a club until all arrears are paid. Small notes of the different States are received at par for Godby's "Lady's Book"...

REGISTER your letters, and when remitting, get your postmaster to write on the letter "Registered"...

THE ILLUSTRATED SELF-INSTRUCTOR in Phrenology and Physiology, with one hundred Engravings and a Chart. Price, prepaid, by mail, 30 cents. Published by FOWLERS & WELLS, 131 Nassau St. N. Y.

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...

HIGHLAND HOME WATER-CURE, at Fishkill Landing, Dutchess Co., N. Y. O. W. MAY, M.D., Proprietor. The pure air and water, beautiful scenery, fine large edifices...

THE FARMER'S COMPANION AND HORTEICULTURAL GAZETTE. Edited by Charles Fox C. Bell, J. C. Holmes and Linus Cole, is published in Detroit, on the 1st day of each month...

A large number of splendid Engravings of Stock, Implements, etc., are already procured, and will appear in the course of the year. The Companion will be unsurpassed in this department.

Professor J. F. W. Johnston, F. R. S. L. & E., the eminent Agricultural chemist of England, who was expressly invited to the United States, by the N. Y. State Agricultural Society, to deliver a course of Lectures...

The advertisements, (three pages,) are printed on the Cover, so that the whole paper is devoted to reading.

CARD.—I AM COMPELLED BY PRESSURE of business to withdraw my offer made some time since, gratuitously to advise the sick for Water treatment of themselves. Henceforward those who wish to consult me by letter will please enclose ONE DOLLAR...

GEO. HOYT, M. D., WILL LECTURE ON THE Philosophy of Hydropathy. Address him at the Water-Cure, Worcester, Mass. Feb. 31.

F. W. MEYER, M.D., HYDROPATHIC Physician, at Col. Hamilton's Plantation, Bayou Sara Parish, West Feliciana, La. Jan. 11.

THE FAMILY MAGAZINE—THE STUDENT—edited by N. A. Calkins, occupies a broader field than any other Magazine for the family. Its subjects embrace the Natural Sciences, Astronomy, Geology, History, Chemistry, Biography, Travels, Anecdotes, Music, etc.

A VALUABLE PROPERTY IS OFFERED for sale adjoining the eastern boundary of the City of Troy, which in every respect is admirably adapted to the purposes of a Water-Cure Establishment...

ROCK SPRINGS WATER-CURE, Marietta, Georgia.—By C. Cox, M. D. Will receive and treat patients, either in the Spring, Summer, or Winter. It being directly on the railroad, the cars will stop, put out, and take in all patients who desire it of the conductors.

Water-Cure Establishments. DR. TRALL receives patients at his commodious establishment, 15 Leight street, New York...

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NEWPORT WATER-CURE.—This Establishment at Newport, R. I., will be open for the reception of patients on the first of April. It is situated on Narragansett Bay, in one of the loveliest parts of the town...

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...

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

PENNSYLVANIA WATER-CURE ESTABLISHMENT.—By Edward Acker, M.D., Philadelphia, oppo site the town of Beaver, on the Ohio River, Beaver County, Pa. Jan. 31.

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

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

ATHOL WATER-CURE, MASS.—TERMS: \$25 per week. For further information, address Geo. FIELD, M. D. mch, 31.

BROWNSVILLE WATER-CURE ESTABLISHMENT.—Dr. C. BARKER continues to treat Chronic Diseases successfully at his establishment near Brownsville, Pa. Terms: \$6 per week, payable weekly. mch. 11.

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

Terms.—For full board and treatment, \$6 to \$10 per week, according to rooms occupied. A medical fee of \$3 for first examination will usually be required.

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

CLEVELAND WATER-CURE ESTABLISHMENT.—The above establishment is now commencing its fifth season. The increased accommodations and facilities which have been added from year to year, make it second to none in the Union, and enables the subscriber to say with confidence to all who wish to avail themselves of the great facilities which the Water-Cure system, when rightly applied, offers to all those who are seeking restoration to health...

LAKE VIEW WATER-CURE FOR SALE.—That well known and pleasantly located Water-Cure Establishment, situated in the Northern section of the city, on the Lake, known as "Lake View Water-Cure," is offered for Sale. The establishment is supplied with a perpetual flow of pure water, thrown into the Reservoir by the action of the Hydraulic Ram...

MERCER WATER-CURE ESTABLISHMENT.—This Establishment, adjoining the Borough of Mercer, Pa., is for sale or rent. Possession will be given the 1st of April next. For terms, apply to HARRIS & STEPHENSON, Mercer, Pa. mch, 11.

THE SUGAR CREEK FALLS WATER-CURE, Tuscarawas Co., O.: 12 miles south of Maillon. Under the charge of Dr. EXASANT. It is supplied with soft Spring water. The success which has thus far attended our efforts, enables us to appeal with confidence to the afflicted. It is conducted on pure Hydropathic principles. Terms: \$5 per week. Post-office address: Dearborn's Mills, Tus. Co., O. Each patient should bring 1 linen and 2 cotton sheets, 3 wool blankets, 2 comfortable, and some towels. mch, 31.

ROCK SPRINGS WATER-CURE, Marietta, Georgia.—By C. Cox, M. D. Will receive and treat patients, either in the Spring, Summer, or Winter. It being directly on the railroad, the cars will stop, put out, and take in all patients who desire it of the conductors.

DR. SHREW'S "WATER-CURE" is at No. 15 East Fifth Street, in the vicinity of Union Park. Day and Boarding Patients received, and general outdoor practice attended to as heretofore. Letters for advice will receive attention. mch, 11.

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! M.

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The Hydropathic Encyclopedia: a Complete System of Hydropathy and Hygiene. An illustrated work, embracing outlines of Anatomy, Physiology of the Human Body; Hygienic Agencies and the Preservation of Health; Diets and Hydropathic Cookery; Theory and Practice of Water-Treatment; Special Pathology and Hydro-Therapeutics, including the nature, causes, symptoms, and treatment of all known diseases; Application to Surgical Diseases; Application of Hydropathy to Midwifery and the Nursery. By R. T. Trull, M. D. Two large volumes, with a copious index, substantially bound in library style, with nearly one thousand pages. Price, pre-paid by mail, to any post-office, \$3 00.

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The Water-Cure Library, embracing the most popular works on the subject, in seven large 12mo volumes. By American and European Authors. Every family should have a copy. Price, \$6 00.

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