

Health, Devoted to Physiological Culture and the Laws of Life

THE WATER-CURE JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

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Facts and Opinions.

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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. VII.

PERFORATING THE EAR—EXTRACTING TEETH—CUTTING THE GUMS.

PERFORATION OF THE LOBE OF THE EAR.—A somewhat amusing, as well as instructive essay, might be written on the methods by which human beings mutilate and deform their bodies, in order to answer the ends of fashion. A very common operation in "domestic surgery," is that of perforating the lobe of the ear; and since it has become one of the "necessaries" of civic life, a few remarks concerning it will not be out of place in the WATER-CURE JOURNAL.

It should be remembered that this little operation, trifling as it appears, has sometimes resulted in serious inconveniences, although it is admitted that in most cases no material harm arises from it.

Various instruments may be used in this operation; we may use a small punch similar to that employed by shoemakers for cutting holes in which to put the strings in shoes; or the surgeon's instrument called

needle may be made to answer the purpose. Whatever instrument is used, a piece of soft wood or cork should be placed at one side of the part to be perforated, while from the opposite side it is forced rapidly through the flesh in such a way as to make a free opening, as may be seen in fig. No. 1.

To prevent the wound from healing and closing the perforation, it is necessary to introduce a waxed thread, or a leaden or catgut ligature through it, and which should be moved from day to day, in order to ensure a greater degree of cleanliness of the part. In some cases the healing is very tardy, a discharge taking place for a long time, constituting a kind of "seton;" usually, however, in something less than two weeks it becomes so far healed that the ring may be introduced.

If the perforation is made at too low a point in the ear, it is liable to be torn out, producing an unsightly deformity, which however may in a good degree be remedied by an operation similar to that which is performed for hair-lip.

EXTRACTION OF TEETH.—One of the most striking evidences of man's physical degeneration is the early decay and pains of his teeth. Scarcely one in a hundred now-a-days reaches the age of twenty without losing more or less of these useful organs, suffering at the same time a vast amount of pain in the way of toothache. That man brings these evils upon himself is provable by the fact that those who are reared properly from childhood and observe uniformly a correct physiological course in the dietetic and other hygienic habits, are much less liable to the evils in question. The lower animals in their natural state we know enjoy an immunity from suffering in this way, but if we treat them in an artificial and unnatural manner, a different state of things very soon obtains. Thus, cows that are closely confined and fed upon hot distillery food, lose their teeth in a few months, or at most years. This is a fact well worth remembering, and should be deeply pondered by all who desire that greatest of all earthly blessings, health.

In consequence of decay and aching, it is often considered necessary to extract the teeth. The operation is usually performed by a medical man or dentist; but there are circumstances in which it is advisable for non-professional persons to have some knowledge of the art.

Before proceeding to extract a tooth it has been customary to separate the gum about the part. With many the practice is now discontinued, it being considered by such altogether unnecessary. If, however, it is resolved upon to divide the gum, the instrument called the gum lancet is a suitable one to use; but a sharp penknife will answer in most cases perfectly well.

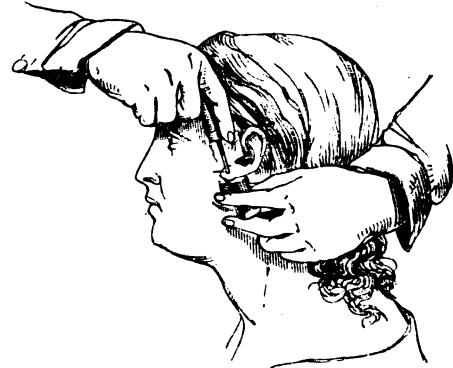


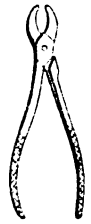
Fig. 1.

the torcar and caudla, used for opening dropsical parts, may be resorted to; or a good-sized "darning"

REQUEST TO POSTMASTERS.—Postmasters will confer a special favor on their customers, on us, and all other publishers, if they will stamp the name of their post-office PLAINLY on all letters, so that when correspondents fail, as they often do, to insert in their letters the name of the town and State, we may find out where they come from by the stamp of the postmaster. The present mode of stamping letters, and the carelessness of many writers, leaves us often in the dark.

CITY SUBSCRIBERS who contemplate removing on the first of May, are particularly requested to send to our office their new address, so that our carriers can supply them with the Journals. In sending your change of residence, please state also your present number, street, and city.

TEMPERANCE.—Johnson, speaking of a book in which temperance was recommended, says: "Such a book should come out every thirty years, dressed in the mode of the times." An old proverb says, "He that would eat much, must eat little."



In extracting the *front* and *eye* teeth, the forceps is the only suitable instrument to be used. This is represented in Fig. No. 2. One of the blades is placed in front and the other behind the tooth, and their points must be crowded sufficiently under the gum to cause the instrument to take a firm hold upon it, otherwise it will slip off and make trouble. The pressure should be made firmly, but not so much as to crush the tooth. In one way

Fig. 2. or another the patient's head should be supported while the force is applied. If an upper tooth is being drawn, the patient's head may be taken beneath the operator's left arm; or if it is a lower tooth, the head may be steadied in a similar way, but with the thumb of the left hand pressing downward upon the sound tooth, while the extracting force is made in an upward direction. In drawing an upper tooth, it is also advisable in many cases to make pressure upwards with the thumb of the left hand, as represented in Fig. No. 3.



Fig. 3.

EXTRACTION OF THE DOUBLE TEETH is a far more difficult operation than the preceding. A great variety of instruments have been invented in modern times for this purpose. By dentists and those who are skilful in the art, forceps are usually preferred. The old-fashioned TURN-KEY, however, is more frequently used. This instrument is too well known to need any particular description, and is represented in Fig. No. 4.

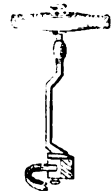


Fig. 4.

In using the turn-key, it was formerly the practice to cover the bolster, or fulcrum, with a fold of handkerchief, napkin, or piece of leather or Indian rubber, to prevent bruising the gum. This is now given up by many, operators supposing that the gum fares better if the steel is left wholly uncovered. Be this as it may, the operation is a cruel one, making the best of it.

If it is a lower tooth that is to be drawn, it is customary to place the patient in a common chair; or if it is at the dentist's, in the chair which he uses for general purposes of operating. The mouth should be held well open. If it is an upper tooth that is to be drawn, the operator can do better if he set the patient flat upon the floor, at the same time causing him to hold his head well back.

In arranging the instrument, care must be taken not to get hold of the wrong tooth—a blunder which has often been made. It is hard enough to have to lose a bad tooth; but to lose a sound one is really a serious mishap. The key, then, is introduced with its claw thrown back; the fulcrum is placed against the gum, either on the inside or outside, as the operator determines best; the claw is then turned across the top of the tooth, and made to drop just under the gum so that it holds upon the neck of the part. The claw of the instrument is then steadied with the fore finger of the left hand, while the handle of the instrument is grasped with the right hand, when

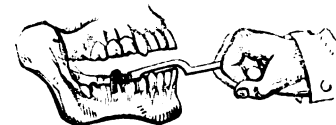


Fig. 5.

it is turned steadily and firmly inwards or outwards, as the case may be, until the tooth is brought out of its socket.

Great care should be observed in the commencement of making the extracting force, lest the hook slip off

the diseased tooth and fix itself upon a sound one—an accident which has sometimes occurred. The manner in which this whole operation should be performed is very well represented in Fig. No. 5.

To extract the stumps and fangs of teeth, a greater degree of skill is necessary, and a greater variety of instruments than in either of the foregoing operations. Those only who have experience in this department of dental surgery, will, in general, undertake it. A detailed description of these processes would, therefore, in the present instance, be out of place.

Should the teeth be extracted? Certainly, a great amount of pain may often be prevented by so doing; pain at least for the time. But I frankly admit that it would require some great emergency, or some real necessity, that would lead me to submit to this painful operation. If old stumps were in the way of inserting artificial teeth, which could be made really useful, as is often the case, I might submit to it. But for pain alone, I would not. *The teeth were not made to be extracted.* As for pain, twenty-four hours' fasting will, in all ordinary cases kill it. Besides, we can assuage tooth-ache in a most remarkable manner by the use of water, according to the methods described in the WATER-CURE MANUAL, and which need not here be repeated.

In extracting the teeth of children, that is, the milk teeth, parents often succeed by placing a noose made of strong twine or thread about the tooth. Whatever means is adopted with these first or temporary teeth, the extraction should be performed sufficiently early; otherwise the second tooth may be crowded out of its place by the presence of the first one. This is a matter of great importance to the child, and parents who do not well understand the matter should make sure to consult the family dentist or physician sufficiently early.

CUTTING THE GUMS OF INFANTS.—It is customary with many physicians always to carry a gum lancet with them, so that when they find any thing the matter with a child that is teething, in goes the instrument upon one or more of the teeth that are about to protrude. Now it is natural for a doctor to want to do something when called to a child; and besides, it is an inbred notion among people that the doctors must do something that hurts, or give something that nauseates and disgusts. Hence this practice of cutting the gums. And there are physicians, too, who honestly believe that it saves life often, and who would do it just as soon upon a child of their own as upon that of another. My own opinion is, that cutting the gums does neither much good nor harm. I have often done it at the solicitation of parents, knowing that it causes little pain if skilfully done, and that it could do no material harm. But I cannot say that I have ever known it to do any good. Certainly, the operation seems to have no power over convulsions, as some have supposed. There is one thing which should also here be observed. Suppose the wound heals before the tooth protrudes. It is supposed by many physicians as well as the people that it is more difficult for the tooth to make its way through a cicatrix. But this is a mistake; nature never can mend a part so strong as it was before.



Fig. 6.

always the better. The incision should be made freely down to the tooth.

75 East Fifteenth street, New York.

MY COUNTRYWOMEN.

BY JAMES C. JACKSON, M.D.

THERE are some things relative to women in this country which are indisputably true.

1. They are very ignorant of the structure of their bodies.
2. They are, for the most part, in ill health.
3. They, by large majority, fail in their efforts to restore their health.
4. They suffer much more extensively from mal-practice than men.
5. This arises from their lack of equal vital power with men, and also from the false notion among physicians, that the vital energies can be materially assisted by DRUGS; and so,
6. They take when sick—as a class—other things being equal—twenty per cent. more medicine than men. And,
7. They are afflicted with a larger class of chronic diseases than men, which *chronic* means *drug* diseases.

I am anxious that you should abandon the use of drugs when you are sick, and take to the use of water. I readily admit, that to urge you to do so, is to place my purity of motive in question. But whoever took up a new truth and advocated it as though his heart was in it, as though to him it was his solace and support, who did not find himself subject to the suspicion of interested motives? All I can say is, that I would

"let Truth be free
To make her salutes upon me and thee
Which way it pleases God."

Were it possible to weigh the comparative merits of Hydropathy against any of the other methods now in practice, by whatsoever names they are known, be they Allopathy, Homeopathy, Motorpathy, the Analytic Method, Eclecticism, Clairvoyance or Paten Medicine, in a more nicely adjusted balance than they are now weighed in, it would give me great joy to see it done. There can be no comparison of the success of the systems, which I am not anxious to see made; not for my satisfaction, but for yours. I am daily witness to the effects of water treatment in my own practice, which well nigh astonish me, as much as they do the inmates of my house; and as I cannot convince you in any way more thoroughly than by stating cases, I propose to give you instances that shall set you thinking.

Perhaps I am not behind any of my co-laborers in appreciating the dignity of the People. At least, I can say, that all efforts to educate the masses of my countrymen and women, have my most hearty sympathy. Amongst the means in existence, the WATER-CURE JOURNAL takes the highest rank. But whilst it is, and I hope will ever be the People's Journal, it will never come to be, I trust, a merely popular Journal. To be the People's Journal, it needs to instruct the people; and, to do this appropriately, it is needful to instruct woman; for woman is a constituent of the aggregate called THE PEOPLE.

It is in this view that I would have you brace yourselves up to take as much enlightenment as your education and circumstances will allow, and not complain of those who place statistics or philosophy before you, unless there is evident abandonment of sensibility on their part.

For one, I am opposed to all teachings and all theories that prescribe departments of special knowledge to the sexes; so special that to know certain things is as improper for one sex as proper for the other. Departments of duty there are, undoubtedly, but these are not as widely apart as our fears would sometimes lead us to conceive. It is entirely consonant to my views, that woman should know her own structure, its liabilities, its adaptabilities, its actual derangements and diseases. And it is quite as proper

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that whoever has qualifications so to teach her as to make her hollower and healthier, is at liberty to teach her, and may not be debarred therefrom simply by considerations having reference to gender.

To teach is no higher office than to cure. The term or title which the physician takes, implies the former more strongly than the latter. But the prevalence of disease has given to the teacher the office of practitioner, till doctor means one who attends on sick people. No thing is clearer to my mind than this, that in all natural social conditions the sexes seek support and encouragement, consolation and relief from their opposites, in all cases where assistance is needed. It is generally admitted, that men, when sick, prefer women as nurses, which is undoubtedly true, and philosophically so; but this admission draws along with it two other things, which are,

1. That this feeling on the part of man must have its counterpart in the breast of woman, else the feeling on his part is unnatural, which no one affirms.

2. That all that woman needs to make man prefer her over his own sex as a physician as truly as he now prefers her over one of his own sex as a nurse, is confidence in her qualifications. This preference is the basis of the social union called marriage, and which makes a unit of the twain.

Now I cannot, because I happen to be a man, divest myself of the skill which a beneficent God has given me, though that skill may apply to the treatment of the diseases of women as fully as to the treatment of general diseases, and perhaps even more fully, any more than I can at will divest myself of the memory I have. If I cannot, then other qualifications being mine, I am fit to be your teacher; and if this is admitted, then the right to speak through the WATER-CURE JOURNAL becomes mine, so long as I speak with due regard to the public feeling and the good of the afflicted.

I propose to submit for your reflection cases of disease which have been in my establishment, or are in it now, under treatment, hoping thereby to stimulate you to try Water instead of Drugs, or the nameless quackeries which are abroad. At least I hope my reports will set you thinking. I shall avoid all unnecessary detail, it being my design to convince you that where Drugs fail Water will not fail, and also to show you how sweetly and kindly it accords with Nature to restore bodies to vigor, when drugs had broken them down.

Behind my statements will stand the living individuals, ready to confirm what I say, whenever any responsible person shall publicly question it.

CASE I.

is that of a woman whose circumstances have been easy, and whose constitution is scrofulous. She is now some thirty-eight years of age, and the mother of numerous children. Some six years since, whilst in a condition of maternity, she was taken with the measles, and was kept sick till her son was born. She did not recover readily from that state, and when she did get about the house was troubled with sore mouth. For this medical advice was had, and the prescription was mercurial ointment externally applied to the neck, and chest on its upper part. This was done and temporary relief ensued, and the doctor pronounced her cured. Soon after this pronouncement her mouth became sore again, her gums inflamed, and she exhibited unmistakable signs of having been touched by calomel. Gradually, however, she got better of this, and was about the house, being troubled thereafter more or less with dyspepsia.

Four years ago her health failed her, and she was induced to take medical advice. The doctor prescribed pills made of extract of dandelion. She took them. Getting out of them, her husband went to a druggist and bought some of the extract, and gave her as ordered by the physician.

In twenty minutes she was paralyzed; she could

not move a hand or foot. Horrible visions floated before her eyes, and her distress she declares no tongue can describe. She had taken *Extract of Belladonna*. She was saved by the administration of powerful emetics, but her system was completely prostrated for ten or twelve months. One effect of the Belladonna in relaxing the muscles, was to act almost specifically on the sphincter muscles. She came to the Glen, and stayed some months under Dr. Gleason's administration, and received some benefit—all that could be expected in the time which she stayed. During this period she was unfortunate, and lost prematurely a child—occasionally, it was supposed, by the influence of the Belladonna on her.

She left the Glen, and passed from my knowledge particularly till last July, when a note from her husband was received stating she was sick, and inviting Mrs. Jackson and myself to come and see her. We went. I found her again a mother, and though the period had passed which one in her state would naturally expect to be kept in retirement, she still was forced to keep her bed. Her room was like a drug shop; there were patent medicines on her table, there were galvanic belts and galvanic fluid wherewith to renew the belts after the system had sucked up the virtue, there were laudanum, and castor oil, and starch, there were Homeopathic pellets, there was an old teacup with powders done up in little white papers. The windows were down, the air close, and the patient as nervous as a witch.

Superadded to all this mummery, the poor woman was dabbling in water. She was trying its virtues, and would persist, notwithstanding the suggestions of physicians and friends. I heaped up all the Doctor's *Olayodrida* into as much compactness as possible, carried table and all out of sight, threw open the doors and let in some air, run up the curtains and let in heaven's light, and sat down by her bedside to talk. Her story was pitiful. The intervening years which I had not been familiar with her history, she had marked by two great events—bearing children and taking Homeopathic medicines; till, since the birth of her last child, she had taken a little of anything but Allopathy.

On a full examination, I informed her that I thought she could live. She looked up as if she thought I was a savior, and asked me if I thought she could get well under home water treatment. I replied negatively. Her husband, who came in at this time, said he was willing she should go to the Glen, and it was settled she should go in a week. Mrs. Jackson and myself returned, and week after week passed, and she came not, till we forgot her in the pressure of our duties. Five weeks after, our little steamer rounded at the wharf, and this woman was brought off it on a couch.

She was worse than when I saw her at home. Emaciated in flesh, fickle in appetite, bloodless skin, constipated in bowels and depressed in mind. Our administrations were very mild, but in about two months she had gained so as to walk out of doors, and was quite cheerful and merry. Life assumed at times quite a bright coloring to her. It was a calm before a storm.

One morning she complained of pain in her back, said she had not slept much, and though she ate a little breakfast, felt badly. Pretty soon she complained of pain in the stomach, then in her head. She described it as a throbbing, beating sensation. At times her agonies were extreme. No person could suffer more. Her tongue was coated—it had, up to this time, been clean, though too red—with a yellowish furze, thick and tenacious; her throat seemed sore, and, to use her own phrase, she "was sore all through." Her pulse was up to 92 all the time, and most of the time to 115. Her skin was hot, head hot and aching, feet cold—urine scanty, and feces scybulous. The progression was steady, apparently downward. She gave out curious exhibitions at times,

ke one whose system had been called new and inexperienced duties. She was suddenly faint on rising, would be very stomach, would have perfect abhorrence foods, and intense desire for other kinds of cry like a child, would lie all night sleep owl, would declare she was dying, would a twenty times a day if I thought she would ever be any better, would complain of everybody and everything. Her treatment was what it seemed good to me to administer. I left her one night in great throbbing of the stomach, satisfied in my own mind that this whole strife was a struggle of her vital force against the disease, and that unless it was thrown off her stomach she must ultimately succumb. Yet I did not feel discouraged. I had had very sick patients, and had never lost one in a crisis, and at that time I did not believe I should lose her.

The next morning the symptoms were all changed. Her stomach, back, and back of her head had suddenly ceased to throb, had become easy, and she had fallen asleep. I found her pulse much improved, but her mouth was running saliva at a good rate. The gums were all swollen, and covered with white epithelium as though they had been touched with nitrate of silver, and her teeth were all loose. Her breath was very offensive. This condition of the gums and the drain of the salivary glands, continued to increase, till it seemed she must die. I judge, that some days, she drooled the larger share of a pint of fluid from her mouth. I brought all the resources of my brain to bear on the case. I read all I could get on the morbid conditions of the mouth, teeth and gums. I called to my assistance Professor Dalrymple, of Syracuse Dental College, who, on seeing her mouth, declared that in his opinion, not three dentists or doctors in the world had seen such a condition of the gums. She had twenty-four teeth in her head; they had up to this time been very good and serviceable to her. We concluded to extract them, and did so at two sittings, considering them only as foreign bodies, acting as irritants.

With the irritation of the stomach and intestinal canal, there had been great irritation of the reproductive organs, all of which ceased as soon as the mouth became inflamed. Food which she could in nowise take with comfort previous to this metastasis of the disease from the abdominal viscera, she has taken with ease, so far as digestion is concerned, and though now very feeble, gives prospects of ultimate recovery, though her case is not yet free from doubt. During the time she has been under my administration she has taken no medicine, and I leave the reader to judge what it was in her system that after such a deadly struggle was forced to make its exhibitions in her mouth, and on her teeth and gums. I think it was a mercurial sore mouth; I think she had retained the poison in her blood from the time she rubbed it on her neck and chest, and that it had made the points of irritation—the stomach and uterus. Right or not in my theory, I am certain that against all hope of everybody but myself, I have been God's good messenger of life to her so far, and hope that I shall send her home by and by to her husband, and her group of young children, to be a blessing to them, by warning them to avoid medicine as they would suicide. When I congratulated her this morning on her prospects, and thanked her for her unwavering confidence in Water-Cure, and in me as her physician, she said, "O! Doctor Jackson, I feel, as my hopes of life come back to me, as if I would like to devote my life to proclaiming this new salvation to my sex. If I do live to set my feet again on my own hearth-stone, if I can possibly help it, no child of mine shall ever touch a particle of medicine." I close this article by saying, that within the last six years this lady has had treatment for the following diseases, all of which have come upon her since the rubbing of the mercurial ointment on to her breast and neck: Weak eyes, headache, sore throat, dyspepsia, liver complaint, costive-

ness, prolapsus uteri, irritation of the bladder, leucorrhœa, "general debility," anemia, "derangement of the circulation," and piles. Now I feel morally certain that had she taken no medicine internally or externally, she would not have had one of these ailments to rid herself, of which it has cost her incalculable suffering, and perhaps her life.

Glenn Haven Water-Cure, April, 1853.

PARENTAL RESPONSIBILITY.

HEALTH A DUTY.

BY J. GEARDE.

Out, ye impostors!
Quack-salving, cheating mountebanks: your skill
Is to make sound men sick, and sick men kill.

MASINGERS.

PARENTS should take care of their health, not by everlastingly "dosing and doctoring," but by allowing nature to "have her perfect work." Health will flow as freely and uninterrupted as flows the deep and rapid river to its ocean home, to those "who by patient continuance in well-doing," interfere not with the harmonious and perfect operation of nature's laws. If we follow and are governed by the indications of unperverted nature, our health will "take care of itself."

The boy who inadvertently whistled in school, when asked of his master "what made him whistle," replied, "I didn't master; it whistled itself." So with every organ and function of the body, where there is no infringement on nature's laws. Indeed, it requires palpable, and often long-continued violence, to arrest the healthy exercise of the functions of a healthy constitution.

It is the duty of those who have health, to preserve it; and the duty of those who have lost it, to strive by all possible means to regain it. It is astonishing with what power the human constitution will resist disease. Thousands abuse their health hundreds of times with comparative impunity, and even after their constitutions are broken, will endure sickness and suffering, till they wonder themselves that they are alive. There is among the masses a "leaving of the first principles of the doctrine" of health preserved; and a reckless, rapid "going on" to ruin.

It is fearfully wonderful with what perseverance multitudes, every day and night, and almost every hour, will do something which is more or less detrimental to their health; will confine themselves within doors; congeal their blood in overheated rooms, by burning out the oxygen of the atmosphere, consequently preventing the decarbonization of the blood, and its healthy circulation; will shun exercise; sleep in close rooms; eat too much, and too often, and what is injurious, rather than that which is nutritious; will overtax the mind; neglect the skin; dress too warm, and too tight; and ten thousand other kindred things perpetrated almost perpetually, and all of which are more or less injurious to health.

On none falls the duty of preserving health with such ponderous weight, as on the mothers of our day.

The fathers are not exempted from responsibility in this matter. It is a law of nature, as true relative to animal as well as vegetable health, that a "corrupt" or unhealthy "tree cannot bring forth good" or healthy "fruit." There exists no natural or moral right to perpetuate unhealthy constitutions. Parents have no right to inflict a serious wrong upon community, by multiplying the number of hereditary invalids.

All who expect to fulfil with joy their earthly destiny; who anticipate occupying the high and responsible position of parents, should study the laws of health, and implicitly obey those laws, and make

their obedience a matter of conscience; and "repent and turn from the error of their ways," wherein they have been guilty of violation.

The grand means by which the highest beauty of mankind is promoted, their energies developed, and their physical and mental health "cared for," is wholesome exercise, with the practical exemplification of the principles of temperance in the gratification of the appetite in eating, drinking, and sensual indulgence.

In the first place, virtuous activity is the law of health. Men and women should grow up harmoniously and industriously, if they would discharge parental responsibility with honor to themselves and their posterity; and with simultaneous expansion in trunk, branch and foliage, as grows a tree, the sap of healthful energy must circulate in every fibre; maturing fruit fair in appearance, and sound at the heart.

In proportion as the physical nature of a man or a woman is healthfully developed, by suitable discipline; winning the greatest vigor of limb, and the greatest acuteness of sense, he or she will derive important aids to the intellect and moral powers, from the perfection of the outward frame; and by a delightful reaction of the mind, in proportion as it is invigorated and beautified, it gives strength and elegance to the body, and enlarges the sphere of action and enjoyment. This law has been recognized and observed by the wisest and best educators of the world.

At Athens the gymnasia became temples of the graces. They were not merely places of exercise for the young; but drew to their halls, porticoes, baths, and groves, the most distinguished votaries of every art and science. The field of Olympia was to the Greeks the most sacred enclosure of the gods. The games thereon practised, among other uses, promoted mainly education, by teaching that the body has its honors as well as the mind. The candidate for the strife and conflict was inured and fitted by the severest training. His nourishment was at first dried figs, nuts, soft cheese, and a coarse sort of bread called *Maza*. The use of wine was absolutely forbidden and continence enjoined; which Horace expresses as follows:

Qui studeat optatum cursu contingere metam
Multa tulit fecitque puer, sudavit et asit,
Abstinnit venere et vino.

Art. Poet. IV. 412.

"Who in the Olympic race the prize would gain,
Has borne from early youth fatigue and pain,
Excess of heat, and cold has often tried,
Love's softness banished, and the glass denied."

The ancients felt that vast importance belonged to physical agility and strength, not only that the intellect may be thus aided in energetic action, but that a firm basis may be laid in a sound body for the exercise of exalted virtues. Without physical vigor, the feeble flickerings of the mind are only "a gilded halo hovering round decay." The exercises of these games were introduced, says the ancient historian, and honors annexed to them, to excite and keep alive the spirit of emulation among the people, in promoting health and physical agility; not being confined to a graceful mien; but joining strength to the charms of person.

Hercules, Theseus, Castor and Pollux, and the greatest heroes of antiquity, thought it glorious to share in the exercise of them, and meritorious to succeed therein.

History records the fact that the ladies were admitted to dispute the prize in the Olympic games, as well as the men, and that many of them obtained it. Cynisea, sister of Agesilaus, king of Sparta, first opened this new path of glory to her sex, and was proclaimed conqueror in the race of chariots of four horses. The victory was celebrated with all possible splendor. At Sparta a magnificent monument was erected in honor

of Cynisea, and the Lacedæmonians appointed a poet to transmit this triumph to posterity, and to immortalize its memory by an inscription in verse.

Without fostering the barbarism incompatible with true refinement, incident to those Oriental games, it would be a blessing to our race, could there be imparted and kept alive, sufficient interest and emulation among the masses, in legitimate gymnastic exercises, to lay the foundation for the healthful development of the resources of the physical strength of the youth of our land.

In the second place, Intemperance is a fruitful source of debility, disease, stupidity, and death. It debilitates fathers and mothers, and detracts from the vigor and healthfulness of posterity. The example of the Saviour of the world in the use he made of the "barley loaves and two small fishes," teaches us that the body should be fed, not paupered. This world and its blessings should be "used," not "abused." The text-book of the holy religion of Jesus specifies those who make a "god of their belly," and describes them as "glorying in their shame, whose end is destruction."

As much intemperance exists in community in eating as in drinking. Thousands who regard themselves as the predestined champions in the Temperance Reform, are slaves to their inveterate and unconquerable appetites. Bernard has remarked that "A prudent mind, devoted to God, ought so to act in its body, as the master of a family in his own house." He ought not to suffer his flesh to be, as Solomon expresses it, like a brawling woman; nor any carnal appetite to act like a rebellious servant; but to inure them to obedience and patience. He must not have his senses for his guides; but bring them in subjection, and subserviency to reason and religion. He must have by all means his house and family so ordered and well disciplined that he can say to one, go, and he goeth; and to another, come, and he cometh; and to his servant the body, do this, and it doeth what is bid, without murmuring. The body must also be treated with a little hardship, that it may not be disobedient to the mind.

But how vast the multitude of those whose perverted and artificial appetites say to them, "Do this," and they do it without a murmur.

For instance, appetite says of tobacco, chew it, and it is chewed; smoke it, and it is smoked; filthy it is, but, lady, you must snuff it, and it is snuffed.

We want the "Maine Law" on tobacco, as well as on rum. If any of these lovers of the filthy weed; or slaves in other respects, in which "use hath bred a habit," feel disposed to question their subjection to the slavery of their pernicious appetites, let them refuse obedience for a season; and see if in the result they do not cry out as did Prometheus when Strength and Force left him, saying, "I needs must bear my doom as easily as may be, knowing as I do that the might of necessity cannot be resisted."

A pagan youth once said, that "He was greater, and born to greater things, than to be a servant to his body." A sentiment worthy of the patronage of Christianized humanity, three-fourths of whom "saturate their own death-warrants with their cups, and dig their graves with their teeth."

Temperance in eating, as well as in drinking, is a cardinal virtue. One short sentence writes the complete biography of the rich glutton, who cries from hell for a "drop of water to cool his parched tongue." It was said of him that "he fared sumptuously every day." It is not likely that water was his common beverage when on earth. Temperance, says Jeremy Taylor, is "reason's girdle and passion's bridle: the strength of the soul and the foundation of virtue." Many live to eat; few eat to live. Solomon has ranked the glutton with the drunkard and the indolent man. They all belong to one class; all are slaves; and their slavery is the most ignoble and despotic. To be a slave to a single useless habit, though it may be of

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itself innocent, is highly pernicious. It is beneath the dignity of human nature. It is worse than brutish, and shame and confusion ought to mantle the cheek of the miserably enslaved guilty man or woman. Men that are men, and women that are women, will not allow appetite to put "a hook in their nose," or palate, as was the case with Sennacherib, and lead them about at its pleasure. A woman contracts the habit of snuff-taking, and neither love nor money can induce her to forsake the filthy practice, which her reason (what little she has left) admits to be a useless one. Large sums of money may be proffered her, if she will abandon putting her nose to such a use. Every argument may be made use of to persuade her to throw away her snuff; but all to no purpose. She, senseless and stupid, thinks it no doubt an honor to her mulish disposition that she is proof against all attempts to reform. Her snuff she must have, and hersnuff she will have. God has declared that "they who serve the beast shall have no rest day nor night." She has no rest; to bed she takes her snuff, and through the night at intervals supplies her nasal organs with the delicious narcotic. She serves the beast, and makes herself more odious and offensive to the refined and cultivated than a beast. Pretty use, that, to put a lady's nose to!! And yet she, poor, degraded, beastly thing, has no other use to put her nose and throat to, than to make it the chief conduit through which the vile and poisonous tobacco must be constantly snuffed and blowed. Such noses are like Homer's giant, quaffing from the goblets of Ulysses, crying "More, give me more;" and are never satisfied.

Such women are a libel on their sex. If there is anything on earth that would make a sensible man "groan," it must be a companion of this character. He must be more than human to patiently endure, having fastened and identified with his existence such a horrible excrescence in mortal shape, and not "groan being burdened." The angels might well weep at such a despicable and abhorrent sight. Society should frown upon such prostitution, and the miserable victims should be regarded as insufferable nuisances, until willing to abandon the vile practice.

Coleridge remarks of man, that "unless above himself he can erect himself, how poor a thing is man." Unless in the reigning power, supremacy is given to the judgment and reason, instead of the passions and appetites, how miserable and beastly must be his existence!

How can it be expected that parents will be qualified to govern their children, unless they can first govern themselves? If they are miserable slaves to their unnatural and artificial appetites, how are they prepared to instruct and "train," by precept and example, their offspring "in the way they should go?" How safe would it be for parents to cherish habitual superiority to the gratification of voluptuous appetite; and ever recognize, and be governed by the principle of supplying those cravings which are congenial with nature's demand; and make it a matter of conscience to instruct their children relative to the wide distinction between nature's requisitions and the hungerings of artificially formed appetites. Suppose, in order to give predominance to this principle, we sacrificed and banished from our tables teas, coffee, dainties, condiments, and luxuries of every description that are sought for only by unnatural appetites, "and are indulged in only to inflame lust and accelerate the ruin of those who crave the delights of splendid misery;" would the price paid be too dear for the treasure purchased for our children and children's children?

Says a modern writer, "Many fine people go to church, pray for health, and then hasten home to gormandize. Their families are stupid and lascivious, and linger out a diseased and useless existence, or drop suddenly into the abyss of destruction. Then comes the ostentatious funeral and lugubrious talk

about the mysterious providence. What is mysterious? That a miserable thing of condiments, jellies, lust and laziness, having violated all the laws of our being, at length ceased its contemptible existence. As well expect a wholesome and prolonged existence when the organs are petrified, or the heart congealed."

Cicero has well said that "we should not have any respect to pleasure, but only to the preservation of our health and strength in our food, clothes, and other conveniences belonging to the body." Such pleasure is but the pleasure of sin, which soon brings the sting of death. The epicure professes to seek for pleasure, but this is a boon vouchsafed to the temperate only, and not to the voluptuous. The sweetness of the honey never can compensate for the bitterness of the sting.

Contemptibly foolish and hopelessly vicious habits everywhere prevail in our country. Thousands labor most assiduously to make themselves sick, and seem most enamored of their own destruction.

Wholesome restraint is sneered at, and the infatuated victim learns but too late, that

"Headstrong liberty is lashed with woe."

Such, bound in their loathsome vassalage, entail upon their unfortunate offspring their wretched infirmities; and often leave them to seek in death a covert from the languishing and corroding ills of life.

"The future is dreadful, and the present is spread

Like a pillow of thorns for their slumberless head."

The best preventive of such matured evils, is the practice of that divine virtue, which guards against their smallest beginnings. Such will stand in the beauty of old age on Pisgah's top of temperance and chastity, and reading "their titles clear to mansions" on high, exclaim in noble pride,

"Though I am old, yet I am strong and lusty.

I did not with unbashful forehead woo
The means of weakness and debility;
Therefore my age is, as a lusty winter,
Frosty, but kindly."

SEA-SICKNESS—NAUSEA MARINA.

BY JOEL SHEW, M.D.

[SEA-SICKNESS is a disorder, the consideration of which has been almost universally neglected in medical works, whether popular or professional. And as the season of the year approaches in which more persons go to sea than in any other, we are desirous of giving our numerous readers, the world over, as we may say, some appropriate advice on the subject. Besides, the principles so clearly elucidated in Dr. SHEW'S article will be found of service to "landmen," as well as those who "go upon the great deep."—PUBLISHERS.]

This affection is identical with that which is sometimes produced on land by riding, swinging, rocking, turning round rapidly, waltzing, &c. Sea-sickness is the more persistent, only because of the longer continuance of the cause that produces it. If we were to judge of the evil effects of a disease by the painful sensations it causes, we should class sea-sickness as among one of the worst to which the human system is liable. No other affection, probably, is capable of rendering a patient more dispirited, and disregarding of everything around him, and *even of life itself*, than this. It is said that Caesar preferred throwing himself into the hands of his enemies, rather than suffer for a short period longer the horrors of sea-sickness. But this affection is seldom, if ever, a fatal one—some say never; and that those who suffer from it are generally improved in health, is admitted by all who are acquainted with it. It is true that persons may have sunk under it; but in such cases disso-

lution has doubtless been the effect of a long disease, and which was ready at hand to destroy life. Such cases must, I conclude, be rare, for seamen tell us that none are ever sea-sick. Moreover, it appears to be a disease of Nature, that if a patient has a deep-seated and incurable disorder, such as consumption, abscess, &c., he does not experience sea-sickness at all. It is the more healthy persons only who are subject to it. The stronger the hold upon vitality, the more liable is the system to an attack.

Young children—particularly those at the breast—are much less incommoded by this affection than adults. In infancy, the stomach is longer in its conformation, having a more upright position than in the grown person. Hence regurgitation of food is accomplished with much less difficulty in the former. Aged persons are also less liable to it than those in middle life. It is admitted, however, that some persons who are apparently healthy, never know, however great may be their exposure, what the sensation of sea-sickness is; but these are exceptions to the general rule.

Some persons soon become accustomed to the sea, so as not to be subject to this affection. Others may go to sea as often as they please, while yet, if they remain upon land a few weeks at a time, and then go to sea again, the difficulty comes upon them as bad as before.

Animals, as well as men, are subject to sea-sickness, although not to so great an extent. It is said that quadrupeds, the head of which is naturally on a plane nearly horizontal with the heart, experience less of its symptoms than fowls with head more erect. I am not aware that animals of every kind actually vomit at sea, but other symptoms of sea-sickness not unfrequently present themselves.

Nature and Causes of Sea-Sickness.—Some have maintained that in sea-sickness the brain becomes congested; which, say they, causes the nausea and vomiting; but this does not seem to be the case, for in all congestions of the head, there is flushing of the face, fulness, &c.; while in sea-sickness, there seems rather to be a deficiency of blood in this part, for the face becomes pale, in a manner similar to that of a person who chews or smokes tobacco for the first time. Besides, one suffers less in sea-sickness, when in the recumbent posture, than when standing, which would not be the case if there were sanguineous congestion in the head. Besides all this, sea-sick persons are never found to suffer by any of the accidents, such as rupture of the bloodvessels of the brain, effusion of serum in the part, or apoplexy, as happens in a hyperemic state of the brain.

It has also been contended that sea-sickness is caused by the shock or agitation communicated to the intestines by the motion of the vessel, which effect is communicated by sympathy to the brain. But this theory cannot hold good, because in various exercises, such as horseback riding, the abdominal viscera are subject to a greater degree of concussion than in sailing, and yet no such sensation as sea-sickness is experienced. It is true that riding in a carriage, especially backwards, sometimes causes sensations analogous to sea-sickness; but this does not happen because the bowels are *shock* by the exercise. In a hard, jolting vehicle sea-sickness is much less apt to come on than if the carriage is an easy one, hung upon springs.

It has also been supposed that sea-sickness arises wholly from impressions upon the nervous system, received through the visual organs. But this theory cannot be maintained, inasmuch as it is found that blind persons are as liable to suffer from it as others; and it is experienced as much in the darkest night as at any other time.

In making out a true explanation of the nature of sea-sickness, reference must be had to the nervous system. The cause of the difficulty is the motion of

the vessel, which never for a moment ceases, from the time it puts out to sea until a harbor is entered. This motion produces primarily a peculiar impression upon the nervous system, and secondarily a disturbance of the circulation, by which the stomach and other abdominal viscera become congested, causing in the brain a deficiency of blood. The vomiting is only an effort of nature to relieve the system, which is proved by the fact that the distress at the epigastrium and the nausea are much worse than the vomiting itself, and that after vomiting, the greatest relief is experienced.

Prevention.—Those who go to sea and expect to suffer from sea-sickness, should diet sparingly for some days previous to embarking. It is never well to go away in a hurry and state of excitement, as is generally done. Get well ready beforehand, and take the matter calmly. Making a great change, such as hurrying about business, &c., and then going suddenly upon ship where there is nothing to do, is one of the surest means of making a person sea-sick.

A position in the middle of the vessel, where the motion is less, has some effect in mitigating the suffering in this disease. Always the more pitching and tossing, the more the nausea and distress, and the longer continued. This it will be well to recollect in selecting a berth for a voyage at sea.

Treatment.—It is an instructive fact that sailors suffer very little from sea-sickness. The reasons are obvious. They are, in the first place, employed bodily and mentally. They are called out regularly at every watch, and the older sailors know and assure the others that if they will but keep busy, go aloft and stir about actively, they will soon get over the trouble. This they know by experience. True, they recommend girding the loins, and sometimes taking a good draught of salt water. But the great remedy with the sailor is, *the active and regular employment in which he is engaged.*

Strong mental impressions have much to do in warding off sea-sickness. It is not uncommon at sea, when a dangerous gale comes on, to see the passengers cured suddenly of their nausea and distress. This is in fact uniformly the result whenever great danger is apprehended at sea. The same thing is also seen on coming near shore. I have myself known a physician who lay in his berth, almost the whole of a long winter passage across the Atlantic, and who, when told that we were in sight of shore and near New York, to which he had so long hoped to arrive, got up and went about on deck as nimbly as any one, without any further sea-sickness, and this while the sea was yet rough. Hence, a sea-sick person should manage to keep himself occupied as much as possible.

I myself know something experimentally respecting sea-sickness, having crossed the Atlantic, and the North Sea several times, always suffering more or less from the complaint. When I first went to sea, I was willing to be sea-sick, so that I might know positively what it is and how to manage it. To this end I ate freely at first, so as to give old ocean the best possible chance of making me as ill as he might. And I did become sick enough and so weak in two or three days that I could not crawl. One circumstance that made me much weaker than I otherwise would have been was that I went without water as well as food for at least two days. Some water was brought me in the night in a tumbler that had had medicine in it. This caused me to loathe the water, supposing that the water casks had become foul. But, when I found out my mistake, and that the beautiful Croton was as pure and limpid as when we first left the city, I set to drinking it in earnest, which together with a wet-girdle, made for the occasion out of sail-cloth, and crawling out into the open air—for I could not possibly walk—soon improved my strength in a remarkable degree.

I say then to all, drink water freely from the first when you are sea-sick. Both man and animals can live more than twice as long with water as they can without it. Besides, it makes the vomiting easier. After one has had a little experience, he can tell well

enough when the trouble is coming. If then, when the *qualmishness* begins to affect him, he drinks two, three, or more tumblers of water—and blood warm is best, although cold is useful—till he vomits, the effort is not only rendered much easier, but greater relief is obtained, and in a shorter time. The periods between vomiting will also thus be lengthened.

This water vomiting, then, I recommend as a great help in sea-sickness. To treat vomiting *by vomiting*, might seem paradoxical; but of the good effects of the practice I can testify, not only from my own experience, but that of many others for whom I have prescribed.

The rubbing wet sheet, and all hydropathic appliances which tend to bring the blood to the surface, will not only be found useful in warding off sea-sickness, but also in supporting the strength.

The wet girdle is an excellent remedy in this affection. In some cases it wards it off entirely, and in others it serves as an efficient palliative. PRÄSSNITZ showed his rare shrewdness and knowledge of the laws that govern the human system, when he advised as a remedy for sea-sickness, that a *heavy wet girdle, tightly applied, be worn constantly, and re-wet often, without removing it.* Sailors know by experience, that a girdle, even though dry, is useful; and we know, also, that a *wet* one is still better. In the convalescence from sea-sickness, this remedy is particularly valuable.

The great tendency to costiveness caused by sea-sickness should make us watchful on this point. Brown bread, fruits and other laxative articles, should constitute a large proportion of the food at sea. For some reason, there is much greater craving for vegetable acids at sea than on land. These, it is well known, help to keep up the proper movements of the bowels. Those who go on long voyages, especially, should see to it that they are well provided with dried fruits, for green cannot always be had. Every one should also have access to a good injection instrument. If he depends upon cathartics, he will only be much the worse.

Results of Sea-Sickness.—Almost all persons are benefited by this affection. If one has been dyspeptic, he is, perhaps, surprised to find, when he gets on land, how strong an appetite he has, and how vigorous and perfect his digestion has become. The more he has suffered, the greater the benefit, as a general thing. But how comes this benefit? Is it by the retching and vomiting that strains the diaphragm, stomach and abdominal muscles, often so much that they become extremely sore? Is it by crowding the blood forcibly into the head, as the act of severe vomiting does? No; it is none of these; such are only the bad effects, and would be better avoided, if that were possible. IT IS BY THE BENEFICIAL POWER OF FASTING THAT THE BENEFIT OF SEA-SICKNESS IS CAUSED. It is a law of nature, that when the body is wasted for a time by want of food, it grows more pure. Nor does abstinence cause disease, as many suppose. A person who dies by starvation, dies of *debility*, and not of *disease*. It is the purification of the system, then, that causes the benefit in sea-sickness; and this could be accomplished by suitable fasting, better without the retching and vomiting and giddiness, than with them. But so good and useful are abstinence and fasting, it will repay one to take a voyage at sea, if he can but be certain of becoming *really* sea-sick, so that he will be compelled, for a time, TO ABSTAIN WHOLLY FROM FOOD.

HEROIC TREATMENT.

BY DR. J. H. HANAFORD.

THE time has been in the Allopathic treatment, in which it was regarded as absolutely necessary—if we may judge from the course pursued—to produce in

some manner a violent shock on the human system, for the purpose of removing disease in some of its forms. The treatment consisted, therefore, in barbarous attacks on the vital domain, and outrages on humanity. Whether from design, or otherwise, it is not my province to determine. It is certain, however, that far too often, if not generally, the results have been lamentably destructive. Adopting the trite saying, which has become almost a fundamental principle with them, that the patient must “become worse before he can be better,” they have very generally secured the first condition with almost mathematical precision, while in the second they have been less successful. It is unnecessary to state, that ordinarily such a conclusion is not only unphilosophical, but an outrage on the natural credulity of a wonder-loving community. As well might we urge the inebriate to seek the lowest depths of dissipation preparatory to reform, or the business man to squander his capital, in order to amass a fortune more easily. Such a course benefits the practitioner *pecuniarily* far more than the patient *physically*.

It is quite possible that some of the friends of Water-Cure, and even some physicians who were once Allopathists, have retained or imbibed some of the errors of that system, in clinging to a heroic use of the usual water appliances. Whenever used by the Allopathist, it has ordinarily been in some of the methods discarded in modern water treatment, as dangerous and unnecessarily harsh; while on the one hand, a debilitating use of *warm* water should be avoided, there is no advantage in a prolonged state of coldness, by which the patient becomes an *Allopathic sufferer*. Certainly, no good can result from a sudden and almost overpowering chill, from which the patient does not recover for several hours, and yet some of our practitioners do not hesitate to administer such, especially those who may have adopted the former German method of treatment. A sudden chill that sends the blood *furiously* to the more vital organs—often tending to congestion, or a fearful shock of the nervous system, cannot but operate unfavorably, especially on those of a delicate organization, or those much enfeebled by disease. The strong and vigorous, those afflicted with merely acute diseases, may endure heroic treatment, and often recover, but others will ordinarily sink under such treatment, or receive injuries from which they cannot readily recover. Discrimination is as requisite in Hydropathic processes, though the agents employed are less destructive of human life when properly used, as in other systems, where poisons are employed. There is no reason or philosophy in a uniform employment of hydropathic appliances, for similar diseases, when the temperaments, reactive powers and general vitality are widely different. One may endure the douche at a low temperature, and even recover under its severe application, while others sink, or find, when too late, their acute diseases assume a chronic form. Though many cures may have been effected by a somewhat random “home treatment,” or by heroic practitioners, it cannot be doubted that a few have been *sacrificed*.

This train of thought has been suggested more especially by a case now under treatment, in which the heroic treatment proved an entire failure. The patient was emaciated, weak, and suffering from a very severe form of *chronic rheumatism* and a slight hepatitis. He was subjected to the *douche*, the water falling *sixteen feet*, at a temperature of 40° Fahrenheit! With his small stock of vitality, he could not react against such severe and harsh applications. The result was, that under such treatment, with other appliances somewhat less severe, he steadily grew worse, and soon became helpless. The first indications of paralysis and pulmonary disease were already visible. The sciatica, in addition to other results, was making considerable progress.

With a milder treatment, he soon began to rally,

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though his progress was scarcely perceptible, in some respects, after having gone through two "courses," a burning (Botanic) and the freezing. After about two weeks' treatment, he was again able to walk, though with considerable effort. Vapor baths, packs, at a comfortable temperature, thorough rubbings, &c., soon relaxed contracted muscles and limbered stiff joints, and, indeed, "made another man of him." Instead of losing about twenty pounds of flesh, as under the "hot practice," or more than one per week, under the "cold," he is now slowly gaining.

Nantucket, Mass.

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BY NOGGS.

By this time the name of Pillicody was in everybody's mouth, and everybody declared that old Dr. Jacob's mantle, aye, his very leather breeches, saturated with the "grease"—the Pillicody's were celebrated for their "grease;" that is, a kind of ointment which they exclusively prepared out of the "arbs" of the field, and gave it the name of "osungentum." Albeit, the Pillicodys were not over inclined to Latin, but they thought it would have more effect with a big name. But the people who hate Latin, called it first Pillicody's ointment, which soon became as famous and as much sought after, as are now the far famed mines of California, and in process of time, it became still more idiomized, and was called "Pillicody's Grease," and when the neighboring doctors inquired of the venerable Jacob how he made it, he would solemnly assure them that it was only to be obtained from the bodies of the Pillicodys—who fortunately were very fat and stout, and when any of them died, they always tried him out, and the fat obtained was the healing basis of this celebrated "Bone Ointment!" Be this as it may, I can't say—though myself one of the "seraps" of the honored Jacob—all I can say is, the belief has prevailed to this day, from their miraculous cures performed by this precious ointment—it had something human in it. Not only the mantle, I say, but the saturated trousers of my departed and unequalled grandsire, the good gossips insisted, had descended to me, the youthful aspirant to medical and surgical honor and fame. And when it was ascertained that I knew the secret of preparing the ointment for use, the joy of the Elders knew no bounds.

The reader must recollect that the name of Pillicody as Drs. had long been extinct in those parts, till the event of my appearance, hence the delight of the "antique," who really and truly believed that the "Pillicody's ointment" well rubbed in, "would set a bone alone, better than any common Doctor could without it." Well, being thus "backed," you will imagine I didn't worry much about Mrs. —'s carnations, that my horse trampled upon—on the contrary, I took particular pains to ride by her house every possible opportunity, and invariably, when nearly opposite, cracked my new bow whip, in my very best style—and I flattered myself, in those days, that I was one of the "Jehus," and "had a way" with me of doing things up, that was to say the least, taking—and then my horse and sulky what a team—ha? Never before had there been seen in all the land round about the "fields"—a sulky with a top to it!

"What's in a name?"—everything—to some folks—that top to my sulky, gentle reader, done more for me than my own immediate "top piece," it took in "upper tendom," like buckwheat cakes in a frosty morning (in a cheap boarding-house, where such things only happen—never come regularly.) Yes, that top did wonders, and we advise all our young Doctors who wish to dive in *Medicus res*—we Doctors, Mr. Editor, you know are bound to quote Latin, as often every once in a while, but for your benefit, I'll condescend to explain as I go: In, means in—medias, means mid's—res, means things or business in this case. Well, then, if you would make a hit, my dear young brother of the Galipot, always have a top to your sulky, if you don't have any other part—it looks so genteel, and smacks of the city so. My "turn out" and my popularity did the business for me, with the owner of the carnations, she couldn't resist, it was no use, and all at once she discovered Dr. M. was not exaot-

ly "au fail," that's French, and means "posted up"—in matters of modern science. And being extremely solicitous, as she afterwards told me, that Miss Anna Cora Mowat, her eldest daughter—"should have all the benefit of recent discoveries, in order that her form might be as perfect as—I believe her mental accomplishments will be—you'll excuse a mother's vanity, Dr.?" "Certainly, madam—that's a very important part of my business."

She made an excuse to her faithful old Doctor, (who had "been with her through thick and thin for fifteen years," as he remarked to me after he discovered I had supplanted him, and till I appeared there was nobody like him! Poor man, I pity you, but how could she help it, I thought,) that Dr. Pillicody being "a natural born surgeon," she had just called him in to look at Anna Cora's spine. And being called in, you know, dear reader, my skill and recent discoveries did the rest. I now had the additional eclat of being "physician in ordinary" to the rich Mr. Dime, whose station in society gave the direction to everything that aped gentility, and then I was in clover at once, for all who ever hoped to be anybody, and wanted to please the Dimes, patronized me, and the good dinners that insisted upon being eaten by me now—there was "no telling." And I verily believe that my "old hoss" might nightly have made his bed literally on a bed of roses in Mrs. D.'s garden, and instead of anybody's finding fault, it would have been considered affectionately kind in him to select her garden after his day of toil—poor horse!

One day I was sent for in great haste by Mrs. D., who breathlessly assured me that "Amelia Agnes," her second daughter, some ten years old, had manifested every symptom of incipient lung fever, and tears as big as sugar plums, and twice as wholesome, rolled down her cheeks. I begged to be shown to her room immediately, and found "the darling" laboring under a slight "Pneumonia"—which, being rendered into Yankee, means "a good smart cold."

"Madam," says I, after attentively examining the pulse and making her trust her tongue out—way out—of her mouth some four or five times, sounded and pounded—excuse me, practiced percussion—on her chest, asked all sorts of questions, and then, with a lengthened visage, assured her mother that her dear daughter was in a perilous condition, owing to the fact that the blood had deserted the periphery of its circle and become, in consequence, concentrated upon the pleura, causing a congestion of that important part under the left axilla, just above the superior part of the heart. "Oh! heavens, doctor, you don't mean to say that my own Amelia Agnes, my pet daughter, the flower of my family, has got all this trouble!" "Indeed, madam, sorry as I am to wound your tender susceptibilities, I am, after a deliberate examination of your daughter's case, convinced of the truth of my assertion. But, madam, God is merciful. Be calm, I pray you. Your child, though terribly afflicted, may, nevertheless—thanks to the greatly increased lights of the modern science—recover from her dreadful malady." "Bless you for that, doctor; and if you succeed in saving her, my darling Amelia will never, never forget it."

I immediately set about the important work I had already planned. First, in the list of modern discoveries, I took out my lancet, a regular "crown" one, and took from the patient's arm about a pint of blood; and having done up the arm in a way altogether new, which I assured them was infinitely superior to the old way, as it would not in the least interfere with the sanguineous fluid—that's the blood, ma'am—to the heart. I then gave the child a pretty good dose of Tart. Ant., or tartar emetic, and did n't she vomit? Oh! my, how frightened the poor thing was when the "cramps" began to come on, which, with the deadly paleness, that, in common with cramps, usually succeed the emesis of tartarized antimony—frightened her poor mother half out of her wits. She tore her hair and insisted upon it that the child was dying. She did, indeed, present the appearance of one nigh unto death. But I had seen it operate before, and therefore was enabled to assure her mother all would be right. And sure enough, in the course of an hour or two, by the aid of camphor and opium, the child was fast asleep. This was not only pleasing, but perfectly astonishing to the mother, who looked upon me as a worker of miracles. After three or four hours' patient watching by the bedside, the mother again became alarmed and sent for me to "come immediately, as it was impossible to arouse Amelia into anything like life." I found her in a heavy stupor, the opium having taken more hold than I had anticipated. I, however, assured them that all would be well by and bye, and began to force acids down the throat—but trembling in my heart for fear I had poisoned her.

I however succeeded in restoring animation, exertion, but not till I had suffered more than criminal has to suffer in a month in one of our houses of reformation. I restored her, I say. I should have said, that the effects of the opium passed off fortunately before the work of utter destruction could be accomplished, and she rallied. My stimulants and friction no doubt aided in bringing her to life—anyhow, I got all the credit; the recuperative power, or the efforts of nature to restore, was in those days of no account whatever, and very little now with most folks.

Oh! what rejoicing there was in the house of Dime that day! If I was great before, I was ten times greater in their estimation, for their beloved child who was dead was made alive again—and all by my means. I took more credit for the first part of it than I did for the second,—but of course I kept my own counsel. It was all over the neighborhood in two hours, that Mrs. Dime's child had had a terrible inflammation of the brain, and Dr. Pillicody had in the most wonderfully skillful manner, saved her from the generally fatal effects. Thenceforth their united forces were constantly employed in chanting the praises of the Pillicodys!

So much was said about it, in fact, that I began to think I had taken a wrong view of the case myself, and instead of nearly killing the poor child with my drugs, that I had actually done something meritorious—anyhow, I believe I let it go so.

How circumstances will alter cases! The next day a poor man, 'who had no friends,' came very near being lynched because he pushed a neighbor's child into a mill-pond, notwithstanding he helped it out again!

My little patient recovered from its stupor, but only to feel more acutely, when the reaction came on—her trouble in the pleura.

I had recourse again to the lancet, and then gave her antimony in nauseating doses, combined with a very little opium, and after a long while succeeded in "curing" the pleurisy,—that is, the active stage passed away and left her in a worse condition, if possible, than before. She now complained of an intolerable soreness where the pain was, and I ordered a blister, four inches square, to be put over the affected part, and never shall I forget how she begged of me to take it off; but I, though touched to the heart by her piteous moans, felt it my duty to resist—"he that spareth the rod loveth not the child," said I—and so I kept it on; aye, blister after blister, I was forced to put on to that poor child, the case was so obstinate! "What's that?" Oh! "conscience avaunt!" I only did as "science" told me! "Similia similibus curantur!" Didn't I love that child?

"By your works shall you be judged."

Well, I didn't "spare the rod," did I? After many days the soreness also passed away, but a terrible cough remained, and the little sufferer was emaciated to a frightful degree, and pretty soon hectic fever sat in, and the night-sweats soon finished the terrible episode in the poor child's life, and hushed in death the sufferings of the second-born of the house of Dime, who a few short weeks before was in the full flush of healthful activity. "Oh! how mysterious are the ways of Providence!"

What could the Lord want to take that little child—so lovely and well able to enjoy life—away from her kindred and friends for?

Echo answers, "Really I don't see it!"

I consoled the afflicted parents with the assurance that everything that science could do had been done for her darling child.

"We believe it, Doctor," they replied; "we knew she could not live long—she was so much more fitted for heaven than earth."

"The Lord gave and the Lord taketh away."

With this assurance they succeeded in comforting themselves somewhat.

I repeated the same quotation to myself frequently afterwards, but somehow, though an implicit believer in holy writ, I couldn't exactly accept the latter clause as applicable to this particular case. A few days after this sad event occurred, I met "Jeff" Hall, who accosted me in his peculiarly sarcastic manner with, "Well, Pillicody, Providence and you have had another fight, I hear, and it has got the better of you; though I hear you gave them a pretty good tussel, and fought like a good one, with lancet, pill, and powder; but you couldn't come it!"

"No, Mr. Hall," we replied, "we didn't expect the lancet of a doctor could compete with the dart of death, the fell destroyer of us all."

"Oh you are too modest by half," said he; "I think with the addition of your powders, &c., you are a match for him any day, in his own line of business."

"But, Doctor, you said you cured Mr. Allopath the other day, when he must have died inevitably had it not been for calomel, &c. How's that?"

"Is calomel more potent than he? or didn't he try his best?"

"Death loves a shining mark, Mr. Hall."

"So I have heard them say," said he: "but God, in my opinion, loves his creatures too well to let death shoot down at will the fairest and loveliest he has made, and surely he who makes the issues of life and death can do as he pleases. No, no—Doctor, don't talk so to me. You know, and I know, that that is all talk—there is more in heaven and earth than is dreamt of in your medical philosophy."

"Now, own up, Doctor, that you believe as I do, that all sicknesses, and death therefrom, are the results, directly or indirectly, of violated law and improper treatment, and that if we only knew just how to manage 'em, most of 'em might be saved."

"I am not prepared to go so far as that, Mr. Hall," said I.

"Well, you'll have to come to it sooner or later," said he: "for I believe you are a man that will not be likely to keep on in this old worn-out treadmill, the allopaths have trod in these thousand years or more, especially when you see that it don't lead anywhere—at any rate, to any good results."

"What do you mean, sir?—don't we cure a great many of those that are sick?"

"I mean," said he, "that in all bad cases you are of but little if any use, and oftentimes, if not generally, of great evil to the patient, by interrupting the work of nature with your irritating drugs, and in simple cases nature will always do better without you than with you."

"As for your curing anybody with drugs, I have my doubts. You can shift about their aches and pains, or even remove them for a time, but they are sure almost always to turn up again."

"But more get well than die," said we triumphantly.

"That may be," he replied—"but what does that prove? It only proves that the majority of constitutions are strong enough to stand a great deal of nonsense, and that it is the exception, rather than the rule, to die before 'threescore years and ten'—and they get well in spite of you!"

"Now tell me, Doctor, is it not so—honor bright?"

"I can't stop any longer now, Mr. Hall," said I, "as I am in a hurry."

"Oh, of course you are!" I heard him mutter as I left.

My next patient was one where I could show my skill to better advantage—it was a case of dislocation of the jaw in a woman; and I fluttered myself that I was *au fait* in surgery. I found the good old lady sitting in her chair with her mouth open to its fullest capacity, in which predicament she had been for two hours or more, with a young child crying like mad, because mother wouldn't speak to her. When her husband returned from his work, he came for me, and in a very few minutes thereafter I had the pleasure of hearing the well-known sound of her voice again. She was a bit of a gossip, by-the-way, and something of a scold, and the way she made up for lost time was a caution to hen-pecked husbands to keep out of the way. "Just my luck," said her husband to me, "to be gone for the first time in her life when she couldn't scold! How skilful you modern doctors are, to be sure!"

INCIDENTS IN THE ANNALS OF WATER-CURE.

NUMBER TWO.—BY OLIVIA OAKWOOD.

NESTLED among the green hills which rise majestically on the Virginian shores of "La Belle Riviere," may be found a very unpretending mansion, devoted to the alleviation and cure of human maladies, by the aid of PURE SPRING WATER. The proprietor *was* a graduate of the Allopathic school, but early in the course of his practice was converted to the principles of Hydropathy, by reading of the wonderful success of Priessnitz.

In the midst of many discouragements, arising from a new and sparse settlement, and the want of means, but allured by the purity and abundance of the wa-

ter, the healthiness of the locality, and the wild and romantic scenery around, he had opened the Institution to which we have alluded. He was bitterly opposed by the resident *regulars*, of whom there were two in the vicinity; and the inhabitants themselves looked upon the proprietor and his buildings much as did the antediluvians upon Noah and his ark.

But that humble building was destined to be the refuge of many a weary dove, from the storms and sorrows of Allopathy. There has the crushed foot and bleeding wing been restored, and the healed one has gone forth to gather the olive-leaves of health and peace. And now the dwelling has become enlarged and beautified, and the eye of many a traveller is arrested, as he paces the deck of his steamer, by the aspect of the "Water-Cure Infirmary" amid the hills of the Old Dominion.

Among the first cases presented was one calculated to try the faith of the most sanguine and confident. It was that of a young lady, sixteen years of age, who by a painful disease had been confined for many months to her bed. From the first attack she had been attended by the *regulars*, and their practice had produced the usual results. All that affection could devise to alleviate had been done—but all in vain. She became weaker and more emaciated, and her symptoms more and more aggravated, until the physicians declined attending upon her any longer, saying they had done all which the science could do, and that her friends could only apply palliatives to make her descent to the grave less painful.

Meeting accidentally with the proprietor of the Institution, the despairing father stated the condition of his child. The doctor's inquiries concerning *what* had been done, and *how* it had been done, led him to suspect that there *might* be "a more excellent way." In return, the father inquired concerning the new system; and the result of the answers was an invitation to visit his daughter, which invitation was speedily accepted.

Entering the confined and unhealthy atmosphere which the poor invalid had so long breathed, he found her in a very small room, surrounded by thick blankets, to prevent the least breath of fresh air from passing over her. He took the hand of the afflicted girl, saying, in a tone of sympathy,

"You are very ill, Miss G.—I am sorry to see you so."

"Yes, sir," murmured the feeble voice.

"You would like to get well again, surely, would you not?"

"Yes, sir, but that can never be;" and the parched lips quivered with anguish.

"But you must not despair; 'while there is life, there is hope,' you know; and you have youth and a good constitution all in your favor, else you could never have endured all you have. If I could tell you I knew of something which would in all probability restore you, would you be willing to try it?"

"Oh dear! I've taken so much medicine! I'd rather die now, than take any more."

"But I don't mean to give you any medicine at all. My medicine is pure water and pure air. My treatment may seem a little severe at first, but you will soon get used to it, and you will certainly die if you lay here much longer."

"Oh dear! I've got to die any how, I believe, and I will do just as father and mother think best about it."

"That's a good girl,—you may be sure of a blessing!"

Father, mother, brothers and sisters wept around her, and the poor girl, sore from plasters and blisters, and sick almost to fainting at the very thoughts of the drugs she had so often swallowed, murmured out again,

"If he only won't blister and bleed me, mother, and give me any more of that vile stuff, I will do any thing he says."

The residence of this family was a mile and a half distant over the hills from the doctor's establishment, and also from any water of sufficient purity. So there was no alternative but to make ready a wagon with a bed in it as comfortable as could be made, and place the poor girl within it. The removal was very exhausting to her, but she was conveyed slowly and carefully to the place, and lifted out on quilts, to be laid in a bed in her new home.

The doctor and his excellent wife immediately busied themselves to revive her, and make her feel that she was among friends. After a suitable time, the water appliances were put in requisition. These need not be described, as they were the same which any skilful Hydropathic practitioner would use in a similar case. During the first two weeks of the practice, she appeared no better, but rather worse; but, strong in the faith of his principles, the doctor persevered, and endeavored to animate his patient with the spirit of his own hopefulness. In the third week she began to amend, slowly, but surely, and each succeeding week witnessed still greater improvement. Returning appetite and strength soon permitted her to leave her room and enjoy the pure breezes and the delightful scenery around her.

Will it be believed that in *six weeks* from the time she left her father's house an apparently dying girl, she returned to it *on foot* and in the enjoyment of health? Yet such was the triumph of pure water and pure air over drugs, and confinement in the atmosphere of a close room! The gratitude of that restored girl and her family knows scarcely any bounds. She is yet blooming, healthy, and happy, the wonder of the whole country around, and a living monument of the victory of PURE WATER. [New Lisbon, O.]

HOME PRACTICE IN OHIO.

BY T. HILDEBRANT.

EDITORS WATER-CURE JOURNAL:—In the list of your correspondents I find no one from our village, although the Journal is taken and extensively read in our vicinity. The thought that you would be pleased to learn the results of your efforts to do good, is my only excuse for intruding upon your time.

Near a year since I became a subscriber to your HERALD OF REFORMS, but I can assure you that I was a Hydropathist in belief before I became acquainted with the Journal. Long since I became convinced of the inefficacy of "drugging," and determined to seek for some more rational method of curing. My first attempt was in my own case. In the summer of 1848, while engaged in teaching, I was attacked with a violent fever. The symptoms were an acute pain in the head and back, nausea, and a burning heat. I was advised to send for Mr. Druggist of a neighboring village. Well, I didn't do it, but having procured a tub of cold water, I took a sound washing, drank copiously, and went to bed. An active perspiration resulted, and I was cured. Since that time I have used no other medicine.

Last winter a young man in our village was attacked with typhoid fever. He sent for a druggist. The first prescription was the never-failing "calomel and ipecac." He continued to get no better very fast. Weeks passed, and an iron constitution still resisted the combined efforts of disease and medicine. Well, we thought he would die. His parents gave him up; the physician said he could do no more—his *last remedy* had failed. Another physician was sent for, and the treatment changed. Water, tonics, and mild medicine were resorted to, and the result was he recovered, after six months' confinement and a doctor's bill of a cool \$100.

During the time I had a similar and equally virulent

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.

TO THE N. Y. VEGETARIAN SOCIETY.

It is ten years since I lost my first child. He was a beautiful little boy of five years. I look back upon the period of my life when he was playing around me, dangling the auburn curls that floated about his neck; with pleasure, health, enjoyment and innocence sparkling in his soft blue eyes, as the bright moon that lighted up my existence with heavenly flame. But let me not wander. About six months before that cherub fled and left me desolate, I was a hardened man of the world. I owned a small farm on the Passaic River; but instead of planting seeds, and growing the fruits that nature has designed for the sustenance of man, I raised animals; and after bringing these creatures to as full a knowledge of existence as they could have, when they had arrived at the prime of life, slaughtered them in cold blood, and took their butchered carcasses to market for human beings to devour!

One day, towards the fall of 1842, I went out with one of my men to kill a sheep. I had just caught it, and was dragging it towards the barn, where it was to be dispatched, when I was arrested by the eager voice of my child crying out in the most melting tones, "Oh! father, father, don't kill that sheep! Oh! father, father, please don't," and running up to me, he clung to my arm, and with tears streaming from his eyes, and his whole frame quivering with excitement, he supplicated in the most beseeching tones for the poor lamb. I explained to him perfectly, (as I ignorantly thought,) how animals were made by the Almighty to spring up into life and enjoyment, and when in the most perfect state of existence, be slaughtered for man's support! Oh selfish wretch that I was! But nothing I could say would appease his anguish, and I was obliged to have him carried into the house.

I had forgotten the incident, until when I came in for the day, I observed him sitting on his little bench, gazing mournfully into the fire. I noticed the large crystal tears poisoning themselves on his eyelids. Thinking to raise his spirits, I addressed him in a lively tone, "Well, Charley, my little chicken-heart, what are you cogitating so gravely now?" He did not seem to notice my remark, but in a minute, turning his beautiful eyes to mine, he said in faltering accents, "Father, does God make pretty lambs, and cows and calves, just to be killed?" I assured him that they were for that purpose. "Father," he said, with unusual earnestness, "Father, I don't believe it. I don't believe it. I could not love God if he did—but I know he doesn't—I know it."

That evening, as I was about to retire, I thought I heard his little voice, so going very silently up to his crib, I listened and heard him earnestly praying in trembling tones that his Father in heaven might soften the heart of his father on earth. I was held at that bedside by an irresistible force, and stood there absorbed in thought, long after the little seraph had sunk in slumber.

I arose in the morning and went about my daily tasks, but the recollection of the preceding evening came ever to my thoughts. I strove to drive away the ideas that would force themselves upon me, but could not.

Not long after, my boy was taken sick; he grew worse; I watched by his bedside night and day. All the skill of the physician's art—all the gentle nursing and watching of a never-wearying mother, were of no

attack. A few pack-baths, a wet sheet, and copious draughts of cold water, cured me in three days, and I kept my money, although I had a "doctor" next door!

In short, I find it "the balm for every wound," the "cordial" that must and will supersede "Godfrey's paregoric," "turpentine," and "sweet milk," and the thousand and one nostrums that are "warranted to cure by fair trial and patient perseverance."

The "Journal" is a welcome monthly visitor. It is the very image of cleanliness and neatness. It has a "Croton" look about it. I admire the independent tone of its contributors; and certainly the scathing given to the "Regulars" forms not the least important feature in each number. Give it to them. Let them cringe and find fault, as they may.

"Lay on, McDuff,
And d—d be he
Who first cries, Hold, enough."

We are making efforts to procure the enactment of the "Maine Law" in this great State of Ohio, and I look forward to the time when the virtues of cold water—too little valued since the days of yore—will be felt and acknowledged by all. Let the youth of our land be taught that

"There is nothing so good for the youthful blood,
Nor so pure as the sparkling water."

Our county town was ravaged by cholera last fall. Out of many cases treated allopathically, but one or two escaped death. Many valuable citizens were carried off, and all on account of ignorance of water treatment. We want a Water-Cure M.D. here to teach Regulars how to practise.

I could give you many more cases of successful water treatment, but these must suffice.

[Martinsville, O.]

ULCERATION AND SPASMS OF THE UTERUS.

BY P. H. HAYES, M.D.

Mrs. —, a lady of about forty years, came under my care in the summer of 1851. She was remarkable alike for superior intelligence and womanly virtues, and for the rare complication and severity of the disease she presented for treatment. Her temperament was sanguino-bilious; native constitution good; height more than medium, with fair physical proportions. Her countenance wore a fixed expression of suffering, and had a cadaverous paleness. She was very weak, much emaciated, and needed the assistance of a strong man when she attempted to walk. On the day of her arrival, she rested from the fatigue of the journey, and as her former physician was in attendance, I did not investigate her case, or take charge of her until the next morning. Early in the same evening, she was seized with violent uterine spasms, with remissions resembling labor pains, attended with extreme suffering and anguish. At intervals of from five to fifteen minutes, these spasms recurred, accompanied with groanings and contortions of body, indicating intense pain. Her physician gave medicine, and administered to her wants, but her distress continued for some hours, with no material abatement. The following morning, I learned from herself the history of her case, and made out its pathology as follows:—Ulceration of the uterus of five and a half years' duration, with exacerbations once in about four weeks, of considerable severity, and one or more recurrences of the above described spasms, which, after a few hours, became general, affecting other parts of the body, and the extremities, continuing, till subdued by powerful narcotics, or nature

ceased to suffer from sheer exhaustion. A discharge, at first thin and watery, then purulent, then hemorrhagic in character, attended each exacerbation. From these discharges, there had seldom been more than a few days' reprieve, before the same succession of symptoms re-appeared. Twice only had any considerable intermission of these symptoms occurred throughout this entire period. One of these continued eight weeks, and the other eleven weeks, during which she menstruated naturally, but during the balance of the time she observed no increase of the sanguineous discharge at the menstrual periods, though it was doubtless, at times menorrhagic, as well as hemorrhagic in its character. The local disease, the morbid discharges, and the great and protracted suffering had seriously impaired her constitutional health. Her blood was far below the natural figure in the amount of its most vital and essential elements, the fibrin and the red corpuscles. Lumbar pains were constant, and she suffered frequently from neuralgic headache. She said to me, during the examination, that to die would be a mercy, but to live in her then condition was too sad a prospect. I could not assure myself, nor my patient, that there was more than a small chance for her recovery. She began treatment by towel washings of the entire body, sitz and foot baths daily, of three to five minutes each—water about 80°. In about a week, the uterine spasms returned with their usual severity. I placed the patient immediately in a cold sitz-bath (48°), and she was vigorously rubbed by two attendants. In less than fifteen minutes, the spasms entirely ceased, and as they ceased, the extremities began to cramp, and were soon fixed in rigid spasm. She was returned to the bed, and I used rapid friction with my hands upon the muscles, rubbing in only one direction, and that from the body. The muscles were in this manner entirely relaxed, and she rested nearly a quarter of an hour, when the spasms of the uterus again returned, and were promptly met by the cold sitz-bath and energetic rubbing, as before, and were as promptly subdued, when my patient was entirely quiet and free from pain, except some nervous headache, which was perfectly relieved by the head-bath. Her constitutional health now began manifestly to improve, but in about fourteen days she was again visited by the spasms of the uterus and cramps of the extremities, in a milder degree, however, which were speedily cut short, as before. Her constitutional health continued to improve, her treatment was gradually increased, towel washings being exchanged for rubbing sheet, the sitz-bath lowered in temperature and increased in duration, and later still, the shallow bath was used in place of the rub sheets, at least once daily; these, together with foot-baths, vaginal enemas, dry hand-rubbing, constituted the substance of her treatment, and were used at different temperatures and in various combinations, to adapt them to her changing condition. Care was taken in her diet, and she was directed and assisted in such exercises as her strength would allow. She was under treatment nearly three months, and with a trivial exception, had no farther recurrence of the uterine or other spasms. The ulceration was arrested, the discharges gradually diminished, and at length ceased entirely. Flesh and strength increased rapidly, her countenance assumed a life-like hue and cheerful expression, and the headache, spasms and lumbar pains, began to be spoken of as things that had been, and not as things of the present, to be thought of with dread. In the last weeks of her stay, she could join in the most vigorous exercises of the gymnasium, and could rapidly ascend a long flight of stairs without difficulty. Some weeks after leaving, she wrote me that her good health continued unabated; that she had no morbid uterine discharge whatever; that she was daily becoming more fleshy, and that she "almost had red cheeks."

[Wyoming Water-Cure.]

avall—my child grew worse. One night I was sitting beside his couch—he seemed to be in gentle sleep, when he suddenly opened his eyes, and casting a glance full of love towards me—he whispered in tones rendered scarcely audible from weakness, "Oh! father, you won't kill any more pretty animals, will you? I know you won't." "No! No! my dear son! never! never!" I cried in tones of agony, while tears were streaming from my eyes: "never, no never!" He cast his soft blue eyes on mine, and giving first me, and then his mother, a look of the most grateful love, sank apparently exhausted, and giving a faint smile, uttered one sigh, and his spirit had fled.

Many long years have rolled round and entered their numbers on the book of time—new incidents have transpired—new associations been formed—but the memory of that night ever rises with fresh vigor before my imagination; and the vow I then made is yet (thank God) unbroken.

VALENTINE.

New York, Feb. 14, 1853.

THE BIBLE ARGUMENT.

BY R. T. TRALL, M.D.

It so happens that both the advocates and opponents of almost every reform, or pretended reform, known among men, find, or imagine they find, in the Bible conclusive evidence of the truth of their respective positions. The friends and foes of the vegetarian doctrine, of the anti-capital, punishment reform, of the temperance cause, &c., quote Scripture, with considerable facility. Now, concerning Bible authority, what are we to conclude? That the book stands before us self-stultified by contradiction? I think not. It is a more pleasant, and I think a more rational conclusion, that the seemingly variant expressions of the Scriptures are not always correctly interpreted. And as it is possible that we cannot clearly and satisfactorily explain every allusion to scientific or philosophical problems, by the letter of the Bible, it is enough, perhaps, that we rest all such questions upon evidence of a purely scientific or philosophical nature. If this were done, it would be difficult, I apprehend, to raise an intelligent opponent to either of the reforms above mentioned.

A correspondent writes:

"SOMERSET, Niag. Co., N.Y., Feb. 5, 1853.

"In a late number of the WATER-CURE JOURNAL, I noticed a request that the advocates and opponents of the vegetarian system of diet should give their views of the subject. I have given the subject some thought, and have found every thing in nature and revelation in favor of vegetarianism, except the 1st verse of the 4th chap of 1st Timothy.

"To me, this seems to favor the opinion that man is not to subsist on vegetables alone.

"If you can give me any light on the subject in the JOURNAL, I should be much obliged. R. F. D."

The difficulty raised by Mr. D. is easily got over, for the word "meat" is frequently used as synonymous with food, not only in the Bible, but among English and Scotch people of the present day. But here comes a perfect deluge of objections, to find which, the writer has evidently "searched the Scriptures" quite industriously.

"I am a vegetarian in theory and practice. There are some objections which occur to me, drawn from certain incidents in the Bible, and as the same may strike others, I would like to hear them answered, (if answerable) in your series of articles on the subject in the WATER-CURE JOURNAL. First, 1st Kings, xvii. 6 v., "And the ravens brought him (Elijah) bread and flesh," by the direction of God. Would the Creator offer to the creature miraculously what was improper? Second, Mark, vi. c. 41 v., "And when he (the Saviour) had taken the five loaves and two fishes, he looked up to heaven and blessed and brake the loaves and gave them to his disciples to set before them; and the two fishes divided he among them all." Could the benevolent Saviour bless, increase, and distribute to the hungry multitudes a deleterious article of food? Mark viii., c. 7 v. contains a similar account.

John xxi. 13: "Jesus then cometh and taketh bread and giveth them, and fish likewise." (The criticism on "opsarion," which I have seen translated "something eaten with bread," is unjust, as in the tenth and eleventh verses, "opsarion" and "ichthyon" are used interchangeably.) Why should He, in whose footsteps we should walk, miraculously furnish to his faithful disciples, and recommend by his example, an unwholesome diet? (The obvious inference is, that he dined with them on this occasion.) In Luke, xxiv. 42, it is expressly stated, that "he took and did eat before them" broiled fish (ichthuos) and honey-comb. I should like to see these objections answered, and think them of some importance and force; if not, show it. If not worthy of notice in the "JOURNAL," do not hesitate to disregard them altogether. My object is advancement of truth alone.

"B. H. DUNN."

All of these "stumbling blocks" are susceptible of removal; and probably our vegetarian advocates will do so hereafter. But, here are a few communications which were sent into the last monthly meeting of the New York Vegetarian Society, which will better fill up our limited space than any prolonged argument I can offer under this head:

A VEGETARIAN'S EXPERIENCE.—Messrs. Editors:—I am rejoiced to learn you are going to have a vegetarian department in the WATER-CURE JOURNAL; you say, "give us your experience in brief." Facts are what we common people want. Here is mine in few words; do with it as you think best.

A little more than a year ago I went to Glen Haven, put myself under the care of Dr. Jackson, being in low estate by a combination of ailments which rendered life burdensome. I had for years been afflicted with *catarrh asthma*, and had suffered beyond my powers of description from the piles. Going through a thorough course of water treatment, by the blessing of God, under the skill and care of Dr. Jackson, I was so far restored to strength and health, that I left the Glen and went about my business the 20th of January last. By the advice of Dr. Jackson I stopped eating animal food, butter and milk, and adopted the Graham mode of living. Last spring I hired a farm and went to work as in "days of old," being told repeatedly by my friends, that I should have to go to eating meat to support nature. I thought I would give it a fair trial, and here, perhaps, I may as well say, I had become a good deal interested in the question, by reading Fowler's Physiology, Animal and Mental, and Dr. Alcott's Vegetable Diet.

I went to work, making an every-day practical application of the principles of Hydropathy and vegetarianism. And now let me say to all the "fearful and unbelieving," I have scarcely had a "poor day" all summer; been able to maintain my share of wear and tear through haying and harvest, and keep up with a stout Englishman, who eats largely of pork and beans. I think farmers may be benefited by Hydropathy and right living, as well as other classes. I shall do all I can, in my humble sphere, to spread the glad news of physical salvation.

BENJ. J. CAMPBELL.

Skaneateles, N. Y.

THE CULTIVATION OF VEGETABLE FOOD.—I have a very brief question to ask all the readers of the WATER-CURE JOURNAL, and to be inserted in the Dietetic department of the same, if you think it suitable; and that is,

If vegetables are the natural and best food of man, is it not of great importance, and absolutely essential to his physical well-being, that infinitely more attention should be given to their perfect nourishment, cultivation, and growth, than has ever yet been done?—Ought we not in every possible way to purify and perfect them?

Let all your numerous readers think deeply on this subject; science, facts, or truth, offer the means; it is only for man to discover and apply them skillfully to secure the object.

CHAUNCEY STEPHENSON.

Madison, Madison Co., N. Y.

THE JOURNAL CRITICISED.—Messrs. Fowlers and Wells: I have read a number of your works, and have been pleased with them, and when I heard a gentleman who ought to know, say you were *Infidels*, I thought he was entirely mistaken, or else in your work I had read, it was well cloaked. But lately, I have been a reader of the WATER-CURE JOURNAL, and as a general thing, am well pleased with it; but at the same time, I think there are some things in it that do not look right. As for cold water, I think it is good, and ought to supersede drugs. But there appear in the Journal many little things that are entirely useless, and have no tendency to help on the great cause you say you are engaged in. And I think, in speaking of flesh-eaters, you would gain your point full as quick by using sound argument, instead of using burlesque; better say nothing, than, in dealing with a long-standing practice, to show yourselves ungentlemanly.

For myself, I do not pretend to eat pork and beef. As for pork, I do not think it fit to eat. But to say that it is wrong to eat such kinds of food as flesh, when God has said man may eat, I dare not. In the eleventh chapter of Leviticus, we are told what is, and what is not, good flesh for man to eat. In the January number of the Journal, Dr. Trall says, under the heading "Lusting for the Flesh-Pots." It is very common for the opposers of an exclusively vegetable diet to appeal to the Bible to sustain their side of the question, while there is not, between its lids, a single passage commendatory or recommendatory of the practice of flesh-eating." Then goes on to speak of the Israelites desiring flesh in the wilderness. "And while the flesh was yet in their teeth, ere it was chewed, the wrath of the Lord was kindled against the people, and the Lord smote the people with a very great plague." And this, Dr. Trall pretends, goes to show that it is wrong to eat flesh. In my opinion, that is a weak argument; for does it look reasonable that God would curse them for eating what he had before permitted them to eat? Does it not look more reasonable to suppose that God cursed them, not because it was wrong to eat flesh, but because they were not satisfied with what God saw fit at that time to give them?

When I become entirely satisfied that your publications are for the right every time, then perhaps I may use my influence to extend their circulation.

CRITICUS.

P.S.—I would refer Dr. Trall to the 4th chapter of Isaiah, and Timothy, the third and fourth verses.

Dress Reform.

IS IT DUTY?

BY MRS. E. POTTER.

In the February number of the WATER-CURE JOURNAL, I find an article, having for its motto, "Bloomers; or, is it a Duty to Wear the New Costume." By Julia Kellogg.

The article is well enough written, and so far as that is concerned, I have nothing farther to say, and should have said nothing about any part of the matter, only that I wish, if possible, to assist in counteracting whatever of evil influence may be in regard to this important reform—the dress reform. This is my apology to Julia Kellogg, and I ask her to receive it, in the same feeling that I dictate this—kindly. What I would argue, not only in regard to this point, but in regard to any other point, and especially in all matters of reform, is, that it is right or wrong, at home or abroad. If, then, we are to ascertain whether the Bloomer costume is more congenial to the enjoyment of health than the old-fashioned long skirts, I think we have done something towards ascertaining the

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(not only) propriety, but obligation to wear the "new costume." In regard to the matter of the "new costume" being more healthful than the old, I, of course, need not stop to argue that point, as it can hardly be called a disputed point, nearly every one, opposers and all, and Julia among the rest, agreeing that the "Bloomer costume" is altogether more economical, convenient, comfortable and healthful. Julia thinks that we are not called upon to wear the "new costume" abroad. She says: "With regard to wearing Bloomers in the streets of the city, where few or none who see us know who we are, I should suppose that it could do little or no good by way of example, and would be likely to bring ridicule," &c. Permit me to say that such language seems to me to savor strongly of inconsistency. What! acknowledge a thing to be virtuous and right, and then turn round and argue the impropriety of appearing with it in public, lest we excite the remarks of the foolish and fastidious? What would have become of the science of Phrenology, if its *early advocates* had not have presented and defended it in public? What would have become of the subject of temperance, if it had not have had its bold and unflinching advocates? What would have become of our glorious system of Water-Cure, if we had not have had a Trall, a Jackson, a Shew, and the Fowlers, to defend it against the attacks of ignorant and self-interested persons? "But charity and propriety demand that the tastes and opinions of others should be consulted." Have we—the advocates and defenders of reform—no rights? Are others not *bound* to extend the hand of charity to us, and permit us to wear anything, so that it is respectable, that suits our fancy, our convenience, and our means, and most of all, benefits our health, and assists in prolonging our life? I must say, that it is my humble opinion, that unless we are possessed of a good degree of zeal, we need never think of making our mark in this age of go-aheadativeness; unless we are consistent, we, as a matter of course, will exert little or no influence, especially of a salutary character. Do we not know that example is worth more than precept?

What would my neighbors think of me, advocating Water-Cure as I do, if, when I am indisposed, I were to send for an allopath, and quietly submit to his depletory course? Would they not, with some degree of allowance, say that I acted very like a Water-Cure infidel?

I believe that the majority of women are so constituted, having large, or very large Apperitiveness, that it is difficult for them to come out on the unpopular side of any question. There are a few noble souls, independent of everything but truth and righteousness, who are always ready and willing to stand up and advocate the truth, unpopular though it be.

I would say, in conclusion, to my sisters who are, or may be called upon to act in the dress reform: be firm and fixed in principle, and consistent in action, and there is no doubt but that we will go on from conquering to conquest, until, in the matter of "women's dress," we shall have REVOLUTIONIZED the UNION.
[La Porte, Ind.]

[We have received a communication from Mrs. P. J. G., of Syracuse, N. Y., also called forth by Miss Kellogg's article. We should be glad to publish that also, would our space permit. We may make room for a portion of it in our next.]

A PLEA FOR BLOOMERISM.—*My dear Journal*:—I am in a quandary. What shall I do? I fly to you for advice. The streets are abominable, and we are forced to carry our skirts. Oh, that we could adopt the Bloomers! How delightful it would be to walk the streets like human beings, without being obliged to use both hands in sustaining our skirts, and avoiding the mud with which the whole sidewalk is often

covered. Then think of our beautiful French boots, neat and trim, instead of our present outfit. Do, Mr. Journal, give me your honest opinion, whether it is more *indicat*e to wear Bloomers than to carry our long silk skirts in our hands. I wish it would never snow or rain again in the city. Yours, MELLISSA. P. S.—Will you answer *immediately*? [So many ladies speak, when they express their real feelings. During these muddy times, we have heard many a lady use Melissa's precise language, and exclaim, "Oh! that we could adopt the Bloomers!" *Why not adopt them?* Once make Bloomerism the fashion, and the skill of a thousand dress-makers and milliners would be employed in devising elegant varieties of the costume, and in obviating the few trifling objections which have been made against it. Let twenty ladies, known for their good sense and good position, appear in Broadway, attired to suit the condition of the streets, and the thing is done. Is Melissa willing to be one of them?—*Home Journal*.]

Voices from Home.

EXTRACTS FROM LETTERS.

FROM LA PORTE COUNTY, INDIANA.—[The following grateful acknowledgment will be read with interest. There are thousands of others who can testify to the good which they have derived from the JOURNAL:]

I endorse, emphatically, the *American Health Reform Society*, and will do something for it by and by. I want to tell the readers of the JOURNAL what it has done for me. It has cured me of a spinal complaint that was pronounced incurable by the *Regulars*;—it has cured me of using tobacco, after the habitual use of it for twenty-five years;—it has cured me of the use of all intoxicating drinks;—it has cured me of the use of tea and coffee, after using it for nearly forty years;—and it has learned me that cleanliness is *holiness* (and that without holiness no man can see the Lord);—and I can truly say that I verily believe that all the gold in California could not have rendered me so happy as has the WATER-CURE JOURNAL. And, mind you, all this change has been brought about by Home Treatment. In 1849 I subscribed for it, and at the time the first number came to hand I could not stand ten minutes on my feet, and paying the *Regulars* (Allopaths) from \$50 to \$100 a year for making me worse. *Scarifying, cupping, pustulating, irritating, plasters and sedans* were the order of the day, and had I continued one year longer, the muscles of my back would have been destroyed as well as the spine; but as soon as the JOURNAL came I commenced following its glorious precepts,—and from that day to this I have been learning the Laws of Health and *Physiology*. Only think of a bed-ridden patient, with the WATER-CURE JOURNAL for his *teacher and physician*, cured of a spinal complaint of years' standing in less than one year; so he finds himself able to labor in the field with other men, and keep up his row. And, at the same time, I have been treasuring up wisdom from the pages of the Phrenological Journal, which I have taken since 1847. And now, dear Editors, I can tell you that my heart beats with emotions of gratitude to you for all this change in soul and body; for, while the WATER-CURE JOURNAL cares for the ills of the body, the *American Phrenological Journal* enlightens and elevates the soul;—and just as long as I can read and understand I shall remain your subscriber to the two Journals. I have had no use for doctors in my family since I learned the good way (Hydropathy). Since I have been made well through the teachings of the Water-Cure system, I have honestly made at least two thousand dollars, which I should not have done if I had not been a subscriber to the two Journals;—and the secret of that is this: the *American Phrenological Journal* taught me that the soul (mind) becomes diseased, and a change of location is often beneficial, and I left my home and little family for the wilds of Wisconsin, practising the Water treatment during the time, and travelling through that new and fertile country, I found a great destitution of fruit-trees;—came home, much benefited in soul and body;—made arrangements for distributing forty thousand fruit-trees in the State, on which I cleared the two thousand dollars. Now, you see how much I am in debt to you. You have not only been the means of giv-

ing me health,—the greatest boon that man can have,—but you have actually been the means of and my dear little family comfortable in a peck of view. And now I close, wishing you peace, earth, and eternal happiness hereafter; and may I lengthen out your days to a ripe old age, that you can be the author of much good.
I. G.

FROM WARRENSVILLE, VA.—People here are full of prejudice, and inveterate tobacco-chewers, coffee-drinkers, and alcohol-bibbers, which renders them very stupid indeed; and slow to hear and believe the truth when it is preached to them—especially those truths which conflict with their *habits*.

Some of our subscribers are of the first standing, which will, we hope, tend to circulate your JOURNALS here next year more extensively. For our part, we want this country to be flooded with your WATER-CURE JOURNALS. If we are successful in getting up a good current of Water-Cure here in our descending country, saddle-bags, pills, and M. D's., will be swept off together into the Atlantic to help to make genuine "cod-liver (whale) oil."
D. H. and A. G.

FROM PRATT'S HOLLOW, N. Y.—[A correspondent gives the following case of Home Treatment in Pleurisy:]

The patient was a young man, an intimate friend of mine, and a believer in the Water-Cure. He sent for me to come and give him a "pack," saying that he had "taken a cold" and thought a "pack" would do him good. I immediately repaired to his house, where I found him suffering the most excruciating pain, especially in the left side and region of the heart, with frequent fluttering of that organ, attended with a sickening sensation at the stomach and faintness; cough dry and tight, raising but little, and that much tinged with blood. I soon saw he had not merely "a hard cold," as he termed it, but a general inflammation of the whole system, particularly the pleura and lungs. Indeed, his symptoms were truly alarming.

What was to be done? I was destitute of bath tub and many of the necessary conveniences, but thanks be to the Giver of all good, I had plenty of good spring water. His friends were anxious to send for the family physician, in whom they placed much confidence, while they placed but little in me or my *wet sheets*. He would not consent, believing that water alone was sufficient to subdue his inflammation.

In consequence of the pain, it was very difficult for him to lie down, and he had "passed two miserable nights," as he termed it, in walking the room, or sitting in a chair. I ventured to give him a pack, with warm bottles at the feet, raising his head and shoulders as high as possible, hoping to keep him in that position until he should be relieved of his pain; but he could remain only twenty minutes, when I took him out, gave a wash-down in cool water, followed by friction, which reduced the inflammation considerably. I then applied the wet compress over the side and lungs, warm at first, but cooler afterward. In a short time he could breathe much easier and lie down with his head raised with pillows. The second day, his fever and pain left him; he passed the following night in a refreshing sleep, awoke in the morning feeling rather weak, but free from pain!

His treatment was principally cold bathing, with constant application of the wet compress and drinking freely of cold water. His friends are now firm believers in Hydropathy, and desire to become readers of your valuable Journal.
H. C.

FROM RIPLEY, MISS.—[A friend of the cause writes from this place as follows:]

Hydropathy is gaining favor in this section. Many of the Allopathic physicians are trying it secretly, so as to be ready to fall in with it when their drug practice goes by the board, as it ultimately must do.
C. A. B.

FROM DEWITT, MICH.—As your Journals have never been introduced here, people are a little afraid of them. Some cry *humbug, infidelity, &c.*, while others that have read some of your works speak well of them, and say that they would take them could they possibly spare the money. I think the great difficulty is, they tell too many *plain, cutting truths*. Strong tea drinkers, whisky drinkers, tobacco chewers and smokers, &c., &c., are too numerous here to have them take well at present, but I think by another year we will be able to get up a club at Dewitt. I have found a few persons of the right stamp, that have handed the money over at once, and are willing to put their shoul-

der to the wheel and help forward this great and important reform movement. We have never in our family paid out much in the shape of Doctor's fees, but still we consider the Water-Cure alone to be worth ten dollars a year to us, at least. T. D.

FROM FACTORY POINT.—Though my labors are light, I can see the Water-Cure is gaining ground in this vicinity. I have received great benefit from it. You may consider me a life subscriber. A. R. C.

FROM FALMOUTH, ME.—[The Doctor of the old school mentioned by our correspondent, S. J. M., is a sensible man as well as an honest one. If all drug doctors were equally conscientious, we should have more such cases to record than we now do.]

Our Doctor of the old school, after taking the WATER-CURE JOURNAL one year, has thrown his saddlebags to the dogs, and gone to "railroading," and gives it as his opinion that all a man needs to enjoy health, is to take the WATER-CURE JOURNAL and follow its directions. S. J. M.

FROM TROY GROVE, ILL.—[A teacher sending a club of subscribers for our JOURNALS, says:]

The club which I send you is the result of a *free Saturday*. Your JOURNALS are quite popular in these parts, as far as they are known, and I think before long there will be an opening for some of your books. T. B. A.

FROM NORWICH, VT.—As soon as time will permit, I will endeavor to comply with your request in giving you something of our "home experience" in the Water-Cure, which I feel willing should be given to the public, if it can benefit any one. I cannot feel content to reap the benefits of this blessed system to heal our physical maladies, without exerting the little influence I have, in endeavoring to lead others to partake of the same. E. T.

SMITHPORT, PENN.—[The following comes from a clergyman:]

Enclosed I send you eleven dollars and a list of twenty-two subscribers for the WATER-CURE JOURNAL. In the performance of my pastoral duties, I have frequently presented to my friends the subject of Hydropathy and the benefits myself and family have derived from it. I have found many who desire to acquaint themselves with it more perfectly. Such I have advised to subscribe for the JOURNAL; and I hope, Mr. Editor, you will give us as much light as possible this year, on the various subjects usually presented in it. May we not also expect to see nothing in its columns calculated to offend the most refined taste, in the shape of ridicule or vulgarisms? This cause stands upon the basis of truth and sound philosophy, and needs no aid from such a quarter. Give us a little pleasantry now and then, if you please. Should not even an opponent be treated with respect and candor, and not be made the subject of ridicule? H.

[We thank our good friend for the list of subscribers and for the suggestions so kindly and modestly offered. We trust that he will find nothing in our columns which can be offensive to a refined and correct taste; at the same time he will doubtless readily admit that we must, after all, be guided by our own judgment in the management of our JOURNAL, and that the editor and the paper which perfectly suit everybody, are among the *curiosities* not yet discovered.]

FROM RAYSVILLE, IND.—[We make the following brief extracts from a letter, the whole of which we should have been glad to publish if our space had allowed:]

I consider the JOURNAL worth its weight in gold, and you may consider me a *life subscriber*, while it continues to sustain its present character. To thousands of its readers it is a welcome visitor, and carries light and hope to their dark and desponding hearts. Hydropathy, unlike the drug system, has a mission to the healthy as well as the diseased. What effect do drugs have upon the system when administered in time of health? The effect, as every one knows, is to produce sickness, weaken its energies, and diminish its strength; and I contend that whatever will produce such effects upon a healthy system, will have a similar effect upon a sickly and diseased one. The Water-Cure teaches us that what will restore health, will, if administered in a similar manner, insure and perpetuate it when it is restored. * * * * *

In conclusion, permit me to say, let us hear more "VOICES FROM HOME." There is no part of the JOURNAL that I take more interest in, and read with more pleasure, than the

letters from home. Well, then, let us have more of them; let each subscriber, who has been benefited by Water-Cure, give us his experience. By them we are able to judge of the good that is accomplished in the circle of home, and they encourage us to double our diligence in behalf of the great work. W. D.

FROM BUFFALO GROVE, ILL.—As you propose sending sample numbers of the WATER-CURE JOURNAL to subscribers for gratuitous distribution, we would hereby notify you that we should be most happy to receive a few numbers to send forth on an errand of mercy, among the poor deluded victims of drug doctors and patent medicines, with which this part of our land abounds. When we came to this place a little more than a year since, there were no Water-Cure publications of any kind taken in this vicinity. We endeavored to do what good we could with our JOURNAL, and my husband obtained twenty subscribers. The JOURNAL is now a regular visitor at twenty firesides in this place.

This is quite encouraging to us, as we already begin to witness some of its renovating effects upon the pampered appetites of our neighbors, some of whom have abandoned the use of tea and coffee altogether, and do not scruple to take a wash-down upon a cold morning, notwithstanding Allopathy cries loudly that "water can't possibly cure all diseases." M. H. M.

FROM WOODLEE, NEAR NEW BEDFORD, MASS.—In my estimation you are doing a great work for the advancement of human knowledge, and for the amelioration of human suffering, both physical and mental. You are truly benefactors of your race. It is hardly necessary for me to add that I have no other motive in my exertions to spread a knowledge of the Water-Cure, than the amelioration of human suffering, believing, as I do, that the present practice of medicine, particularly the Allopathic, is constantly dealing the arrows of death into its victims. In recommending the Water-Cure, I can speak confidently, having made use of it in my family for the past eight years, with admirable success. D. R.

FROM PENN, ME.—I can speak also in favor of Water-Cure from experience. I was afflicted severely a few years since with the rheumatism, and spinal complaint, and general debility. Having resorted to various remedies, and receiving little or no benefit, I heard accidentally of the potent power of water; (having then never read a single line of your excellent writings;) but I forthwith commenced showering myself with cold water, and I experienced immediate relief,—and continued using water in various ways until I now feel myself to be a new creature. The past year I have experienced great benefit from the information which I have gleaned from the WATER-CURE JOURNAL, and other works of a similar character. I was confined during the summer—kept my bed one day—walked out-doors the third,—and continued to ride daily until I had performed a journey of more than fifty miles, without feeling fatigued, (carrying my child of course). L. M. G.

FROM AUGUSTA, ILL.—I can say for your encouragement, that the JOURNAL is doing wonders out here in the West. I hope the time will speedily come when this messenger of truth will be found in every house. D. H. R.

Poetry.

THE CUP AND THE FOUNTAIN.

O COME! the sparkling liquid taste,
For health is in the glass,
And to thy cheek from limpid fount
A ruby glow will pass.

O come, ye whom Disease hath spent
And wasted at his will,
The "waters troubled" once to heal
Are full of healing still.

O, bathe thee oft, for often comes
The balm from out its tide;
The cure a moment will not work,
Is by the year supplied.

O come, whate'er may be thy stain,
And lave within to prove—
The tide of life is quickened much,
Where strengthening billows move.

'Twill give thee health, and strength, and hope,
Though burnt with fever flush:
For thee, tired one, so wearily bowed,
Refreshing streams shall gush.

And ye of pallid cheek, come now,
And enter at the shore:
Follow the duckling's winding path,
And ply the boatmen's oar.

Inhale the cooling zephyr's breath,
By thee waves o'er all the sea,—
The air, the exercise, the bath,
Are Nature's loons for thee.

But if the Hygienic cure should fail,
At the bright, gushing fount,
There's left the balm of Gilead yet,
The blood of Calvary's mount.

For God the heart and flesh would cleanse,
By water and by blood;
And both from sin and stain are washed,
By dipping in the flood.

EMILIE.

Clinton, 1853.

APOSTROPHE TO NATURE.

BY O. D. BUZZELL.

O, LOVELY, thrilling scenes of earth—ye rocks
And valleys, hills and plains; ye mountains vast,
That tower high above the works of man,
Present your peaks of different grade to show,
That things of lofty state are nearest Him
Who ruleth, far o'er earth and sky; and thus
Portray a truth oft read in spelling out
The minds of men by outward means; * ye fields
And groves, and thicken'd forests wild; ye pure
Enlivening springs, and gurgling rills that sing
O'er pebbly beds; ye silent, deep, blue lakes,
And gentle rivers gliding on through wide
Extended vales, to ocean's vast expanse:
And O, thou Greater Light to this abode
Of man, that claim'st to be 'mongst countless pearls
Which deck the Universal Belt,† that shedd'st
Thy vivid, warming rays to give new life
And vigor to this busy world below;
That paintest on the summer cloud those bright
And beautiful tints which crown a show'ry day,
To testify that Earth shall ne'er again
Be deluged o'er, till day and night shall have
An end; that mak'st delightful to behold
The sky, the trees and fields, at morn or eve,
When the horizon's dyed with gorgeous hues
Of red and yellow, far around; that seem'st
As a great tutor, giving aid to such
As profit by instruction gained from him,—
For planets in their constant roll sublime,
Are undergoing ceaseless change, by means
Of light and heat derived from thee, and thus—
Why not?—preparing purest homes for men,
While they prepare, them to enjoy. And O,
Thou Lesser Light, that sendest forth thy mild
And silv'ry rays, which, borrowed though they be,
Are yet acceptable to all who love
The beauties of a moonlit night, to all
Who traverse land or sea, at times when thou
Dost show thy slightly color'd face which we'd
Not chain thee for, nor take thee from that course
Which nature gave for thine, and thus deprive
Thee of the light of kindred planets, suns,
And stars,—and thus produce a horrid crash—
A dire eruption 'midst the many worlds—
All weighed and balanced with exactness true;
And all ye rolling, glittering orbs that deck
My view; yes, all ye lovely, thrilling scenes,
That come within my gaze, I'd look upon
At ev'ry time and season when ye
Are most delightful to behold, as I
Would look upon beloved friends, ere Death's
Cold hand should us unkindly separate.

KANONA, Steuben Co., N. Y.

* Phrenology.

† Milky Way.

The Month.

NEW YORK, APRIL, 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.

APRIL TOPICS.

BY R. T. TRALL, M.D.

IMPORTANT STATISTICS.—Professor Gatchell, of Cincinnati, has collected and arranged an immense amount of statistical information, bearing upon the merits and demerits of two of the three leading medical systems of the day. The inferences fairly deducible from his data seem to prove the following propositions: 1. That, of all patients who employ allopathic doctors, ninety-six per cent. recover. 2. That, of all who employ no doctors at all, ninety-seven per cent. recover. 3. That, of all who employ homœopathic doctors, ninety-eight per cent. recover. Thus it appears to be an established fact, that no doctoring is better than allopathic, while homœopathic is an improvement on no medication.

We can assent to all of the above facts and inferences, and still consistently maintain that hydrophatic doctoring is an improvement on the homœopathic, enabling at least one more per cent. of the sick to be saved from untimely graves. With regard to the data alluded to, we have to say: 1. That allopathic medication, to a certain extent, directly kills. 2. That no doctoring gives nature a better chance to exert successfully her recuperative energies. 3. That homœopathic medication is an improvement on no doctoring, mainly, because it regulates the regimen of the patient, by rejecting many injurious articles of diet, drink, condiments, &c., on the ground that they are incompatible with the action of its infinitesimals; and so far the practice is actually hydrophatic.

Now then, we are prepared to say, and ample statistical data will bear us out in the assertion, that hydrophatic medication involves a more thorough and complete physiological regulation of all regimenal and hygienic agencies, because in that consists its whole hope of aiding and assisting nature; while the free, yet judicious application of water, externally and internally, to the various conditions of the temperature of the body, is a positive advantage not known to the homœopathic system. In practice this advantage is more especially manifested in acute diseases. For example, while the mortality in cases of dysentery, cholera infantum, scarlatina and other fevers, is vastly greater under allopathic than homœopathic treatment, in all parts of the world where the

two systems have been fairly tried, deaths are almost unknown in any of these diseases, where the treatment has been purely hydrophatic from first to last.

There is, however, a consideration connected with these premises of even greater magnitude than the ratio of deaths. Recoveries under drug-treatment, when administered allopathically, are not in the true sense recoveries at all. They are merely substitutions of one set of evils for another, and in a majority of cases the drug diseases left in the system are worse than the primary maladies which the drugs were given to remove. The great advantage therefore of homœopathy over allopathy is, that it is comparative harmless; while the advantage of hydrophatic over all is, that it not only cures the existing disease, but in so doing places the system in the best possible condition to resist all future diseases of every name and nature.

OPIMUM EATING.—The *New York Organ*, (temperance paper), has commenced a series of articles in relation to this habit, which it declares to be "a rapidly increasing vice in this city." The Editor says:—

"It is an awful thought to any philanthropic mind that has contemplated the ravages of opium in the East, that the same destructive drug is becoming such a favorite article of consumption among our own citizens. And we fear it will be found that in a large proportion of the cases of opium consumption, the appetite for the dreadful poison has been created by the unwise and plentiful prescription of the article by physicians—while in numerous other instances the mothers of our land are feeding their infants on the poison, and thus laying the foundation for the depraved habit."

There is matter for deep, and solemn, and anxious thought in the above paragraph. It is because of the unwise and plentiful prescription of alcohol by physicians, and the feeding of infants on alcoholic mixtures by mothers and nurses, that the demon (intemperance) has ravaged so large a surface of the earth, and ruined so many of the human family; and so long as physicians prescribe it as medicine at all, will the temperance reformation be incomplete; and just so it is with its kindred curse, opium. We are pained, therefore, to perceive that Dr. Scofield, in his first article in the above paper on "the use and abuse of opium," opens the discussion in the following manner:

"This potent drug, in the hands of the experienced physician, has been long known and esteemed as one of the most valuable, as well as the most powerful, of medicinal agents. *It may be truly termed the giant of the Materia Medica.*"

As well may alcohol be termed the giant of the materia medica! There is not a single reason, we take it upon ourselves to say, that can be alleged in favor of the medicinal use of opium, that cannot be urged with still greater force in favor of the medicinal use of alcohol. In our own humble opinion, the time has come

when both of those execrable poisons ought to be banished from society, save when employed for purely, mechanical and chemical purposes.

THE DOCTOR'S LATEST DODGE.—A correspondent writes from a town in the interior of Ohio:—

"The doctors hereabouts have just discovered a new method of defending their practice against the assaults of the WATER-CURE JOURNAL. And what do you imagine it can be? Why, precisely this. They have just found out that three-fourths of all the diseases which afflict the human family, are caused by worms! And water, they allege, has no power to destroy worms!! How are you going to get over this argument?"

We shall have to take a Rip Van Winkle snooze of twenty years to consider. At present the logic bears hard against us water-doctors. Diseases are caused by worms. Worms must be killed. Water has no killing property. Drugs have. *Ergo*—Drug-doctors are the things after all!

THE INDEPENDENT ON ORTHOPATHY.—In noticing the late work of Dr. Jennings, on the Philosophy of Human Life, in which the author advocates the prevention and cure of diseases without the employment of drug-medicines, the "*Independent*" newspaper records the following rather queer paragraph:

"Such books are out of our line. Though we believe in progress, we wash our hands of all responsibility in regard to the task of reforming the science and practice of medicine. We believe in washing and cleanliness, and in the many excellences of pure water for internal as well as external use; but we heartily abjure all connection with Priessnitz and his followers. We believe that half the invalids now-a-days make themselves worse instead of better with their outrageous self-dosings; and that for such patients sugar pellets medicated with the millionth part of nothing, are often better than anything stronger could be; but we have nothing to do with Hahnemann and his transcendentalism. When we are sick, we employ a physician [allopathic?] in whom we have confidence, and resign ourselves to his guidance. It is idle to employ a physician who has studied the science of disease and health, and has devoted his life to the practice of his art, unless we are willing to believe that in the line of his profession he knows more than we know."

Such books ought *not* to be out of the line of any paper which professes to lead, and mould, and reform, and improve the public mind. But why the writer should diverge so far from the line of propriety, as to give Priessnitz and Hahnemann a regular "blowing up," may be best known to himself. The whole article indicates either a servile deference to popularity, or a conservatism bordering hard on stupidity. It may be very pleasant for, and marvellously promotive of, the quiet of professional life, if the sick man will unthinkingly resign himself to the guidance of his doctor; the business man to the dictum of his lawyer; and the saint, or sinner, to the mandate of his priest. But if our ideas of progress,

and duty, and responsibility are well based, the patient must understand the *reason* of his doctor's prescription; the client must know *why* his attorney does thus or so; and the immortal soul must be *satisfied for itself*, why it believes this or that. Those doctors, and lawyers, and clergymen, who have an unthinking people, will never think much themselves, as a general rule, unless the world's past history is one grand mistake!

MAN'S RIGHT TO HEALTH—As we have meddled rather freely with the question of Woman's Rights of late, we offer the following extract of a letter written at Lenawee Water-Cure by H. C. Wright, by way of doing equal and exact justice to all *men*.

"Ever since I have been here, by this pool of pure, cold water, to 'wash and be clean,' and for many years before, I have been thinking much on MAN'S RIGHT TO HEALTH. Is man's 'right to life, liberty, and the pursuit of happiness,' inherent and inalienable? Not less natural, inherent, and inalienable is our right to health—to health of body and mind. Whoever inflicts disease upon a human being, no matter whether through ignorance, indifference, or intention, perpetrates an outrage on human rights. An invasion of human rights is atrocious or deplorable in proportion to its effects on the happiness of those whose rights are invaded. What shall be said of those parents who invade this most sacred right of their children—even before they are born into this world? Can the human mind conceive the amount of suffering in this world, caused solely by diseases transmitted by parents to their children? What proportion of those who have died in the past fifty years, died of the result of disease received from their parents? How many of the hundreds of millions, now on this earth, will be swept away by violations of the right to health, on the part of parents? Have children the right to receive from the authors of their being, healthy bodies and healthy souls? If so, what shall be said of those who inflict on their innocent, helpless, unborn children, perverted souls, and diseased bodies? Can man commit greater outrage against nature, against justice and humanity, than to inflict on his offspring loathsome and most painful disease, to terminate a brief life of anguish by a violent and painful death? **HAVE CHILDREN A SACRED RIGHT TO HEALTH?** If so, what shall be said of those debauched and reckless men and women, who are, and are to be the parents of future generations? I wish ministers all had to preach one year about a preparation to become healthy parents of healthy children."

THE KISSING CURE.—Dr. Semple, in a recent valedictory address at Philadelphia, to the graduating class, related the following anecdote, by way of illustrating the duties and advantages of kindness of demeanor on the part of the physician:

"It is said of the elder Dr. Parrish, that his suavity and tenderness did almost as much as his skill in the restoration of his patients; and that, on one occasion, a young lady, whose malady seemed reluctant to yield, hearing the good Doctor express a desire that he might see a change for the better in her condition, whispered in the ear of the attendant, 'I think if the dear Doctor would kiss me, I should be better.' He overheard her, and

promptly responded, 'Does thee think so? then thee shall have one,' and suiting the action to the word, he bent over and kissed her. The next day she was better, and soon was entirely well. Let me, however, caution you, young gentlemen, how you repeat the prescription, as it might not in all cases be equally efficacious."

VEGETARIANISM.—Quite a flood of communications are pouring in upon us on this subject, evincive, we think, of the interest its discussion is making in the community. In these communications, a great variety of questions are raised, many objections stated, &c. &c. We take occasion to say in this place, that they will all receive attention in the dietetic department of this paper, at as early a day as possible. The New York Vegetarian Society contains among its members those who have studied the subject in all its bearings for many years, and have also tested it experimentally in their own persons. Their reasoning and their experience will be presented in the Journal from time to time. But as a few words in this place will answer half a score of letters we have on hand, we improve this occasion to present them.

Vegetarians hold that nature, science, Scripture, anatomy, physiology, human experience, and the law of progress, are each and all in favor of their theory. But there is another argument more general in its scope, and in fact including all the others, which is perfectly conclusive—the *law of necessity*. When the earth is brought under full cultivation, and its inhabitants multiplied to the utmost, there will not, there cannot, be room for both man and the inferior animals. One or the other *must* abandon the premises. And, although man may continue to be omnivorous till the whole animal kingdom save himself is exterminated, he will thereafter subsist directly on the productions of the soil. The evidences of this law of necessity we shall present in future numbers.

Generalities.

HINTS TO STRANGERS.—NO III. PERILS OF NEW YORK.

To those in whose minds the word *perils* is associated only with shipwrecks on inhospitable shores, travels in foreign and barbarous countries, and adventures among wild beasts and savages, it will seem, perhaps, a gross misapplication of terms to connect it with the name of the great commercial Metropolis of a civilized and enlightened country, in this last half of the nineteenth century. Facts will show, however, that the word is fitly used, that it is not alone in "going down from Jerusalem to Jericho," that one is liable to fall among thieves, and that Arabs are found elsewhere than on the deserts of Africa.

But many of the Perils of New York are such only to the uninitiated. They vanish, or resolve themselves into very harmless subjects of contempt or pity, before the light of a little practical knowledge. It is for this reason that we are about to throw out a few hints, "to whom it may concern," in regard to the more prominent of them. Forewarned is forearmed in this case.

"Countrymen," arriving here, are at once marked as victims, by those who walk up and down the crowded thoroughfares of modern Babel "seeking whom they may 'take in and do for.'" "But how are these harpies to know that I am a countryman?" queries some genteel young farmer,

who thinks, and correctly too, that he makes quite a respectable figure, even on Broadway. "How the deuce does that fellow know that I am an Englishman?" soliloquizes John Bull, in a Parisian *cafe*, having in his eye the polite *garcon*, to whom he has just given orders for dishes which no Frenchman would eat, in French which no Frenchman could speak, and who has replied to him in English. Can one of our city "bucks," or a spruce clerk, from Pearl street, O! good country friend, pass himself off in your cornfield, or stable, or cow-pen, by any disguise of rustic costume; as a veritable farmer's boy? We fancy you smile at the question. Your own is not a whit more reasonable. No amount of fashionable dressing, were you foolish enough to ape our fashions, no polishing of boots, or brushing up of your best silk hat, will make you look or act like a "citizen." You ought not to desire it. You should be *proud to be known as a "countryman."* "God made the country, man made the town." Man has (or rather the tailor and the milliner have) a hand in making the *men* and *women* of the town also. But, to return,—the "countryman" is marked; and, though he is not necessarily of the same color as his meadows and grain-fields, yet he is generally ignorant of many things with which the dweller in the city is familiar, and is moreover too honest and sincere himself to suspect other men of deception and dishonesty. So he too often falls a victim. Now a glance at the "Perils" (or some of them) of Gotham. We will begin with the

HACK DRIVERS.—The "Perils of New York" commence at the wharf or at the Railway Station. [We protest here, in brackets, lest we should not think of it at some more fitting time, against the use (in this country almost universal) of *Railroad and Depot*, in the place of the more appropriate terms here used. We are compelled to use them sometimes, but do so "under protest."] Passengers are beaet and pounced upon immediately, on their arrival, by a host of hackney-coach drivers, porters, and so forth. "Have a carriage, sir?" "Have a hack, sir?" "Here's the Astor House, sir!" "Irving House, sir!" "Metropolitan, sir!" "This way, sir!" "Shall I take your baggage, sir?" "Right off, sir—take you anywhere you please, sir!" These are a few of the ten thousand times reiterated questions and announcements which greet the stranger's car. There is no way of escape. You must run the gauntlet between two lines of these voluble and eager Jehus, each of whom, one would think, imagines himself to have a mortgage on both you and your baggage. Under these circumstances, if your trunk does not go one way, your carpet-bag another, and yourself a third—indeed, if you do not get torn in pieces, limb by limb, and carried in fragments to different hotels, you will have reason to consider it a wonder! But if you will keep cool, and profit by the hints we are about to give, all will be well, for these hackmen are not, after all, the worst Arabs in the city, "by any manner of means."

All hackney-coaches are required to have the *number* by which they are known and licensed fixed upon some conspicuous part of them, and also a card with the *rates of fare*. Unless these conditions are complied with the owner or driver is entitled to no pay whatever, and is liable to a fine of *ten dollars*. If they at any time *demand* more than the legal rates of fare, they are entitled to nothing, and liable to a fine. Never employ a carriage without a number on it. Observe the number and remember it, and in case of any difficulty, you have a remedy by calling immediately at the Mayor's office. As a *dodge*, a card is sometimes presented with *another man's name and number on it*. Beware of such tricks.

The legal rates of fare are,

"For conveying a passenger any distance not exceeding *one mile, twenty-five cents*; and the same for each additional passenger."

"For conveying a passenger any distance exceeding one mile, and not exceeding *two miles, fifty cents*; and for each additional passenger *twenty-five cents*."

PUBLIC PORTERS are compelled by law to wear a badge of brass, on which is engraved their names, "Public Porter," and the numbers of their licenses. If you consign your baggage to one of these, be sure to take his *number*. Their rates are, For cartage *by hand*, any distance within half a mile, *twelve and a half cents*; if carried on a wheel-barrow or hand cart, *twenty-five cents*; and in this proportion for greater distances.

IN THE OMNIBUSES the fare is *six cents*, any distance, but they do not go out of their prescribed lines of travel. Strangers will observe the names of the streets and avenues through which they pass painted on the outside.

THE WATER-CURE JOURNAL.

DISINTERESTED BENEVOLENCE.—One thing more we may mention before we take the stranger safely to his hotel. There are, prowling about the city, a class of persons who, in the excess of their disinterested benevolence, actually offer their services to the stranger to guide him to some "nice respectable house." Of course they have no interest in the matter, and only desire to *serve you!* Beware of these men, and of all others in the city who so suddenly fall in love with you, or are excessively disinterested. Of this class is the gentleman who has the wonderful good fortune, as he is walking leisurely before you, to pick up a nice, large pocket-book, well filled with bills. He will be very likely to offer—what a generous fellow, to be sure—to sell all this good fortune to you for a small "consideration!" "A word to the wise," and so forth.

Once safe in a respectable hotel or boarding-house, and you may breathe freely again. But you do not wish to shut yourself up there, nor should you do so; but to go out is to encounter fresh "perils." Our business just now, however, is to put you on your guard.

We will suppose you find yourself in Chatham street. We are unwilling to say anything disrespectful of any street in our good city, but were we called upon to name anew this important thoroughfare, we should call it *Sham Avenue!* Here things are not, but only seem to be! If there are "honorable exceptions," we beg to assure all concerned that we do not refer to them when we speak of *shams*. Chatham street shams are of several kinds. We will speak first of

Mock Auctions.—These dens of thieves—these centres of conspiracy against the pockets of the ignorant, have been exposed again and again; but they still exist, and still find victims. Peter Funk, though the highway robber and the prowling burglar are honest and respectable men in comparison with him, goes unchanged, and what is more, continues to drive a profitable business!

Since writing the foregoing, we have taken a stroll up Chatham street to make a few observations. The reader shall have the benefit of them.

We dropped into one of the numerous establishments of Mr. Funk. All the sub-Funks and "outsiders" were on duty, and the whole machinery in full operation.

"Shentlemen," said the sinister-looking, Israelitish auctioneer, "ere ish von very fine gold vatch, vitch I sal sel for anything in de world vat you sal give. De merchant fail von day, de sheriff take de goods and dey mus be sole, for vat anything dey sal bring. Vat vil you bid for dis splendid gold vatch and gold chain? He ish worth more as sixty dollar, but you sal give anything vat you sal please for him—vat do I hear?" and so on, to the end of the chapter. Five dollars, six, seven, eight—and finally ten were bid, and

"De vach ish yours," said the man of the hammer to the lucky gentleman who had said "ten!" What a bargain! Only think of it! A watch worth sixty dollars for only ten! Next came several fine silver watches—"levers," at that, warranted thirteen jewels! And what, dear reader, do you think they were "sacrificed" for? One dollar each! Now came another gold watch, more splendid than the former—"Tobias" make, full jewelled, solid gold chain," and so forth. Mr. Greenhorn being present, ran it up, with the help of the eager sub-Funks, of whom we have spoken, and whom he took to be real, rival bidders, to twenty-five dollars, and the "bargain" was knocked down to him by the exulting Israelite, and he carried off his prize to learn, at his leisure, that it is not worth twenty-five cents! But we had not escaped the sharp eyes of the Jew, who now pressed us to examine and bid on a gold watch which was "up" and "must be sold." We respectfully declined to do either, protesting that we did not wish to buy an article of that kind.

"Den you may go out," said the auctioneer, "you 'fraid to buy—you may be have no money," &c.

We declined leaving; whereupon Mr. Funk put the "splendid gold watch" aside and declared,

"De sale ish close, shentlemen; I sal sel not any more vatch."

We went out with the rest, but returning ten minutes later saw the whole machinery again in operation!

The foregoing is no fancy sketch, but a simple record of what we have seen and heard to-day, and may see and hear to-morrow, or any other day, almost within a stone's throw of our sanctum. Need we say anything more on this point? We think not, except that Mock Auctions are by no means confined to Chatham street, and that a modification of the same system is far from being unknown in higher and more respectable quarters. If any of our readers, after this, are victimized, they must not blame us. If we are asked why such damnable swindles are allowed to be perpetrated thus

openly, day after day, we have no satisfactory answer to give. Our business here has been to deal with facts as they are.

We find that it will be impossible to crowd all that we desire to say on the subject of the "Perils" into the small space at our command this month, and will therefore close here, and resume the thread of our narrative in our next.

TO ASSOCIATIONISTS.—MESSRS. EDITORS.—Can you or any of your readers tell me of a water-cure establishment that is owned by a joint-stock company, where the shares are not large, and shareholders could become residents, where the establishment is conducted somewhat after the plan of an association or community? There are many reasons why I should like to connect myself with such a company, and I will name a few of them:

1st. Because I am a Socialist—that is, I think that the present isolated family arrangement is not calculated for the perfection of humanity on earth: it is necessarily too wasteful and selfish, and it is cramping and dwarfing our intellects and sympathies. Look at the women, and men too, in half of the families in our country: How shrivelled in mind, body, and soul! 'tis "God bless me and mine—Amen." Human brotherhood is entirely rooted out by family, sectarian, secret, or some other anti-Christian brotherhood.

2d. Because single-handed and alone I am not able to surround myself and family with all those appendages which are calculated to make a family healthy and happy.

3d. Because I see hundreds and thousands of families in the same situation.

I might give various other reasons. But let this suffice for the present. I merely wish to know if there is any such movement in existence, or contemplated; and I would like to have the readers of the Journal give their views on this subject, describing localities, what amount they would invest in such an enterprise, &c. Especially would I like to hear from those who are something like myself—workers—who have but little but their hands. A few hundred dollars is all that I could invest. But ten or more individuals, each one having as much, and able and willing to work, might get a suitable domain, and in a few years have it something as an earthly home should be,—especially if each member should have a good stock of benevolence and energy. There are beautiful springs and streams forming the head waters of the Juniata, near Aloona and Holladaysburg, not far from the Pennsylvania Railroad, among the grand scenery of the Alleghany Mountains. I know of several in this vicinity that come out high among the mountains, of the purest and softest water, falling in some places 200 feet in half a mile, I should think, furnishing a constant stream the year round sufficient to drive small mills, &c. Here, too, in these mountains, are vast quantities of iron ore, bituminous coal, and timber; also, any amount of unimproved water-power. Still, I should prefer being ten degrees south of this. Will not some kind reader tell us of beautiful localities on these same mountains in the Southern States, where humanity's model-home might be planted? Do, friends, give us descriptions of your favored places: it makes this model Journal still more interesting.

LOOK AT THIS, YOUNG GENTLEMEN!—We are very glad to find an article like the following in the *Home Journal*. It will do good; and we give it the benefit of our circulation, though we trust that our readers have little need of the hints it contains. If any of our Water-Cure gentlemen do smoke, we beg them to consider this paragraph as intended for their special benefit. Hear what the ladies say of you:

SMOKING.—A lady asks:—"Can you not do something in behalf of young ladies like myself, who are not fond of tobacco smoke? Is it not horrible? Papa smokes, and Frederick, my eldest brother, smokes, and even Augustus, the little imp, only fourteen, begins to smoke! I am sure I shall be *bacon* soon. They smoke in the library, and smoke in the dining-room, and smoke in the parlor. Go where I will, there is smoke. The whole house is filled. If I enter the street, it is no better. Everybody you meet smokes. Everybody that you pass, or that passes you, smokes. Very pretty gentlemen, so they seem, dressed in the highest fashion, puff great volumes of smoke in one's face, without appearing sensible of their ill manners. Do you think it *polite*? Pray tell me how I am to get rid of this annoyance. It seems to me, if Nature had intended that we should all breathe tobacco smoke, she would have filled the air with it at first, and thus saved such a waste of labor. I wish you would write a paper article on this subject. Tell gentlemen that it is not polite, not good manners, to smoke in the street. For my own part, I do not think handsome lips are at all improved by a roll of tobacco between them; nor do beautiful eyes look any more charming when seen under a cloud of tobacco smoke. *Entre nous* the most horrible of all is to be kissed by a gentleman whose breath makes you think

of a tobaccoist just burnt out. I subscribe in cordial hatred of tobacco,

The editor replies,—

We sympathize truly in Sophia's disgust, at her protest against the most ridiculous, and most offensive of human follies—the use of tobacco. All ladies were of her mind, and would express themselves with equal plainness, a great many tons less of the noxious weed would be annually consumed. Ladies should give tobacco no quarter whatever; and never pretend, as they sometimes do, that they like the perfume of a good cigar, etc.

Miscellany.

IMPORTANT TESTIMONY.—The following letter from Dr. Smith was written to me on the return of his daughter from our Cure, where she had been taking treatment for some months. It was not intended for publication. But the world needs it, and I therefore obtained his consent to have it published. Dr. S. is now an old man. He graduated at one of the first medical schools of the country, many years ago, and was in active practice for nearly forty years. He, like many other physicians, gave less medicine as he grew older and wiser; and finally abandoned them altogether, relying solely on the recuperative power of the system, which, under favorable circumstances, he considered more potent for good, than any or all the drugs in the pharmacopoeia, with none of their evils. On becoming acquainted with the Water-Cure system, he saw its beauty—its harmony with nature, and embraced it. But hear Dr. Smith's "last testimony."

D. H. FREASE.

Mecca, Trumbull Co., O.

DEAR BROTHER WATER-CURE!—I wish to give you a few items, out of an overwhelming amount of years of experience in allopathic medicine, divested as much as possible of all selfishness and egotism, as my last testimony in favor of truth and reform, and as a mite contributed to the physical redemption of our race.

I early became a temperance man, theoretically and practically. I could find no reliable platform but that of total abstinence. With alcohol I could make no compromise, either as related to its different compositions or its quantity. I considered it a *poison* not fit to be drunk in any case whatever, in any of its forms or compositions. My total abstinence principles, together with the light shed upon the world by the great luminary, Priessnitz, and his collaborators, have made me a teetotal hydropathist. No radical reform ever carries unless the progressive state of society requires it. My intimate acquaintance with the medical profession affords abundance of evidence from doctors themselves, that something radically new is called for by the age in which we live. Drug practice is inconsistent with the common received opinion of a *vis medicatrix nature*—the principles of physiology—the laws of animal life. What relation is there between the abnormal excitement produced by calomel, opium, quinine, arsenic, strychnine, &c., and that state of the system denominated health? Their *natural* effect is *disease and death*, whatever may be the design of their administration. Doctors have very little confidence themselves in drug treatment, and they would lose that little, were they able to distinguish between the effect of their medicine, and the recuperative powers of the animal system. If allopathic physicians have implicit confidence in well-known, long tried remedies, why has there been such a ceaseless and incurable mania, as I know there has been and continues to be, for some *new remedy*, while the idea of specifics is totally discarded? Physicians know, and the candid confess, that when powerful medicines are given, if the patient does survive, he is, to use the language of a skilful, observing medical man, "forever getting well"—always continues an invalid. This is the natural effect of a great class of medicines in daily use by allopathic physicians, and which the law of the land requires to be labelled poisons before they are taken from the

druggist's store, and all the lesser medicines act upon the same principle of unnatural stimulation. Is this the right course to assist nature; or is it the introduction of another enemy into the human system to weaken or destroy its recuperative power? What if we cannot prove that in every case where poisons are given as medicines, they do positive injury, nevertheless, on total abstinence principles, ought we not to reject the use of all those injurious poisons, in greater or lesser doses, and under all circumstances whatever, as well as we do alcohol? I make no compromise with other poisons any more than I do with alcohol.

But the question of the age to be decided is not the particular or relative merits of any of the different articles of the *Materia Medica*, but the different systems of practice themselves. The reform which is imperiously demanded, which the progression of the coming age will develop, is radical. It is the legitimate result of a more perfect knowledge of the principles of physiology—a more thorough study of the *laus of nature*, and conformity and strict maintenance of the maternal rules of hygiene. It has no affinity. It acknowledges no paternity from any of the medical sects, much as they may labor to make capital out of it. It can prosper only on their ruins as drug practitioners. They might as well think of putting the Atlantic Ocean into their pill bags, as to unite the water treatment with the drugging system. . . The botanic and the infinitesimal little doctor are but the topped branches from the old rotten-rooted upas. They admonish us of the untenableness of the old platform and its certain downfall. Perhaps these seceding brethren have done the best they could, considering the light of their age, but many of them are now hastening to the pool either as patients or as converts.

As the *unity of disease*, a physiological doctrine, founded upon the relations of one organ of the human system with another, is becoming popular with able physiologists, and is important in explaining the *modus operandi* of the water-cure, I will give you the substance of a conversation I had with a friend who thought of going to a water-cure to be treated for a liver complaint. He said that as his liver was the seat of his disease, he could not see how bathing the skin could cure it. So his physician had told him. I asked him how he or his physician knew that his liver was diseased. He replied, by dizziness in his head, sickness at his stomach, and a particular cast and complexion of skin. I then said to him, if a disease of your liver has produced a diseased state of your head, stomach and skin, cannot you understand, that if, by bathing, your skin and stomach are restored to health, they will, reversing the order of things, restore health to the liver and head? The great objection against water-cure, by doctors, is, "it will not cure all kinds of disease!" Yet, with a few favorite medicines, they "cure" the one hundred and fifty diseases of Cullen or the five hundred and sixty of Vogel. Truly nosology is deceptive.

JOHN SMITH.

Sugar Creek Falls Water-Cure.

REFORM LYRICS—NO. I.

BY JOHN GOSSE FRETZLE

There's headache in that brandy sling,
And logwood in that wine;
And songs and fights in whisky punch,
And piques of Auld Lang Syne;
And poverty and sore distress,
And crime and woe, and care,
Are lurking in that sparkling glass;
Beware, my friend, beware!

But in that water clear and bright,
Are health and harmony;
And days of youth come thronging back,
With all their boyish glee.

So let cold water be the toast!
Pledge me, my friend, in this;
And we can each to each ensure
A life of health and bliss.

WANTS.—*Wanted*—The vigor of constitution which I have lost by being ignorant of, and disobedient to nature's laws.

Wanted—To tell all the world that my mind is stronger and my health better than it was ten years ago, because I now use water daily, inside and out; sleep on a *pure* hard bed; sit and stand up straighter, breathe purer air, eat *less* and *better* food, give my stomach now and then a holiday, wear little or nothing about my neck, *eschew* tobacco, tea, coffee, and pork, and am my own doctor.

Wanted—To tell folks that they have no more right to poison the air that I breathe, by their foul breath and their tobacco smoke, than they have to poison my food or drink.

Wanted—To know what proportion of the fashions and habits of Christendom is conducive to health and longevity.

Wanted—The Rev. Mr. ——— to preach more about *physical* health, and present his body "a living sacrifice holy," &c.

Wanted—Dr. ———, next time he visits Miss ———, to leave his medicine at home, and tell her of her *bad habits*, the *cause* of the disease, and how to remove it.

Wanted—A public opinion that will keep all licentious, profligate, tobacco-smoking and chewing teachers out of the school-house, and place in their stead hydropathic, hygienic, physiological teachers, with a "sound mind in a sound body."

Wanted—To know how much the WATER-CURE JOURNAL is worth in a year to a family practising its precepts.

Wanted—To know what publications are doing as much good as the PHRENOLOGICAL and WATER-CURE JOURNALS?

Wanted, all to know that—"He that believeth" (in hydropathy, practically,) "and is baptized" (all over, daily, by a shower-bath, sprinkling, or by immersion) "shall be saved," in this life at least; "but he that believeth not" (as above) "shall be"—must be "damned;" for nature decrees it. J. H. COOK.
Snaquoit, N. Y.

WILD WOOD SPRINGS WATER-CURE.—[We take the following graphic description of a new water-cure in Franklin county, Mississippi, from the *Concordia Intelligencer*, a weekly newspaper, published in VIDALIA, LA. The editor says:]

"A friend of ours, returning a day or two since from this romantic spot, redundant in wildness, and as bristling, uneven, and fearful as are the far-famed Trossacks of old Scotia, comes back quite enamored of the freshness and attraction of this lone, new Eden of the woods.

At Hamburg you are only a mile and a half distant from the far famed "Fountain of Perpetual Youth," long sought for by the famous Spanish chevalier, Hernan de Soto. Well may it be called so, for its waters roll up from those immense depths amidst the rock-ribbed bosom of the earth, that impart no stain or impregnation to them. They gush up, cool, pure, grateful, as light as the air on the summits of lofty mountains, and as translucent too as that element which bathes the snow-crested heads of Jura, or Mont Blanc.

You turn to the right for the last time, as we said before, plunge down, down, down a steep hill into what seems a wild gorge or chasm; and all at once you see a somewhat long two-story house, of bright new boards and shingles beneath your very feet, and other cabin-like buildings crouching round among the trees. It is quite level just round the principal house, and a frolicsome stream meanders and babbles along just in front of the Hotel, as it may be called;

or perhaps "Retreat," or "Hermitage" would be the better name.

The house is but some three months old, is as sweet and clean as new pine can make it, but is still in the process of being finished.

The beds were truly neat and luxurious, and the table good. But it must be confessed that the great charm of such a wildwood scene is a fresh, blooming, graceful and accomplished lady, the wife of the proprietor, Mr. Myles. She is the very queen of this wild domain. A fair and engaging specimen of the health-inspiring qualities of the Fountain, and that course of Hydropathic treatment which has restored her late impaired health, and given her eyes the lustre and her feet the bounding agility of the gazelles on the Judean mountains. Truly if ladies could know how much their beauty is improved by climbing those angular hills, like the wings of angels among the trees—half-seen and then withdrawn,—if they could know this, why they would resort in crowds to Wildwood—that's all!

Dr. Gray, the Hydropathic physician, has had remarkable success in his water cures. The very thermal purity of the element, as well as the irrevocable habits of temperance which the good and attentive doctor imposes upon his patients, all tend to effect a cure of almost any disease, or at least, enable nature to cure its own maladies.

It was somewhat singular to see old Mississippi planters dancing in the ball-room, who had been shackled by the rheumatism in their feet for twenty-five years. He cures the gout with water—intermittents—agues—dyspepsia, all with water.

By the way, the Fountain, which has no soundings, has a bath house over it, and is used by the doctor as his immersion bath. Coming from such an immensity of depth the upward pressure or resistance of the water is such that no human body can sink in it. If one dives down into its depths, the body is instantly thrown up to the surface. The smaller springs furnish shower baths and water for all other operations.

[We hope to hear again from this "Fountain of Perpetual Youth," as our Mississippi disciples have christened their wildwood spring.]

INTERESTING CASES.—[Dr. Holland, of New Gracenberg, sends us the following "strong cases." Such facts speak for themselves.]

Rome, January 18th, 1853.

DR. HOLLAND.—*Dear Sir* :—I was a patient at your establishment in 1849. Some five years previous to that time, I had an attack of bilious fever, which resulted in an apoplectic fit, which deprived me of reason for five days, and gave birth to a chronic disease of the brain and nervous system, from which I did not recover until I went to your establishment. My physicians were reputed to be the best, who bled frequently, and gave large and heavy doses of mercury still more frequent, which so crippled the constitution as to favor the frequent return of nervous fits, each leaving the system worse than the previous one, until they gave up all hope of my recovery. As a last resort, I was induced to go to your establishment, where I completely regained my health. I am certain that I owe my life to the treatment which I there received. I have been in the enjoyment of good health ever since.

Respectfully yours,

GEORGE P. UTTEY.

Utica, December 2d, 1852.

DR. HOLLAND.—*Dear Sir* :—Just three weeks ago I was carried to your establishment perfectly helpless, and suffering the most excruciating pains. I could get no rest, day or night. I employed two of the most prominent doctors here in the city, but got no better, and grew worse under their prescriptions. But relief I must have or die, and I told the most eminent of the two that I must go to the Water-Cure. He tried hard to dissuade me from going—telling me

THE WATER-CURE JOURNAL.

I should be drawn up like a monkey if I did, and never get well—(which is the way I find most all the old school doctors do all they can to keep sick people from going where they can get cured.) But I am happy to say, that I got relief immediately by your treatment—was quite comfortable in four days—and could walk all about in one week. On my return home my friends were quite astonished at the result, believing it little short of a miracle. I am now about my business as usual. All credit is due to the Water-Cure—for it is the real cure.

Very respectfully, and truly yours,
ROBERT GROGAN.

INFLUENCE OF A GOOD BOOK.—The Hydropathic Encyclopædia is doing wonders for the "old school" doctors. It is almost working miracles; for the clear and intelligible manner in which the truths of water-cure are set forth, and the thorough and masterly manner in which the errors of allopathy are exposed, are really causing the blind to see. From various parts of the country we hear of regular physicians accidentally meeting with the work, (perhaps in the hands of their patients) examining it, forthwith prescribing according to its directions, and throwing their own physic to the dogs. This is very much as we expected. If every regular physician in the country could be induced to examine the work carefully, and without prejudice, there would be an unprecedented falling off in the demand for drugs.

One correspondent writes, "Our doctor is so pleased with the Encyclopædia that he scarcely ever gives any medicine." Another writes, "Our physician insisted on keeping our copy of the Encyclopædia, so please send me another." Another says, "The principal physician of this village purchased the Encyclopædia of one of your agents, and it soon got abroad that his wife and daughter were packing, taking hip-baths, wearing wet bandages, &c., &c." Yet another tells us—"Our physician has prescribed the water cure processes in our family, precisely as we find them explained in Dr. Trall's Encyclopædia, little thinking, perhaps, that we have the same authority, and that we know as well as he does, that Dr. Trall is the real, though Dr. — is the nominal doctor." A "regular" in an obscure part of North Carolina, wants us to send him the Encyclopædia, and trust him a year for the pay! Would it not be for the interest of both physician and patient, if the people would place a copy in the hands of those regular physicians they are obliged to employ?

WATER-CURE IN ALABAMA.—This noble reform is waking up the people here, and the cry is ringing abroad—"What shall we do to be saved?" What will save us from disease, from death, and the doctors? The inquiry is met by the voice of reason and of God, by the testimony and experience of thousands, through the medium of the WATER-CURE JOURNAL, which comes to the homes and hearts of many at the "sunny South," saying, "Wash and be clean;" arise, baptize in the pure cold water stream, and thou shalt be saved.

Multitudes are now in the valley of indecision, waiting for some friendly voice to direct them how to enter the Hydropathic aqueduct, and rise from the low grounds of sorrow and sickness to the city of health, purity, and happiness.

We have one Water-cure Institute in this State, which bids fair to become a popular establishment. It is pleasantly situated in Middle Alabama, at Rockford, Coosa county, conducted by Drs. Coyle and Gordon.

Yours truly,
N. PLUMB.

DYSPEPTIC BOARDING-HOUSE.—An agricultural journal contains the following, which we don't endorse, "by no manner of means." "The best board in the world for dyspeptic young ladies, is said to be

the wash board. It gives them strength of muscle, an exuberance of spirits, a good appetite for their meals, and supersedes the necessity of painting their faces."

ROXANA REVIEWED.—[A subscriber flutters a little on the hard hits of our correspondent, Roxana, and says in reply:]

A few words more and I have done. Our sister Roxana seems determined to stir up the minds of the women, and I am sincerely glad of it, for there is need of it. She gives us excellent advice, and much that she says I like. The great trouble is, there will not half as many read her articles as ought, and I fear that some who do, will not follow her teachings. She says, "she has a chapter in reserve for the men." Glad of that—hope it will be forthcoming soon, for I imagine there are sins among them also that need rebuking. I believe in giving both parties their just due, but not like Whigs and Democrats, who

Sometimes let their growing ire
Grow till it can't grow any higher.

She says, in replying to my remarks, that when she speaks of crime, she must speak of it in a manner expressive of the indignation with which she regards it. Very well—but is not the crime a different thing from the punishment of the criminal? The idea which I wished to enforce was this, that hard words and harsh means are not the best to reclaim the erring. It seems to me it tends to excite the baser passions, which already predominate in too many cases. I cannot censure, in such harsh terms, poor misguided mortals, who have grown up under perfidious influences, as we know many have, and knowing, too, that these influences are beyond their control. First, badly organized; or if, perchance, they are not so badly organized, their training is all wrong. Taking all into account, should not the causes leading to the commission of crime, and the best means of reforming the criminal, be considered before passing sentence? A word about dress, from some hints in the W.-C. JOURNAL: Three years ago, I began to think it would be wise to make some alterations in my dress. I commenced with putting shoulder straps on my long skirts, then cutting off bodices, taking out whalebones, and making dresses loose. After a while came the shortening of skirts, and finally a hat; but to cap the climax, I have been, as some think, so foolish as to try shortening my hair, too; I find it much less trouble, and I prefer employing the time that some spend fixing their hair, in reading and trying to improve the inside of my head. Although I am almost alone in my Bloomer dress, I go on my way rejoicing, and if I chance to meet a stranger who knows no better than to make insulting remarks, I pass along, paying about the same attention I would to the straws beneath my feet. But when acquaintances attack me on the subject, I am generally free to give them my views about their whalebones, tea, coffee, pork, snuff, &c. One says, "I never dress tight—I can't—it hurts me." Another, "I should not know how to keep house without pork; it don't hurt me, and I must have hearty victuals or I can't work!" Another, "I have indulged byself so long id takid sduff, I dod't thik I shall break of dow; it rests be so butch to sit dow ad take a pich of sduff when I'b tired; talk about a little sduff or tea hurted ady body, it's all dodsets," and by way of showing independence of mind, out comes the box—"Cub, Bidervi, have sub sduff, I'b dot afraid I'll talk though by dose, for gradbother dod't dow, ad she took sduff ever sids I was a little girl. Sub thi'k yaller sduff wut stop up the dose like black." But when the "wise ones" come to tell me Fowler is an infidel, and Phrenology will lead to infidelity, I think I may as well leave. And I say to myself, "There's a better day coming." Let us labor to be free.

A SUBSCRIBER.

MOCK DOCTORS.—The arrangement for the publication of the British tory have already led to a curious discom-
munication from the editors of that paper, informs us that they have ascertained, beyond question or dispute, that there are some gentlemen in this kingdom glorying in the title of M. D. whose diplomas are absolutely forgeries, and that some of them purport to have been granted from a British university, whereas others are professedly from foreign establishments. With regard to unqualified practitioners, the state of the profession is even worse than was conjectured. It is now ascertained that practitioners, who are lording it over their professional brethren on the pretence that they are the possessors of superior titles and qualifications, really hold no legal titles at all, and that their claims to distinction are, in some cases, founded on criminal proceedings. What with the homœopathic and other quacks, and the holders of purchased foreign and Scottish diplomas, the qualified members of the profession are really reduced to a sad condition.—*London Lancet.*

[A pretty picture, according to their own showing. But are there not miserable pretenders in the other professions? Have we not mock politicians, mock clergymen, mock lawyers, as well as mock doctors? It may be the duty of the *London Lancet*, a "regular" mouthpiece, to expose irregular doctors, as it is our business to expose the "regulars." After all, we deem it quite as safe to submit a sick body to the treatment of irregular Indian doctors, root doctors, patent pill doctors, as the "regular" cod liver fish oil doctors. We can't see much difference between tweedle dum and tweedle dee.]

A PROFESSIONAL DOCTOR.—MRSSES. EDITORS: I see that in your WATER-CURE JOURNAL, you occasionally regale your readers with choice specimens of the literature in vogue amongst the philanthropists who go about applying Botany and Mineralogy to the cure of diseases. Let me give you a copy of an account once produced on trial before me, when I was sitting as a magistrate in a town in New England.

Mister P. Thomas	To R. W.	Dr.
Sept. 6. To Medasin	\$1 75
„ Perfeshenel Survases (!)	3 00
		\$4 75

I have always contended that this spelling of "per-feshenel" deserved a medal from the Phonographical Society.

MORE GOOD NEWS FROM THE SOUTH.—[As another illustration of the progress of Water-Cure in the South, we make the following extract from the letter of a Water-Cure Physician in Georgia.] I have not lost a single patient, nor had a single one that did not receive much benefit while at my Water-Cure, and I am attaining some celebrity in my practice. I have generally, so far, obtained my patients from my success in treating some of their acquaintances, or in other words, I find from experience, that my best signboards consist in making the helpless walk, and healing the afflicted, which, when they are healed, they have so far, sent me from one to ten. CARY COX.

PUTNAM'S MONTHLY already occupies, as it deserves to do, the first place among American magazines, and is not a whit behind the best of the European monthlies. It is very ably edited, and numbers among its contributors the most distinguished writers of our country. Its tone is emphatically American, and there is a freshness and vigor about it, which betoken a healthy vitality. Among the notable papers in the March number is, "Woman and the Woman's Movement," by one of the raciest and most original essayists of the day, whom the mask which all the contributors to this magazine wear (the names of writers not being given), fails entirely to conceal. Who among our "strong-minded women" will give this article a fitting reply?

Our Exchanges.

In looking over our numerous and valued EXCHANGES, we frequently make MARKS, and sometimes REMARKS. Here we give, as far as our limited space will permit, the results.—EDITORS.

VILLAGE LYCEUMS.—Our citizens pay twice as much every year to sustain puppet dances, "minstrels," &c., as it would cost to keep up a well-organized society for mutual improvement. Young gentlemen and ladies will have their sources of amusement;—why not try to turn it into a profitable channel? Directed by men of experience, they may be encouraged to take part in the exercises that will be of advantage to them and the community at large.—*Paris (Ky.) Citizen.*

The same remark will apply to many other places, and we commend it to the attention of our country friends.

OUR GOVERNMENT lands cost one dollar an acre on an average, and champagne two dollars a bottle. How many a man dies landless, who during his life has swallowed a fertile township, trees and all!—*Exchange.*

Answer that, ye pauper guzzlers.

A GOOD DETERMINATION.—Bro. Shehane has fully determined to go to a Water-Cure next spring, if enabled to get there; and he intends to stay till killed or cured. To this end, Maj. T. M. Cowles subscribes \$100. Who else is disposed to help?—*Natalusya (Aia.) Herald.*

The killing process belongs to drugging systems, and not to Hydropathy. Water treatment, properly administered, never kills, though it may fail to cure. We rejoice to know that a knowledge of the Water-Cure is spreading rapidly in the South.

RUM AND TAXES.—At the October term of the Mercer Court, the Grand Jury found twenty-three bills of indictment, twenty-one of which were traced directly to Rum. Twenty-two cases were tried, at a cost to the County of about fifteen hundred dollars, and one case, which it was supposed would have cost five or six hundred more, being the most important of all, was laid over to the next term. This was a case of stabbing, which happened while both parties were under the influence of Rum. Think of this, tax-payers!—*Reformer, and New Jersey Temperance Advocate.*

Add to this the amount which it costs to maintain the paupers made by rum.

TAVERN INTERPRETATION OF SCRIPTURE.—When the brethren heard of us, they came to meet us as far as Appii Forum, and the Three Taverns: whom, when Paul saw, he thanked God and took courage.—*Acts, xxviii. 15.*

A short time since, an acquaintance of mine, a well-known Temperance man, was called upon by a neighbor, who told him that the Apostle Paul approved of drinking rum at taverns, and that he could prove it from Scripture. My friend thought he was joking, till he gravely offered to bet upon his correctness, and mentioned that at the neighboring tavern they had been reading the passage. The rendering to which they had arrived was, that the brethren came from Rome to Appii Forum and the Three Taverns for rum, and that there meeting them the Apostle thanked God and took courage!!

The idea of a jovial bar-room greeting of the worn veteran of the Cross by his friends, as an interlude between the past perils of the deep and the coming perils of bloody Rome, has not, I think, been suggested by any previous commentators! See 2d Peter, iii. 16.—*Reformer and Advocate.*

BE THINE OWN EXECUTOR.—A brother, whose signature is *Zaccheus*, sends \$500 as an appropriation for the extension of the knowledge of Christ among men. This he has done repeatedly before, under an impression that whatsoever his hand findeth to do, he should do quickly; and with the conviction that a man ought as far as practicable to be his own executor. He assigns two wise and sufficient reasons for this course: first, the pleasure of seeing the fruit of one's own benevolence; and secondly, to be sure that his intentions will take effect. This last reason has acquired great weight with him recently, by seeing several (he mentions five) bequests for benevolent purposes set aside by courts, and thus the obvious intent of the testator failed to take effect. There is much good sense in these views of Zaccheus, and we commend them to the prayerful consideration of those who have good hearts and worldly wealth also.—*Methodist paper.*

[We quote and endorse the above, considering the principle a wise one. Those who have been favored with health and worldly success, may use the means acquired far more judiciously than if left to be squandered by quarrelling pettifoggers. We therefore advise all who may wish to contribute "material aid" for the advancement of reform in religion, education, health, etc., to do it while living.]

OBLIGATION OF TRUTHFULNESS.—We are bound to speak the truth to our neighbors; for the use and application of speech

imply a tacit promise of truth, speech having been given us for no other purpose. It is not a compact between one private man and another; it is a compact of mankind in general, and a kind of right of nations, or rather a law of nature. Whoever tells an untruth violates this law and common compact.—*New York Observer.*

["The law of nature" to 'tel, the truth," is it? With the *Observer* would practise what it preaches, and "live up" to the law of nature, and tell no more—whoppers.]

The Boston Domestic Journal of Medicine for March, a mongrel of mean stripe, edited by B. F. Hatch, M.D., contains several leading articles copied from this JOURNAL, without so much as one word of credit. This wicked sinner shows more sense than justice, in copying our articles. He is evidently incompetent to originate or write anything like so good matter as he can steal from others; but we feel in duty bound to "show him up." He deserves a dose of "cod-liver oil," or the application of a "balvanic battery." Who will give it to him?

A CASE OF WATER-CURE.—The efficacy and safety of water in fevers accords well with common sense and actual observation; though only a few years since the calomel fraternity would quite as soon have administered water in hydrophobia as in fever. We have ourselves fully tested its value in intermittent fever; since which, by living on hydropathic principles, we have gained in weight an average of one pound per month for thirty months. But to the case: We have a brother in one of the bilious districts of the South, an enthusiastic hydropathist, who is constitutionally subject to fevers. A few weeks since he was attacked with the premonitory symptoms of bilious fever, which were subdued without medicine in a week, so that he undertook a business tour on horse-back, from the fatigues of which he was seized with a fever at a place remote from medical aid. At the outset he was induced to take a dose or two of some of the mercurial preparations to be found in every house, without any beneficial effect; and he determined to "throw physic to the dogs," rely upon himself, and Jackson-like, "take the responsibility." He prescribed for himself a course of hydropathic treatment, which the hospitable planter at whose house he was hesitatingly administered, incredulous of its efficacy. The effect was almost instantaneous; a fever of five days required little more than as many hours to subdue it. The planter was astonished as well as convinced.—*New Hampshire Oasis.*

[The testimony of such men as our friend of the *Oasis* is valuable, and will have due weight wherever it is read. With the press on its side, Hydropathy has nothing to fear from any quarter.]

Varieties.

SPIRITUAL COMMUNICATION.

A "MEDIUM" sends us the following poetic effusion, assuring us that it was duly knocked, rapped, thumped, or pounded out, somewhere in Illinois, as in such cases made and provided. We do not vouch for its celestial origin, but give it as bearing strong indications of terrestrial truth, whether it comes from supernal, infernal, or circumroundabout regions:—

GOOD ADVICE IN RHYME.

Of doctors. They are in the way
Of our great reformation,
So how to live, to them we give,
A little information,

They're quite afraid that their old trade
No longer will support them;
And Spirits pure, a nuisance sure,
Will certainly report them.

For they're a curse, or bad, or worse,
Than drones who make no honey.
They drug the poor, but never cure,
And thus extort their money.

Away with drugs, and jars, and jugs
Containing stuff so baneful;
For water pure all ills will cure,
However bad or painful.

When you are sick, take arsenic?

No; it will make you sicker;
But drink your fill from spring or rill,
For this will cure you—quicker.

Drug-calomel can't make you well,
Though given by physicians.
Their stuff, though strong, is yet all wrong,
Like many old traditions.

Their powders, drops, and thousand slops—
You're better off without them.
They are not good for drink or food,
And all is wrong about them.

For you're health's sake, then, do not take
Such poisonous preparations;
The water clear is always near,
To answer expectations.

We'll read and think, and bathe and drink,
And be our own physicians,
For water pure will surely cure,
In spite of old traditions.

We know the way, tho' some may say
That we are going crazy;
Tho' this they've said, we work for bread,
And sure that we're not lazy.

Enjoying health, we'll work for wealth,
And live in pleasure glorious;
We hope at length to have the strength
O'er all to prove victorious.

And when we do, the doctors too
With us may earn their living;
And this we've said, to work for bread
Is the advice we're giving.

Now, if with cough you're quite bad off,
Then use the water handy;
For cough, you see, you'll soon be free,
Without the use of candy.

Then wash the skin, and take within
A plenty of good water,
For all must see that it runs free
For every son or daughter.

Or if the brain is full of pain,
And tends to inflammation,
Some ice you'll take, for it will make
Of pain a termination.

For fever hot the stuff you've got
In well, or spring, or cistern;
Then use it right both day and night,
And it will cleanse your system.

WHY IS IT?

BY THE GREEN MOUNTAIN MURDER.

I WILL not deny
This fact, that poor I
Never can tell
The least reason why
Many an exquisite belle
Ne'er at any time goes
With a ring in her nose;
When she wears, it is clear,
At all times of the year,
A ring in her ear.

Her dress, too, how strange
She e'er will arrange!
Much clothing, I mean,
Round the body is seen;
But the dear little feet,
So nice and complete,
Each must wade through the street,
With a very thin shoe,
And a light stocking too—
What nonsense! oh, pooh!

No, I cannot deny
This fact, that poor I
Never can tell
The least reason why
Many an exquisite belle
Never should squeeze
Her head, arms or knees,
When with very good (?) taste,
Such tight cords are placed
Round her delicate waist!

DEUTSCHE ADVERTISEMENT.

Youso folks may be interested in this production, evidently not written by a native American.

BY C. TOLER WOLFE.

Mine horse is shloped, and I'm avtraid
He hash been taken or shtolen, or shtrayed;

THE WATER-CURE JOURNAL.

Mine pig plack horse dat looks so shpry,
'Pout fourteen oder twelve hand high,
He has been got shuat four feets plack,
Mit striped spots all down his pack,
Two legs before and two behind—
Pe sure you keep all dis in mind.

He's plack all over, dat is true,
All but his vace, and dat's plack too ;
He drots and ganters, vaux and paces,
And outworks Peizebub in draces ;
And ven he gallops in der shreet,
He vaux upon his legs and feet ;
Von leg goes down and den de oder,
Und always follows von anoder ;
He has dwo ear shtuck 'pon his head,
Bote of dem's neider white nor red,
But bote alike, shust von, you see,
Ish placker dan de oder pe ;
He's got two eyes dat looks von vay,
Only he lost von toder day.
And ven you vish to dake a ride,
Shump on his pack on tudder side,
And it is shust as gospel drue,
De eye vat's plind vill not see you.
His dail's behind him long and shleek,
Only I cut him off last week,
And derefore 'tis not any more
As half so longer as pefore.
He cocks his ear and looks so gay,
And vill not shtart and run away ;
But ven he's scart, he make von shpring,
And shumps about like every ding ;
He rides about mit shaiz and cart,
I never see such horse for smart ;
And sometimes he go on de road,
Mitout nobody for his load,
But pag of gorn, and takes de track,
Mit little poy upon his pack.
Mine horse ish not so very old,
Not half so young as ven he's foaled,
And ven he gallop, rear, or shump,
His head come all pefore him plump,
And den his dail goes all behind,
Put sometimes, ven he takes a mind,
Gets mad and duras all round de shure,
Vy den his dails goes all pefore.

Whoever vill mine plack horse got,
Shall pay ten dollars on de shpot,
And if he prings der tief alive,
Vy den he pays me twenty-five,
Mitout no questions ax'd py me,
By mine advertisement you'll see,
I live out here by Schnelder Gap,
Near Schtoffelfunk's.

[We should be sorry to find that hos, "coming home," dead or alive, behind or before, mit nobody under his back, and one eye out, and his tail hanging down before.]

SOLILOQUY OF A LOAFER ;

OR, A WARNING TO PARENTS NOT TO CHEAT OR OPPRESS OTHERS TO HOARD UP RICHES FOR THE DESTRUCTION OF THEIR CHILDREN.

SETH GRIMES and I were classmates once,
And I was rich and he was poor ;
I had—alas ! it was my bane !—
The wealth a father laid in store.
Seth toiled at morn, and noon, and night,
Until his hands were hard and brown,
To pay his board and tailor's bills,
While I was lounging round the town—
But mostly in the dry goods store
To see the pretty girls come in,
Or smooking with my jolly peers,
Who are the fool's of "Auld Lang Syne."
The village belles looked proud and fierce
If Seth made e'en the least advance ;
And none, from *Inez* down to *Poll*,
Would be his partner in the dance.
But I, half drunk with sparkling port,
Waltzed with the fairest of the fair ;
And "high born" *Inez* proud papa
Once asked what my intentions were !

Thus stood Seth Grimes and I at school ;
And yet on exhibition day,
Although the ladies praised me much,
He, somehow, bore the prize away.

In brief, through long and weary nights,
He stored his mind with knowledge rare,
And I—learned to guzzle wine,
And how to pick a good cigar.

Some three and thirty years have passed
Since we on life's great sea set sail ;
And lo ! the beam is sadly turned
In fortune's strange uneven scale.

My vaunted wealth has taken wings
And flown away to parts unknown ;
Indeed—with sorrow be it said—
I'm on the *poor-list* of the town.

While Seth, who toiled to pay his way,
Until his hands were hard and brown,
Is now receiving his reward
As Senator at Washington.

["Self-made or never made," was the appropriate motto of a distinguished author—and it is true—applicable to both sexes. It is, in a majority of cases, a misfortune to be born rich. "A sound mind in a healthy body," with a fair chance in the world, is fortune enough.]

FEMALE PHYSICIANS.

BY FANNY FERN.

"THE *Boston Journal* strongly advocates the introduction of females into the ranks of the medical profession. We consider the needle a much more appropriate weapon in the hands of woman than the scalpel or bistoury."

Do you? Just suppose yourself a forlorn, sick bachelor, in the upper story of some noisy boarding-house, whose inmates don't care a pinch of snuff whether you conclude to die, or get well. Suppose you've watched that spider in the corner weave his web, till you are quite qualified to make one yourself; suppose you have counted for the thousandth time, all the shepherds and shepherdesses, distorted little dogs, and crooked trees, on the papered wall of your room; gnawed your finger nails to the very quick, and twitched your mustache, till every hair stands upon its own individual responsibility. Then—suppose just as you are at the last gasp, the door opens gently, and admits (not a great creaking pair of boots, containing an oracular, solemn M.D., grim enough to frighten you into the churchyard.) but a smiling, rosy-cheeked, bright-eyed, nice little live woman doctress, hey?

Well, she pushes back her curls, throws off her shawl, (Venus, what a figure!) pulls off her glove, and takes your hand in those little fingers! *Holy Mother! how your pulse races!* She looks at you so compassionately from those soft blue eyes; lays her hand on your forehead, and then questions you demurely about your "symptoms," (a few of which she sees without any of your help!) Then she writes a prescription with those dainty little fingers, and tells you to keep very composed and quiet, (just as if you could!) smooths the tumbled quilt—arranges your pillows—shades the glaring sunlight from your aching eyes, with an instinctive knowledge of your unspoken wants; and says, with the sweetest smile in the world, that she'll "call again in the morning;" and so—the last fold of her dress flutters through the door; and then you crawl out of bed the best way you can—clutch a looking-glass to see what the probabilities are that you have made a favorable impression! inwardly resolving (as you replace yourself between the blankets) not to get quite well as long as she will come to see you! Well, the upshot of it is, you have a delightful and lingering attack of *heart* complaint!

For myself, I prefer prescriptions written in a masculine hand; shan't submit my pulse to any thing that wears a *bonnet*.—*Olive Branch*.

[So FANNY would have the WOMEN doctor the men, and the MEN doctor the women. But circumstances alter cases, and cases alter circumstances. We may therefore insist on half and half.]

BIGOTRY IN THE NINETEENTH CENTURY.—It has been well observed that bigotry is a natural disease of little minds. It is constitutional; is as natural for a bigot to be encased in bigotry as for a snail to be encased in a shell. His bigotry is a part of him. He crawls through life with it. It is as natural to him, as folly is to an idiot. It is ingrained, and nothing can divide it from him. It is chemically combined

with his existence. It is *himself*. Take it and there is nothing left. Born for the dark; has no eyes to take in the broad illumination of the nineteenth century. Nature is economical, found in the Mammoth Cave of Kentucky are eyeless, having no use for eyes; so the bigot, if he have eyes at all, has only a pair of little black peepers, like a mole, that barely suffice to make visible to him his natural element of darkness. If he be in the pulpit, every dogma but his is a dogma of the devil; and he deals out damnation as indiscriminately as doctors deal out calomel. If he be a Baptist, he thinks it less heinous in the sight of Heaven to be a Pagan, than to be a pedo-baptist, or a Campbellite, or any sort of a baptist, but a "regular," hard shell Baptist. If he be a Presbyterian, he thinks hell must be the portion of those who do not comprehend and therefore do not believe that three supreme divine individuals or idiosyncrasies, cannot exist in one supreme individual God. If he be a Romanist and a bigot, he is a bigot of the same stamp. He can see nothing meritorious in the man or the moralities of any creed but his own.

It is the same with your partisan politician. He never looks at the intrinsic merits or demerits of a measure—not he. His only question is from what party did it emanate? If not from his own, he goes against it with all his strength, although, perchance, an examination would convince the political bigot, that it was in the highest degree conservative of his own individual interests.

In music we have an abundance of bigots—each claiming superiority for the school of his choice. Literary critics are equally prejudiced; and in fact, bigotry, in its various modifications, influences alike our religion, politics, business, amusements, and even our affections. Well, it cannot be helped; but the fact is a sad commentary on the text that man is only a little lower than the angels.

PUTTING THE BEST FOOT FIRST.—Dr. H—— J—— was one of the most able, talented, eccentric surgeons of the last century. His practice embraced a large circuit, and his fame extended to every part of the State. The doctor was one morning sitting in his office, poring over some medical work, [not *The New Illustrated Hydropathic Encyclopedia*,] fresh from the mother country via Boston, when a loud rap at the door aroused him. "Come in," said the doctor, and an old lady hobbled into the apartment, who seemed the very embodiment of dirt and negligence.

"Doctor, I've got a dreadful sore foot—can you help it?"
"I will try—let me see it."

The old crone proceeded to divest her *understanding* of the apology for a shoe with which it was covered, and displayed to the astonished doctor a foot—and such a foot!

"My gracious!" exclaimed the doctor, throwing up both hands in amazement—"what a dirty foot!"

"La, doctor! ye needn't be in such a wonderment about it—there's dirtier feet than that in the world, I'll warrant—aye, and dirtier feet than that in your own house, as proud as the young ladies, your daughters, are—for all that;" and the old hag cackled forth her pleasure at the doctor's astonishment.

"Woman! if you can find a dirtier foot than that in my house, I will give you a guinea and cure your foot for nothing."

"Pon honor?" said the beldame.

"Pon honor," cried the doctor.

The old woman stripped off the other stocking and displayed a foot that beggared all description, grinned in the face of the astonished doctor, exclaiming: "Gie me the guinea! I know'd it—I wash'd tother 'fore I come here."

[To cure corns, chilblains, or bruises, wash the feet daily, in soft water, and wear a shoe or boot *not too tight* for the foot. These evils are generally self-inflicted, and argue ignorance or negligence.]

ANTIOCH COLLEGE.—A description of Antioch College, of which Institution Horace Mann has been chosen President, is given by a correspondent of the National Era:

Antioch College is the name of an Institution established in Yellow Springs, Green Co., Ohio, by the religious body called the "Christian Connection." A permanent endowment of over \$250,000 has been raised for it in scholarships, and spacious and beautiful buildings are now in process of erection, at a cost of some \$70,000. The College will be ready for students in about a year. An able faculty has been chosen, at the head of which, as President, stands Hon. Horace Mann. One feature of this new Institution is, that equal facilities will be afforded for the education of

both sexes. A female professorship has been created, which is filled by Miss Pennell, of Mass. Miss Pennell has been, for the last seven years, at the head of the female department of the State Normal School, West Newton, Mass., and is perhaps the most accomplished instructress in this country. The department of instruction assigned her is that of Natural Sciences.

Yellow Springs, the location of the College, is a beautiful and healthy village on the Little Miami Railroad, about sixty miles north of Cincinnati. The Sulphur Springs, at the edge of the village, are quite celebrated, and have been resorted to in former years by large numbers, in quest of health. An excellent water-cure establishment has been recently built there, which is now quite extensively patronized.

This new Institution, with such a location, buildings and faculty, as it possesses, will afford attractions to youth which few Colleges present.

THE DANDY—A LIFE-LIKE PICTURE.—"The dandy," says Rev. H. W. Beecher, "is the sum total of coats, hats, vests, boots, &c." He is the creature of the tailor. His destiny is bound up in bronzed cloth and fine linen. His worth can be estimated only by the yard, cloth measure. We are puzzled to tell whether he is a female gentleman, or a male lady. He combines the little weaknesses and foibles of both sexes, but knows nothing of the good qualities of either. He is a human poodle, dandled at home in the lap of effeminacy, but the sport and butt of every sensible dog, when he ventures into the street. On pleasant days he exhibits himself upon the fashionable promenades, to the admiration, as he supposes, of every fair lady who is fortunate enough to cross his path. The severest labor his hands perform is, to tote a dainty cane about in his daily walks. The only "head work" to which he would stoop, is to twirl and coax a reluctant moustache, or bathe his glossy locks and ringlets in "odors sweet." He is inconsolable over a soiled boot, and would be driven to distraction were he compelled to appear in tumbled linen. Original sin, with him, consists in not being born with a full suit of the latest Parisian mode; and the clearest proof of depravity as well as vulgarity, is wearing last year's style. In fine, his soul is in his clothes; and when at last he goes down to that most unfashionable and undandified place, the house of the dead, a proper epitaph would be—"Here lies all of him that could die; the rest has gone—to the old clothes dealers."

CLOUDS AND SUNSHINE.—When God first dispensed his gifts to man, it was an act of wisdom, that where he gave a thing for blessing, he gave also its opposite, for cursing. In the Garden of Eden, perhaps, it was not so, for that was a type of the glorious Heaven; but when man "fell from the state wherein he was created," he found that the "path of life" was not all strewn with flowers, neither were even these without thorns.

But God is merciful, gracious, and good, and in that infinite wisdom, which is a part of his nature, he meeteth out to every one, both the good and the evil. He giveth us day and night, light and darkness, clouds and sunshine.

How beautifully is this illustrated by the ever changing scenery of the bright summer-time. In the first dawn of morning, when the early zephyrs kiss so lovingly the wrinkled brow of care, when those beautiful flowers look up so brightly from beneath the dew-drops, like childhood, smiling through its transient tears; how does the heart of man rejoice within him, and he goes forth to his daily toil, in the merry light of sunshine. The path of life seems strewn with flowers, like that on which he treads, and the sweet notes of the joyous birds are but the echoes of his own heart's matin song.

But soon a dark cloud appears, scarcely perceptible at first, but growing larger and larger, until at last it hides in his misty folds the brightness of the sun, and like an omen of evil, a shadow broad and deep covers the whole face of Nature. No longer the little flowers raise their bright eyes toward heaven, but their pure blossoms droop wearily in the heavy atmosphere—and the last note of our morning warbler changes to a scream of terror. The storm comes—its thunders utter their mighty voices—its bleak winds howl around us—and are gone.

Look! struggling through those dark and misty clouds, is a beautiful rainbow. Cheer up now, thou sorrowing one, there is yet hope for thee. Yonder beams the low of promise, and the bright sunshine is coming to dry the tears on the blushing cheeks of our beautiful roses. Yes, the "bow of promise"—a token of love from our Heavenly Father, that no

more shall the floods of sorrow sweep away all our hopes, and leave no trace behind.

And is not our life, like the brief changes of a summer's day, made up of tears and smiles, of clouds and sunshine? How often, alas! are our happiest hours succeeded by those of the deepest gloom, and some lofty and cherished air-castle dashed to the ground, leaving scarcely a wreck of its former self, to fill the great void in our heart's affections.

In this world of sorrow, we have no security whatever against dark clouds of adversity and misfortune,—come they must, and come they will,—but as surely will the sunshine of peace come after them. It is so in nature, so in the busy scenes of active life. Though sometimes long delayed, yet it comes at last, and often the more cheering because long looked for and expected.

Happy, indeed, then is he, whom hope bears above the changes and reverses of this mortal life; and thrice happy he, who finds his last change a sweet transition from the dark clouds of earth to the heavenly light of eternal sunshine.

HATTIE.

MANUFACTURE OF GEMS.—M. Elbelman, director of the National Porcelain Manufactory, of Sevres, France, and a distinguished mineralogist, has succeeded in producing crystallized minerals closely resembling those formed by nature—chiefly the rare and precious stones employed by jewellers.

DEFINITIONS.—*An Outsider.*—An individual who has no "interior life," and who resembles a skin at the furrier's in this respect, that all his worth is external.

A Man of Honor.—One who will win all your money, seduce your wife, and put you out of your misery with his duelling pistol.

A Legislator.—A puppet moved by a man in the lobby.

Legislation.—The art of conveying public property into private pockets.

Municipal Government.—A coop of vultures, buzzards, crows, and other unclean birds, feeding upon the body corporate—allowed the freedom of the Tea-Room, and kept for the amusement of the boys at Randall's Island.

HOW HE TOOK IT.—A physician thus addressed the surgeon while in the patient's chamber:

"You must not fail to phlebotomize the old gentleman to-morrow morning."

"I will never suffer it!" cried the sick man in a fright.

"Sir, don't be alarmed," replied the surgeon, "the physician only ordered you to be bled."

"Oh! as for bleeding," replied he, "it matters little; but as for the other I'd sooner die than endure it."

A DANDY, with a cigar in his mouth, entered a menagerie, when the proprietor requested him to take the weed from his mouth, lest he should learn the other monkeys bad habits.

An Allopathic nurse being sent the other day for a "dose of tincture of rhubarb and peppermint," asked very gravely for a "dose of India rubber, and plenty of pepper in it."

DENTIST WANTED.—The Committee on the Improvement of Harbors and Rivers want a skilful and enterprising dentist to extract the teeth of the alligators in the Alabama and Tombigbee.

ACQUAINTANCE.—If a man does not make new acquaintance as he advances through life, he will soon find himself left alone. A man should keep his friendship in constant repair.—*Dr. Johnson.*

ABSENCE.—Absence lessens small passions, and increases great ones; as the wind extinguishes the taper and kindles the burning dwelling.

ACCOUNTANT, THE BEST.—He is the best accountant who can cast up correctly the sum of his own errors.—*Nevins.*

ACTIONS.—The actions of men are like the index of a book; they point out what is most remarkable in them.

KITTENS are playful little creatures, and it's cruel to deprive them of liberty, and shut them up in a wool pie.

CATS are good on mice; but we don't like 'em on school-boys.

To Correspondents.

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

Professional Matters.

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

MISURINATION.—J. R. M., Walpole, Mass.—"My friend has a boy eight years of age, good form, active, healthy-looking fellow. At four years he had a hard run of the whooping cough, and from that time to the present has found it difficult to retain his urine for any length of time by day, and subject to very frequent discharges every night, which, with the most careful attention, renders it impossible to secure a dry bed in the morning." The point in practice is to increase the cutaneous excretion, and thereby divert the irritation from the kidneys. The dripping-sheet, dry-pack, or wet-pack, may be employed, as either is best adapted to the temperature and strength of the patient. Frequently a hot-bath at bed-time, to be followed up by a daily pack, is the best management. Avoid salt, sugar, and hard water in the dietary. Very little drink should be taken in the after part of the day.

HEADACHE, &c.—C. M. S., Muckwonago.—"In what particular manner ought I to apply the water for the relief of my daughter, who is much afflicted with headache, and cold hands and feet, but otherwise in good health? She is losing a beautiful head of hair very fast; she has followed teaching and sewing for three or four years, and I feel very anxious about her." First, give her plenty of out-door exercise; secondly, see that her bowels are kept perfectly free, by plain, coarse vegetable food; and thirdly and lastly, apply the dripping-sheet in the morning, and a hip-bath at 70° ten minutes at 11 A.M., a cool foot-bath in the afternoon, for five minutes, preceded and followed by an active walk; and let her wear the wet girdle when exercising actively.

CISTERNS.—Many Readers: There are a hundred different ways of constructing cisterns, as adapted to various places and circumstances. The less the supply of water the deeper should be the cistern, so as to keep it cool as long as possible. The filter may be made of flannel cloth, or of sand, or of layers of each. Other materials are also employed.

SCROFULOUS SORE EYES.—B. G. W., Sylvan Dale, Ill.—In the case of the lady you speak of, we should think her curable by a thorough course at a good Water-Cure establishment. We could speak not confidently of the propriety of a surgical operation, without personally examining the eyes. Judging entirely from your representations, we should advise against any operation either by caustics or instruments.

BRONCHITIS.—R. B. C., Outland, Leatherwood Valley, Ind.—Your case is probably *Laryngeal Phthisis*, or consumption, having its principal seat of ulceration at the upper part of the wind-pipe. Such cases always require the strictest attention; and you would do best, as you are not acquainted with our system, to go to a good establishment for a few weeks.

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.

THE CONVENTION IN MAY.

BY ROLAND S. HOUGHTON, M.D.

THE official notice to the effect that the third annual meeting of *The American Hygienic and Hydro-pathic Association*

of Physicians and Surgeons, will be held at Hope Chapel, in New York City, on Wednesday the 4th day of May next, has already appeared in the columns of the JOURNAL. I desire, in this number, to address a few words to those who already are, as well as to those who may desire to become, members, for the purpose of inviting their attention to the subject, and of promoting, in so far as I can, a full attendance upon the occasion.

And in the first place, I would say to those who would have preferred that the Convention should be held in some other place than New York, that that place was agreed upon by the Executive Committee at the instance of a member who does not reside in that city or its neighborhood. It will be recollected that the duty of designating a time and place for the annual meeting is imposed by the Constitution of the Association upon the Executive Committee, which is composed of the President, the two Vice Presidents, the Treasurer and the Secretary. In this instance, all the members of the Executive Committee consented to the call as already announced, with the single exception of the first Vice President, (Doctor E. A. Kittredge of Boston,) who, upon being consulted on the subject, explicitly informed the President that he did not consider himself, nor did he wish to be considered as a member—much less an officer—of the Association. Virtually speaking, therefore, the Executive Committee were unanimous upon the subject.

That no annual meeting was called in 1852 is perhaps to be regretted; but the reasons for the omission are to be found in the indifference manifested in relation to the second annual meeting, held on the 9th of May, 1851, which was attended by less than one-half of the whole number of members, and the deep mortification growing out of the failure of the orator-elect and his substitute to attend and address the public meeting which assembled in the evening. Having taken a deep interest and an active part in the proceedings of the first annual meeting (of June 19, 1850,) and also of the second (of which I have just spoken), I resolved, so far as I was personally concerned, to volunteer no active agency in regard to a third annual meeting, but to await the time when a bona fide demand should be made that such a meeting should be held. That demand did not manifest itself until toward the close of last year. The Executive Committee were not dilatory in acceding to it: and it has now become my duty as Secretary of the Association, to notify each member in due season to secure a full attendance—that is, in so far as such notices have any effect.

That the Constitution of the Association is not absolutely perfect, I freely admit: that it is unsound in principle or liberal in design, I unhesitatingly deny. Nay, I very much question whether any voluntary association of medical men could be organized for the purpose of promoting hygienic improvement, as well as a knowledge of the therapeutic virtues of water, upon a more strictly rational and scientific basis. And I further believe that any failure in the practical working of such an association can only be due to one or both of the following reasons: (1.) personal piques or quarrels amongst its members; and (2.) a want of true devotion to its distinguishing principles. On neither of these points, however, do I now propose to speak any farther.

The attendance at the ensuing meeting, whether full or scanty, and the degree of interest or of apathy which may be manifested in its proceedings, will probably be decisive, one way or another, of the continuance of the existence of the Association. One thing is very certain: if the attendance is as scanty as it was in May, 1851, and if there should be a similar failure to fulfil engagements at the public meeting in the evening, the most sensible course that could be adopted would be to direct the Executive Committee to wind up the affairs of the Association instantly, and dissolve it with all speed.

The regular business of the meeting in May should principally consist of the presentation of, and action upon, the respective reports of the three standing committees:—

I. First in order is the report of the committee on HYGIENE, which is composed of William A. Hamilton, M.D., of South Orange, N. J.; Hubbard Foster, M.D., at present of Milledgeville, Ga.; and Levi Reuben, M.D., of Rochester. The subject which this committee has in charge—that of Sanitary Improvement—is one of the noblest that could engage the attention of men of philanthropy and intellect; and I pity the physician (no matter what school he may belong to) who is so untrue to his profession, so narrow in his range of mind, or so dull of comprehension, as to hesitate for a moment to make some effort, or to submit to some sacrifice for the purpose of promoting its advancement.

II. The second regular report in order will be that of the committee on HYDROPATHY, which is composed of Seth Rogers, M.D., of Worcester, Mass.; Henry Foster, M.D., of Clifton Springs, N. Y.; and Charles Munde, M.D., of Northampton, Mass. By special vote of the Convention in May, 1851, each member of the Association was requested to transmit to the chairman of this committee (Dr. Rogers of Worcester), before the next annual meeting, a full report of a case treated under his own supervision, embracing the principal details of the diagnosis and treatment; to the end that the various cases so transmitted might be incorporated in the report of the committee to be presented at the next meeting. Pursuant to this request, quite a number of cases were some time since sent in to Dr. Rogers; but as he is now absent in Paris, in the work of preparing the report will necessarily devolve upon his associates, Drs. Munde and Foster. [In a recent letter from Paris, Dr. Rogers informs me, much to my pleasure and satisfaction, that he intends to prepare, in due season for the Convention, an account of his visit to some of the magnificent hydropathic establishments in England, and his impressions of other institutions and matters of interest.]

III. The third standing committee (on CREDENTIALS and QUALIFICATIONS) is composed of the writer, together with Drs.

Weder and Gleason as associate members. Candidates for membership in the Association, or their friends in their behalf, are requested to send in their names and credentials on or before the day of the meeting. Any "physician and surgeon" is eligible to membership "who resides in the United States, who has received the degree of Doctor of Medicine, or a license to practise the healing art, and who can exhibit satisfactory proofs of his competency to practise Hydropathy." [Vide second article of the Constitution, which may be found entire, prefixed to the writer's "Lectures on Hygiene and Hydropathy," published by Fowlers and Wells.] Any one who may desire to communicate with the writer on this subject, or on any other relating to the Convention, will please address him at this place until the 20th of April; after that date, at No. 240 Fourth St., New York City.

Flushing, Long Island, N. Y.,
March 10, 1853.

PRIZE ESSAYS.—We are authorized by a friend of reform to offer ONE HUNDRED DOLLARS, in prizes of \$50 for the first, \$30 for the second, and \$20 for the third best essay on the deleterious effects of Tobacco on the human constitution, intellectually, morally, and physically, with suggestions for the cure of the evil, or how persons can break the habit; to be comprised in 16 tract pages, the manuscripts to be submitted to Messrs. Fowlers and Wells, and such other persons as they may select to aid them in the examination. Each essay to be without any name, and the author's name and address sent in a sealed envelope with the essay, to be opened only after the awards shall be made. The essays must be received previous to the first day of November, 1853, and the awards to be published in the January No. of the Phrenological and Water-Cure Journals for 1854; and the accepted essays to be the property of the donor of the prizes, to be published for the benefit of mankind,—the profits arising from the sale to be offered in like premiums for other essays on the same subject.

OUR MARCH NUMBER was not published quite as early in the month as usual, for this reason, namely—we were compelled to recompose and reprint the January number of the present volume. We printed 50,000 of the first edition, and 15,000 of the second, making 65,000 copies. The addition of two new steam power-presses will enable us in future to supply all demands more promptly. We usually "go to press" on the 10th of the month preceding the date. Thus we commence printing our MAY number on the 10th of April, and all "copy," including advertisements, should reach the Publishers the first week in April, to insure an insertion.

DR. TRALL'S COOK-BOOK.—Orders are coming in rapidly for this work. We regret that it is not yet ready for delivery, for we are well aware how greatly such a work is needed. But it will be ready soon—as soon as the work can be done, and well done. Neither the author nor publishers are willing that a book should go forth from them on a subject so intimately connected with the interests and tastes of the people, as that of cooking and eating, without being as complete and perfect in all its parts as it is possible to make it.

THE ONEIDA WATER-CURE at Verona Springs, N. Y., has become the property of S. CURTIS, who will enlarge the establishment, and manage the same. It is to be opened on the first of April.

THE CONCORD (N. H.) WATER-CURE is announced by advertisement, as are also several others, to which we refer the reader.

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, PASS THE NIGHT WITH US, TRAVEL WITH US, GO INTO THE COUNTRY WITH US.—Cicero.

A CLASS-BOOK OF CHEMISTRY: in which the Principles of the Science are familiarly explained and applied to the Arts, Agriculture, Physiology, Dietics, Ventilation, and the most important Phenomena of Nature. Designed for the use of Academies and Schools, and for Popular Reading. By EDWARD L. YOUNG, Author of "A New Chart of Chemistry." New York: FOWLERS AND WELLS, 1853. Price by mail, prepaid, 87 cents. Any book which helps to popularize and render more

widely accessible the principles of a useful science or art, is a public benefit. The work of Prof. Young, now before us, is emphatically one of this class. Chemistry, notwithstanding the great value and beauty of its principles and processes, has been comparatively neglected, on account of the difficulties, the abstruseness, and the array of dry details, which have hedged it in. It has been the task of the author of this work to remove these obstacles, and to present the real attractions of the science in their true light. This task he has accomplished in a very satisfactory manner. A prominent and very important feature of the work is its illustrations of chemical processes, in the common avocations of life, and the familiar phenomena of nature. It is adapted to the author's Chart, but may be used without it.

DICK WILSON, THE RUMSELLER'S VICTIM: or, Humanity Pleading for the "Maine Law." By JOHN K. CORNYN; with an Introduction by THURLOW W. BROWN. Auburn: DERBY AND MILLER, 1853.

"Uncle Tom's Cabin" is a notable example of the efficiency of a powerful and well-managed work of fiction, in arousing public attention in reference to a great social and moral question. The work before us is an attempt to bring the same potent influence to bear upon the dire and widespread evil of intemperance. We cannot forbear making a brief extract from Mr. Brown's well-written and effective Introduction:—

"THE SERPENT-WORSHIPPERS.—A missionary once found a heathen mother in tears. She wrung her hands as she left her hot kisses upon the bloodless lips of a beautiful child, calm in the slumbers of death. The little treasure had been bitten by a serpent. The woman was one of the serpent-worshippers, and the reptile, which had robbed her of her first and only child, lay coiled at the hearthside of the home it had made desolate, safe from the avenging hand of the superstitious mother. She would not destroy it. Need we wonder at the superstition of the benighted heathen? To-day, America is a nation of serpent-worshippers. We look around us, and how many homes are there where the serpent is coiled, yet nighly cherished by those who have mourned the loved and the good, poisoned to death by its fangs! And at the same time we see a great and free people hesitating about crushing these serpents! The darker rites and fearful religion of the poor Pagan, can but share our sympathies."

Talk and Topics.

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

THE WATER-CURE JOURNAL and the PHRENOLOGICAL JOURNAL, issued monthly by FOWLERS AND WELLS, New York, begin their new volumes with great spirit. They contain a large amount of excellent reading, and well merit the extensive circulation which both already enjoy.—The Washington Republic.

[The Union is safe!! Mr. Fillmore's organ publishes the above commendation without qualification. We feel better. The Washington Republic is a great paper, and the editor is a great man! We think some of removing to Washington before a great while. Wonder what effect it would have on the WATER-CURE JOURNAL? Should kinder like to be President a little while. . . We would give every body a free farm, open all the rivers and harbors, build a railroad to the Pacific, and then build a water-cure establishment!]

QUESTIONS, SUGGESTIONS, CRITICISMS.—In all sorts of letters, from all sorts of persons, we get queries, suggestions and criticisms on all sorts of subjects. To answer all these queries, and notice all these suggestions and criticisms, at length, would fill the JOURNAL, to the exclusion of everything else. But we desire to do all we can, under the circumstances. We are happy to give to those who are seeking light, any information in our power, in answer to their questions, and we respect and are thankful for all kindly meant suggestions, and all honest criticisms. We hope we do not wholly fail to profit by them:

CAN I BE A PHYSICIAN?
There is one thing, gentlemen, upon which I beg leave to ask your opinion. 'Tis this: Can I ever be a Physician?

My natural disposition is such, that I am irresistibly drawn to the sick chamber, if there is one within my reach. Night after night have I watched by the sick bed, administering—what shall I say? Healing balms? Ah, no! but bitter drugs, “according to the doctor’s directions:” while every dose I gave the sufferer, gave to my soul a double dose of bitterness: it seemed almost to chill my blood. But I clung to my teeth and bore it all in silence, though secretly hoping that the day would soon arrive, when I could do something to prevent such inhuman hostilities.

I thought it best to say nothing then; for if I could have succeeded in getting the doctor discharged, there was no Hydropathic practitioner within a hundred miles, to call upon, and you know a patient might die if there is no doctor.

I am a large, blushing, blue-eyed maiden of twenty; “have education sufficient,” they say, “for a farmer’s or mechanic’s wife.”

I am stout and healthy at present, have been so for the last eighteen months; previous to which time, the reverse was my portion. I suffered from indigestion. But owing to God’s precious blessing, *Water-Cure*, I am what I am.

Now, sirs, I have told you what I am physically—you may judge what I am mentally—and if you think me in either respect too weak, I beg you to inform me. I should never think of becoming a physician, did not suffering humanity call so loudly upon me. I had rather acquire a knowledge of the “healing art” at home, from books, if practicable, as my circumstances are limited.

Yours, in haste,

J. W. K.

Can you be a physician? Every man, much more every woman, with such a knowledge of the laws of life and the processes of the Water-Cure as are now within the reach of almost every one, can be a minister of the Gospel of Health and a healer of the sick. But to make the “Healing Art” a profession—to be qualified to assume all the duties and responsibilities of a physician, one needs a thorough professional education. A large portion of this education can be obtained at home, from books; but it would be, to say the least, desirable, to receive instruction from some competent person in some of the branches of medical science. If you feel that it is your vocation to heal the sick, and can get the necessary education, either at home or abroad, we should say in reply to your question, yes.

A NEW SUBSCRIBER, whose criticisms are reported by a correspondent, accuses the JOURNAL of dogmatism in the assertion and defence of its principles, and of making simple water “a ‘cure-all’ for every imaginable disease” and classes the Hydropathic system with “Allopathy, Homœopathy, Thomsonianism, Quackery, and humbug in general!”

This may seem vastly “smart” to our sapient critic, but we are much mistaken if those who know the JOURNAL better, will not look upon it as vastly silly. Still, a word in reply. In the first place, the “dogmatism” of the JOURNAL is simply the positive and unqualified expression of the thoughts and feelings of honest and earnest men and women, who know that what they say is true;—but their expressions are not more positive, nor half so stubborn, as the facts with which our columns are filled, and which more than justify our positive assertions. Second—If our critic means to accuse us of teaching that all diseases, in all their stages and under all circumstances, can be cured by the mere application of water, we plead not guilty. No Hydropathist believes or teaches any such doctrine. We believe, and teach, and demonstrate, that by means of diet, exercise, air, the regulation of the passions—of all the forces and functions of life, in fact, and the scientific application of the various hydropathic processes, we can cure all curable cases of disease! The cry of “Humbug” won’t do. The people are getting their eyes open to these facts, and we know what their verdict will be. When our “New Subscriber” has read the JOURNAL a few months longer, he will be better prepared, if he is an honest and candid man, to criticize it.

Gossip from Michigan.—Strange times when people, in this enlightened day and age of the world, will take to starving themselves to death, and argue that meat, gravy, &c., are unhealthy! Why, I should like to know what people live in the world for, but to enjoy life. And as for fat pork being unhealthy, why, it is a downright falsehood; for all the regular educated doctors, from time immemorial, have declared it to be healthful,—in proof of which, I will only mention one: The late Doctor C., of Manchester, who is, or at least used to be, almost world-renowned for curing scrofula, told a young woman, that had been afflicted with it so that she had not been able to walk for two years, that the more fat pork she ate the better it would be for her. However, after trying to cure her, he did not make it out; but the fault was not his, for he certainly gave her enough aquafortis wash, verdigris, blue vitriol, &c., to have cured ten just such cases, had it not been that his prescriptions

caused so much pain to the patient that she had to be kept under the influence of morphine all the time, and therefore did not have much of an appetite for pork, grease, and the rest of the good things. Howbeit, the young woman went to using water, and she says the result is, that she has recovered, solely from the water treatment. Poor, silly, mistaken soul! she does not know that drugs applied to the system are as “bread cast upon water,” the effects of which can be seen after many days!

And again, there is the “farnal silly opposition that these poor stingy souls profess to tea, coffee, &c. &c. I think it would be a palatable meal, indeed, where there was no meat, no fish, no butter, no pies, no tea or coffee, nor anything else that is good,—but instead, behold some black-looking bread, half bran, without any butter to spread on it; a dish of boiled potatoes, without any of the delicious oil of the grunter to enable one to swallow them without choking, and so fresh that it would be enough to taint a person both soul and body to eat them; a glass of water, and, perhaps, a plenty of ripe fruit, which, by the way, was never meant to be eaten, except out of hand between meals.

Well, we must expect false teachers in these latter times, and these blind leaders of the vegetarian system are, in my opinion, the very ones mentioned in the Bible as being Antichrist: for they profess to know more than Christ, who fed the multitudes with fishes, and more than God, who furnished quail for the children of Israel in the wilderness. For my own part, I go for enjoying life while it lasts, (which, by-the-by, would be but short, if we were all to starve ourselves to death,) and for eating whatever one’s appetite asks for!

Grass Lake, Mich.

To Dr. TRAIL—Dear Sir:—To your sufferings editorial I will still add the infliction of this communication, and may probably repeat it; so, if it is too severe, let us know in the next JOURNAL if Hydropathy will cure that terrible disease, learnedly termed “*Cacæthes Scribendi*.” An Allopath from Jackson visited a gentleman several miles from my residence, who was afflicted with dyspepsia. He told the patient to wear the abdominal compress, bathe twice a day, and if he needed further advice to send for Gen. ——. Now, Gen. ——— has practised Water-Cure in his family for two years, and lent this physician Trail’s Encyclopedia! Thomas Holmes, my friend and neighbor, cured, by hydropathic appliances, a little boy of about ten years, afflicted with a disease pronounced by a regular “chronic tetanus,” of ten days’ duration. The patient could neither hear nor speak for several days subsequent to the subsidence of the extreme tension of the muscles, but is now entirely recovered. It was pronounced by the “Regular” the most wonderful cure he had ever found in his experience. He is a veteran in the ranks of allopathy, and has a good reputation as an allopathic physician. I know of two other cases as interesting as the one mentioned.

Jackson, Miss., Feb. 4, 1853.

REPLY.

Mr. D. is respectfully informed that the healing virtues of “cold water” are limited to curable diseases. As to that “Scribendi” malady, as far as my experience goes, Hydropathy aggravates every case. I have known it tried on many confirmed cases; but the more they took the water-treatment the more they scribbled. In fact, some of the cases got into the scribbling crisis several years ago, and haven’t come out of it yet; and it is, moreover, doubtful if they ever do. There is, however, a way of disposing of these vexing patients. Hand them over to an allopath who has never read the Encyclopedia, nor other water-cure books, and they will soon cease scribbling, or do it in some other world.

PROFESSOR SILLIMAN ON WATER.—Professor Silliman, in a late lecture before the Brooklyn Institute, on the subject of “Water, its Natural History, and its Relations to Human Wants, Health and Long Life,” said many excellent things which we should be glad to find a place for in the JOURNAL. We can quote now only a single paragraph. We copy from the *Tribune’s* Report:

Water he spoke of as one of the indispensable provisions of God in Nature. No other fluid will answer the purposes for which this is designed. It is mild, plain and refreshing, and not stimulating to the system. If young men desire to possess clear minds, solid muscles, strong nerves, long life, &c., use no other drink but good cold water; and avoid tobacco, strong drinks, and all kinds of stimulants. With such habits you will need nothing but rest, and may reasonably hope for a long life. As to himself, the lecturer said he used water daily, inside and outside; and enjoyed

good health and vigor, notwithstanding his advanced years. His eye was not so much as dimmed in its sight. He spoke with regret of the dissipation of many of the young men of the present day, who are destroying strength and health, and shortening existence by such a course of life. Most men, he said, cut short their days by such freedom of living. It was not uncommon that the use of stimulating drugs, or of those medicines in which opium is an ingredient, incites an appetite for strong drink.

SIGNIFICANT.—In a recent editorial letter from the South, Mr. Fuller writes to the N. Y. Evening Mirror, as follows:

“The climate of Mobile is delightful at this season [Feb.]; and in all seasons, it is said to be one of the healthiest places in the Union. The cholera has never been known here. A gentleman who has lived here some twenty years, and who has a wife and six small children, informs me that in all this period, he has never required the services of a physician but six times. The fact that he has patronized the doctors so little, probably accounts for the remarkable rosi-ness upon the cheeks of his little ones.”

[Had the mother of those “six children” been a reader of the WATER-CURE JOURNAL, we doubt not she would have dispensed altogether with the “services of a physician.” But as it is, she is vastly more fortunate than many women we know of, with, and without “six small children.”]

DRESS REFORM.—Those who think that the interest in this movement is “dying out,” are altogether mistaken. We are in daily receipt of proofs to the contrary, in the form of communications from all parts of the country, expressing the thanks of the writers for our advocacy of the reform, and giving us assurances of their zealous co-operation. We have now in our “copy drawer” not less than fifteen articles on the subject, all received within the last two months. We may never find room for all of them in our columns, but we are none the less thankful to the writers. Send us your thoughts, and your records of experience, on the subject. We will make such selections from the whole as will, in our opinion, best promote the cause.

BELIEVING AND PRACTISING.—I take this opportunity to acknowledge myself a convert to the Water-Cure treatment. One year ago there had never been a club, and scarcely a subscriber to your valuable work in this vicinity. But curiosity led me to get up a club of fifty, by giving away some half a dozen subscriptions; still I was not a believer, but willing to read, and think. I used to say so to those whom I solicited to subscribe. But now my views have been changed, with those of many others, by reading. I have become a believer, and a practitioner; and the more I practise, the more I believe; and I am very anxious to spread the HERALD OF REFORM among my numerous acquaintances and friends.

J. S. S.

That’s right! Give us the men and the women who are willing, like our friend J. S. S., to read and think, and we ask nothing more.

RECIPE FOR ROYALTY.—Maculay gives the following as the medical treatment of Charles the Second, during his last sickness. All the medical men of note were summoned, and one of the prescriptions was signed by fourteen doctors. “He was bled largely, a hot iron was applied to the head, and a volatile salt extracted from human skulls was forced into his mouth.” He survived this treatment four days.

This is the way kings were “done for,” long time ago, by the gentlemen of the “profession.” Kings, presidents, and other dignitaries, are now sent to their final accounts more scientifically, perhaps, but with equal certainty.

A NEW Water-Cure has been opened at Rockford, Alabama, by DR. JOHN S. BENTLY. We hope to be able to speak at a future time of the success of this new Cure.

“INFANCY,” by R. Roxana, is on file for an early insertion.

OUR AGENTS and working friends find some queer customers, and get some very funny answers to their solicitations for subscriptions. E. D., of Sunny Cove, near Oswego, N. Y., for instance, says:

In presenting proposals for subscriptions, the answer, not unfrequently, is, “I guess not,—it’s of no particular use to me.” Don’t you read it? “Yes; but I don’t practise it, and it’s of no use to me.” You are right, friend, it can’t be; nor your Bible, nor your church-going, by the same rule. Now, friends, we exhort you to practise. Don’t take the Journal to gratify your friend the agent, who perhaps orders it to you at cost, and pays postage on the order.

Certainly we hope you will not reject the whole matter, like a certain subscriber of our acquaintance, regarding it a “Patent Medicine Humbug.” What! in order to sell their medicine? “No, to sell their papers!”—JOURNALS, at fifty cents a year!—the last case of consistency reported, not?

Advertisements.

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

HINTS TOWARDS REFORMS. IN LECTURES, ADDRESSSES, AND OTHER WRITINGS. By HORACE GREELEY...

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

The Emancipation of Labor: A Lecture. Life—the Ideal and the Actual: A Lecture. The Formation of Character: A Lecture...

In his preface, the author says: "The great truths that every human being is morally bound, by a law of our Social condition, to leave the world somewhat better for his having lived in it—than no one able to earn bread has any moral right to eat without earning it..."

THE PHRENOLOGICAL

BEST. 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..."

OUR BOOKS IN BOSTON.—New England patrons who wish for our various publications, may always obtain them, in large or small quantities, at our Boston establishment, 143 Washington street.

PHRENOLOGICAL EXAMINATIONS with charts, and written opinions of character, may also be obtained day and evening at our rooms in Boston, No. 142 Washington street, near the old South Church.

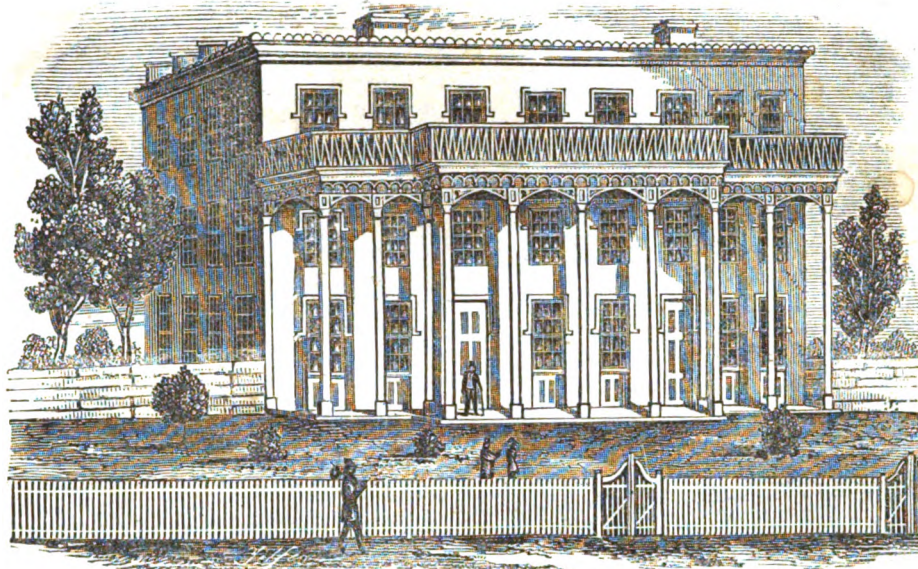
Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTE.—DR. TRALL receives patients at his commodious establishment, 15 Light street, New York...

In addition to the usual appliances for full Water-treatment, he has, with the assistance of Dr. J. L. HAZEN, established a department for the special management of those female diseases which are incurable with ordinary medicinal and surgical treatment.

DR. SHEW'S "WATER-CURE" is at No. 75 East Fifteenth Street, in the vicinity of Union Park. Day and Boarding Patients received, and general out-door practice attended to as heretofore.

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, 739 Spruce street, below 8th, Philadelphia.



CINCINNATI HYDROPATHIC OR WATER-CURE ESTABLISHMENT.

This Institution is open summer and winter for the reception of patients. It has heretofore, been treated successfully in this Institution. Dr. Pease for many years has located about five miles from the city, on the Cincinnati, Hamilton, and Dayton devoted his attention to the treatment of the sick...

FOREST CITY WATER-CURE—IS NOW

open for the reception of patients, under the management of Dr. W. M. STEPHENS and Mrs. I. PENNELL STEPHENS, Hydropathic Physicians.

FOREST CITY is situated on the east bank of Cayuga Lake, near the village of Ithaca, in one of the most romantic and beautiful regions in this country.

The access to Forest City is easy. The stage from Auburn to Ithaca passes daily, leaving the main road at Cayuga Bridge.

All forms of chronic disease treated. Especial attention has been paid to the subject of female complaints, and all kinds of them, however long standing, will be successfully treated.

Address Dr. W. M. STEPHENS, or Mrs. I. PENNELL STEPHENS, Forest City, Tompkins Co., New York.

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, on what is called "The Point." The healthfulness of this climate at all seasons, its coolness in summer and mildness in winter, are celebrated.

Terms: From \$5 to \$8 per week, payable weekly. Patients should bring the usual packing clothes.

EASTHAMPTON WATER-CURE—Is the most beautiful village in Massachusetts, near the Williamstown Seminary.

Patients should inquire at these places for Easthampton Express. Patients will bring three sheets, two blankets, two comfortable, and some towels.

CONCORD WATER-CURE, CONCORD, N.H.

—DR. VAIL'S ESTABLISHMENT, at the Capital of the "Granite State," will be found open winter and summer.

The charges for treatment will be moderate. Patients must furnish two comfortable, two woolen blankets, three coarse sheets, towels, &c., or hire them at the Establishment.

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.

HIGHLAND HOME WATER-CURE, at Fishkill Landing, Dutchess Co., N. Y.

The pure air and water, beautiful scenery, fine large edifices, an easy access from every direction, combine to render this a desirable place for those who need Hydropathic treatment.

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.

ROCK SPRINGS WATER-CURE, Marietta, Georgia.

By C. COX, M. D. Will receive and treat patients at Rock Spring, Summer, Winter.

MERCER WATER-CURE ESTABLISHMENT.—This Establishment, adjoining the Borough of Mercer, Pa., is for sale or rent.

For further particulars apply to Dr. Snell for a circular.

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.

THE SUGAR CREEK FALLS WATER-CURE, Tuscarawas Co., O.

Is applied with soft Spring water. The success which has thus far attended our efforts, enables us to appeal with confidence to the afflicted.

DR. WEDDER HAS LEFT ORANGE MOUNTAIN WATER-CURE residence, (at present), South Orange, New Jersey.

MISS M. H. MOWRY, PHYSICIAN, No. 92 South Main street, Providence, R. I.

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

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

PENNSYLVANIA WATER-CURE ESTABLISHMENT.—By Edward Ackor, M.D., Philadelphia, opp site the town of Beaver, on the Ohio River, Beaver County, Pa.

DR. BODPHTA'S WATER-CURE ESTABLISHMENT is at Saratoga Springs.

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

ATHOL WATER-CURE, MASS.—TERMS: \$6 per week. For further information, address GEO. FIELD, M. D.

BROWNSVILLE WATER-CURE ESTABLISHMENT.—DR. C. BAZEL continues to treat Chronic Diseases successfully at his establishment near Browns-ville, Pa. Terms: \$6 per week, payable weekly.

GRANVILLE WATER-CURE.—For the treatment of Diseases of Females. Address—W. W. BANCROFT, M. D., Granville, Licking Co. Ohio. Apl. 31.

ATBURN WATER-CURE, Auburn, Macon Co., Ala. Dr. Wm. G. REED, Mrs. M. A. Torbet, Physicians.

