

Health, devoted to physical culture and out-door life.

# WATER-CURE JOURNAL

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### Facts and Opinions.

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



THE WET SHEET PACK—LEINTUCH.

BY JOEL SHEW, M.D.

THIS is one of the most useful, as well as one of the most abused, of all the Water-Cure processes. When Water-Cure is first introduced in a particular place, people are more afraid of this application than any other; afterwards they are more apt to go to the opposite extreme.

In this process we use a coarse linen sheet—although a coarse cotton one answers tolerably well—of length sufficient to reach from the patient's head to the soles of his feet, and about two yards in width. The bed is stripped of all its covering, one or two pillows only being left for the patient's head. One or two comforters are then spread upon it, and over these a like number of woollen blankets, which are not so much injured by the wet as cotton comfortables. Or what is better, but more expensive, we may use blankets only, two or more pairs, as they may be needed. The sheet having been pretty well wrung out of cold water—pure and soft always, if such can be had—is then spread out, as smoothly as may be, upon the upper blanket. The patient, being undressed, lays himself at full length upon the sheet, and holding up his arms, an assistant laps one side of it over the body and lower limbs; the arms are then dropped at the side, after which the other part of the sheet is lapped over as before. The blankets are then, one by one, brought over

the person in the same way and tucked under from "head to foot," and then comfortables in the same manner, if such are used. It is best always to place a wet towel, covered with a dry one, on the patient's head while he is packed; or if it does not chill too much, the dry towel may be left off. This is the ordinary way of taking a "pack" in chronic disease.

The wet sheet is one of the most soothing and agreeable of all water appliances, and I may add, of all remedial measures known to man. Hence it is that the wet sheet is so often misused. It is so delightful, and tends so much to slumber, the patient never feels ready to get out of it. But this slumber—so profound and sweet, as it often is—he should remember, may be only an apoplectic stupor, that leaves him with a swimming, giddy feeling in the head, attended with faintness, perhaps, and ending in a severe headache; giving him, in short, a congestion of more or less severity, in the brain. Now all this happens in consequence of there being too much heat accumulated about the surface, and by robbing the skin too long of the air it should breathe. The skin, be it remembered, is a breathing apparatus, just as truly as the lungs are.

There has been a notion at some of the Establishments—and those conducted by Germans, too—that the wet sheet is to be used for sweating; and to this end the patient has been literally stowed, hour after hour, in some cases, four, five, and even six hours, in succession with the view of sweating him. One practitioner went so far, even, as to say, that he had the rooms of his establishment made very small, so that by the heat engendered the patient could more easily be made to sweat in the wet sheet. All such practice as this is decidedly hurtful. If the patient gets better under it it is only because of the good effects of water used in other ways, coupled with the ever-important adjuncts, air, exercise and diet. Why, in later times, Priessnitz never sweat patients at all; much less in wet sheets. If a man must sweat, leave off the wet sheet assuredly, as that only hinders the operation; use, in short, the blanket pack or the vapor bath.

How long shall a patient remain packed? Here, too, there has been much error in Hydropathic practice, and still is in many quarters, I fear. "Stay in the pack till the patient becomes thoroughly warm," has been the old doctrine. But some get warm a little at first on being packed, and afterwards get cold,—so at least they feel. What is to be done, then?

One of the most striking evidences of the masterly greatness of Priessnitz's mind, is the fact that he was prone to "experimenting;" and that whenever he found out a better method than the one he had usually adopted, he was not ashamed to make a change. No one could, in fact, be more pleased than he always was when he discovered something valuable, however

NEW VOLUME.—Are our noble, zealous, and efficient co-workers, in the four quarters of the globe, preparing themselves for the Summer Campaign? One number more will close our semi-annual volume. We are already preparing to open the new volume with increased attractions and additional means of usefulness. We might safely point to the past as offering a sufficient guarantee for the future, but we shall be satisfied with nothing short of continual progress and improvement. If we do not make each volume better than that which immediately preceded it, then we fail in our aim. We believe our readers will bear witness that we have not thus failed heretofore. We shall not in the future.

The world is cursed with three great evils, disease, drugs, and drug-doctors. The Water-Cure gospel will ultimately save the race from all three. Help us, good friends, to send it to the ends of the earth.

ON FILE.—We have numerous very excellent articles on file for insertion. We cannot print all that we receive for want of space, but from the mass on hand, we make such selections as we think will best promote the great ends for which the JOURNAL is published. We are not less thankful to our friends and co-workers for their communications because we cannot find room for them all. We cannot have too many from which to select. Write, but be as brief as the case will permit.

much it might conflict with his previous opinions and practice. Water-cure, even as practised by Priessnitz, had only a small beginning at first. So he went on, improving it from year to year, as long as he lived, conquering fame and fortune, and earning a reputation more desirable than that of any other physician who has ever lived.

One of Priessnitz' improvements, then, was to give *short packs*. "Remain enveloped for fifteen or twenty minutes only," he said: "if you are not able to bear the pack in that way, take the rubbing wet sheet and the lighter processes until you are." In some cases, he gave two or three of these short packs in succession, the patient rising between each to take an airing, a rubbing wet sheet, or other bath, and then again to the pack. Oftener, however, one only was taken at a time, once, twice, or thrice in a day, as the case might be; and as to becoming warm, some American ladies told me at Graefenberg, in the depth of winter, that they never, in a single instance, had begun to get comfortable; yet they were growing well as fast as any one could desire, notwithstanding they had been under the care of a number of the best allopathic and homoeopathic physicians on both sides of the water. Cold water, in fact, cured them, but drugs could not. Nor were the applications made in a manner so very comfortable as some suppose must necessarily be. In these hard cases it is up-hill, self-denying work to get well, even in the best and only way.

Thus far I have spoken of the wet sheet, as used in chronic diseases; in acute attacks it is managed differently, according to the case. If the object is to abstract caloric from the body, we cover the sheet but little, with a single dry sheet, or a blanket or two, or perhaps, with none of these. If, in a hot day, we keep a wet towel about a keg of water, we know that by evaporation—a natural process—the water is rendered more cool. In the same way, if a patient is hot, and feverish, we keep one, or still better, two wet sheets about him, without other covering, and thus bring down the heat and circulation to any desirable degree. We sprinkle water upon the sheets, or re-wet them as often as is necessary; in some extreme cases of fever, continuing them constantly a whole week or more. "But what about your doctrine of the skin being a breathing organ?" Some one objects. The answer is, in high fever the functions of the skin are destroyed. Moreover, experience teaches that the continuous application of the wet linen is, in such cases, a most serviceable application, and one that tends most powerfully to induce in the dermoid structure its natural and healthful state.

*The wet sheet acts also by absorption.* It draws morbid matter out of the body, as any one can see who applies it for a short time only, and then washes it. Observe, too, what an odor comes from the sheet when a diseased, tobaccoized, narcotized, and tea-and-coffeeized, pork-eating patient has been packed. At the same time, the diseased body absorbs the pure water into its finest tissues on a large scale, thus supplying that fluid which of all substances the system under such circumstances most needs. The moist warmth of the sheet also acts as a most soothing poultice, producing over the whole surface the same good effects as a smaller application on a local part.

*THE WET DRESS.*—A modification of the wet sheet, and in some respects an improvement, is to have a coarse linen or cotton dress, made with large arms, so that one may take the application without help. The dress once applied, the patient lays himself upon blankets, in which he wraps himself just sufficiently to become comfortable. Or he may have flannel dresses to put on over the wet, and then lay in a common bed. In this application the air is not excluded from the surface to anything like the same extent as in the common tight pack. Hence, a patient may remain in it a half or the whole of the night if he chooses, being careful to become neither too warm nor too cold. Re-

wetting it once or twice in the night will be of service. Often in a single night, a bad cold may be thrown off in this simple way.

*THE HALF PACK.*—Patients not unfrequently present themselves, in whom the reactive energy is so low that a "half-pack," as it is called, will be tolerated, while the entire sheet would abstract too much caloric from the body. In such cases the sheet is applied so as to extend only from the arm-pits, or at most from the neck to the hips, leaving the lower extremities, as it were, in the dry pack. Sometimes, also, the sheet is allowed to extend to the ankles, not including the feet. Packing the trunk of the body in wet towels acts upon the same principle as the partial or half-pack, and is in many cases a valuable preliminary measure. These precautions it is well to observe where a feeble patient, who has suffered long from chronic disease, is beginning with the envelopment.

*THE FOLDED WET SHEET.*—As a modification of the wet sheet principle, I have often used in domestic practice the following application: A common sheet, of coarse quality, is folded four double, which leaves it large enough to encircle the trunk of the body from the arm-pits down. Two thicknesses of the sheet to come next to the body, are wet in cold water, or the whole of the sheet, according to the case. In a host of painful ailments, such as pleurisy, inflammation of the lungs, inflammation of the bowels, colic, cholera, cholera morbus, rheumatism, painful menstruation, after pains, &c., &c., this is a most valuable application. Often this remedy, which can be applied in a minute as it were, will soothe a patient quickly to sleep, while without it, a night of agony would be his lot. One advantage, too, of this appliance is, that if a patient is too weak to rise, the sheet may be opened in front, so that fresh water may, when needed, be sprinkled upon it, and wet towels may be added under it, upon the abdomen, if necessary.

In all the methods of applying the wet sheet, there can be no possible objections to using warm bricks, bottles, &c., to the feet when cold. I say *warm* applications; not *hot*, as we read in almost all the allopathic as well as hydropathic works. *Heat* is injurious, but *warmth* is as natural and useful in some cases as *cold* is in others.

It is the practice generally to take some form of bath after the pack. If the patient is too feeble to rise, an ablution is performed while he is in bed. In other cases, a wet sheet rubbing, shallow, plunge, towel, or other bath is resorted to, but not of necessity strictly. It is better, however, as a rule, to make the process a compound one, i. e., to take some form of bath after the pack. This should also be followed by exercise in the open air if it can possibly be done. A pack, followed by a faithful turn at work, or exercise in the open air, is always worth much more than one after which the patient remains within doors.

*THE RAIN BATH.*—A modification of the wet sheet pack, is for the patient to walk in the open air—bare-headed being preferable—till his clothes become thoroughly wet. Howard understood well the advantages of a "good soaking" of this kind in hardening the constitution. Every one who has arrived at adult age must have noticed at some time of his life how much better he felt after a drenching, having dried himself, and got on dry clothes. True, it is not every invalid that can bear this kind of hydropathy before he has become somewhat hardened to it; nor can every one be thus hardened; as for instance, such as have incurably diseased lungs. But most persons can bear a rain-water wetting now and then, and with advantage, provided they see to getting warm, dry, and comfortable within a reasonable time after it.

I have repeatedly sent patients at my establishment out of a rainy day, bare-headed, with linen or muslin shirt and pantaloons only for clothing, directing them to continue their walk and wetting for an hour or two, according to the case, after which they had the well

wrung rubbing wet sheet and dry clothing. It would be well that every "cure" should have a suitable place for ladies to take this form of bath. It is not well to water-soak their hair as a general thing; but the remaining part of the process is as appropriate for the one sex as the other. Nor would I object to a warm foot-bath for either males or females, to be taken after this kind of aquatic exercise, if these parts should not have sufficient reaction.

*Plunging into water with the clothing on, and pouring water upon the person, sufficient to saturate the clothing,* following the same by suitable exercise, is also a good method, provided the weather is neither too hot nor cold, and the patient have the requisite strength to endure the process. It will, I trust, be understood that I do not recommend the indiscriminate use of these powerful measures. Good judgment is nowhere in the whole range of the medical art more needed than in the use of the more powerful of the hydropathic means.

## A LETTER.

Glen Haven, March, 1853.

E. C. WILSON, M.D., Late of the Wyoming Cottage Water-Cure, N. Y.

Dear Sir: The appearance of this letter will not surprise you. It is but the carrying out of your expressed wish, that I would state to the public my views of the relative value of critical actions,—or as they are generally termed *Crises*,—under the Water-Cure treatment. You also expressed a wish that I would state my views of the best mode of establishing and conducting scientifically and successfully Water-Cures, drawing hints from my own experience.

If there is a Hydropathic Physician who is entitled to be singled out from his brothers in the profession, and addressed by public letter, it is, in my judgment, yourself. If there is a physician who has the right to address you, it is myself. Why? Because, dear sir, we are living proofs in our own persons of the truth of the philosophy we teach. We have been snatched from the jaws of death by it, and perhaps we are the only two physicians of any age as practitioners, who have been saved by it, who reside in our great State. Well may we look on its growth with interest, watch its progress with keen eyes, feel enthusiastic in our commendations of it, and certain that it will never fail to gratify all reasonable expectations. Well may we abjure all alliance with *drugs*, with so-called specifics, with poisons that kill, or *aid* to kill, with *hoccus pocus*, with patent medicines, with empiricism in regular or irregular practice, and turning to *NATURE*, trust her obediently and reverently. When a doubter says, "Where are your trophies of your Water-Cure?" my reply is—In olden times to conquer a King's phalanx was glorious, but to take the King himself wrought out for the conqueror a triumph—secured him an ovation. Look at me! In me you have abundant proofs of the potency of Water-Cure. Reared by all my studies and associations for the medical profession, an invalid—I was the target for our sharpshooters for twenty years. At last, they gave me up to die, and the Water-Cure saved me. Yours, in the main, is a like history, so that we may both in our line and place give to the new *idea*,—the regenerating force—our whole measure of strength. Whilst many, friendly to it, doubt its universal fitness, whilst practitioners of it get frightened, and resort to their "*nasty stuff*," whilst on every side rise up *croakers*,

"birds of ill omen,"

whose music affrights, but never charms, let you and I, my brother, trust it. As sure as God is God, and man is man, so sure Water-Cure will triumph over

drugs as a curative agency; so sure will the men who have no higher mission than to give poisons, and men who think it a fine business to unite the two, learn that public opinion designs for them another calling. It may be something that they do not expect, it will not be to people grave-yards by law and consecrated charters.

The first point bearing on the subject matter of this letter will be

STATISTICS.

I have treated, since Glen Haven passed into my hands as its medical proprietor,	589 persons.
Of these were females,	287 "
Of the whole number there have had crises,	304 "
Of this number were women,	129 "
Of those who did not have crises,	285 "
Of those who have had crises, there have been,	
by the Skin,	256 "
" Fever,	16 "
" Bowels,	12 "
" Sweatings,	4 "
" Mouth,	6 "
" Urine,	8 "
" Menstrual flux,	2 "
Those who left whilst in crisis, and unbenefited,	6 "
Of those who did not have crisis, there were transient persons,	30 "
Left from personal disaffection,	8 "
Left incurable,	18 "
Of the incurable there died,	2 "
Leaving of those who had crisis, and were benefited or cured,	298 "
" of those who had no crisis, and were benefited or cured,	229 "
Making of those that were benefited or cured,	527 "
Of this number were cured,	201 "
" " benefited,	326 "
Of the 287 women treated, there have been who had a great variety of ailments, of which the prominent were Scrofula and Prolapsus Uteri,	164 "
These made my worst cases, by reason of the complications of disease. Of simple Prolapsus,	42 "
Inflammation of the neck of the Uterus, Dysmenorrhoea, Amenorrhoea, Menorrhagia, and Uterine Hemorrhage,	42 "
Sciatic Rheumatism,	4 "
Dyspepsia,	10 "
Typhus Fever,	2 "
Insanity,	1 "
St. Vitus' Dance,	1 "
Erysipelas,	1 "

Of the cases of Prolapsus Uteri I will speak more at length in another part of this letter.

Of the 589 persons, there were in the use of Tobacco when they arrived at the Glen,	296 persons.
Tea, once a day,	413 "
Coffee, "	419 "
Meat and Butter,	521 "
Ardent Spirits, in a beverage form,	16 "
There had at some period in their lives taken	
Calomel,	414 "
Iodine,	175 "
Cod Liver Oil,	18 "
Arsenic,	45 "
Quinine,	875 "
Colchicum,	34 "
Strychnine,	24 "
Opium,	504 "
Patent Medicines,	544 "
Homoeopathic Medicines,	216 "
Eclectic "	194 "
Botanic "	32 "
Clairvoyant "	7 "
Home Water-Cure,	61 "
Galvanic,	19 "
Spirit Rapping,	2 "
At other Water-Cures,	38 "

I make no record of the minor medicines taken. Of those who have taken patent medicines, nearly 200 had taken from 6 to 10 bottles of Townsend's Sarsaparilla. One man had taken 104 bottles, and 33 bottles of Yangu's Lithontripic. Sixty of them had taken Wild Cherry Balsam, 40 Chauchalagus, 52 Yellow Dock, from 1 to 3 bottles each. One hundred and two had taken over 25 boxes Brandreth's Pills, 109 had taken over 3 boxes of Moffatt's, and 104 had taken over 4 boxes of Soule's Oriental Balm Pills.

Length of time they have been sick, from	1 to 20 years.
Age ranging from	10 to 56 "
Distance travelled to reach the Glen,	1 to 2,000 miles.
Number of States from which they have come, calling	
Canada one State,	20
Time of residence as nearly as I could calculate it, of those who were cured, from	4 to 18 months.
Those who were benefited,	from 1 1/2 to 6 "

I have treated the following diseases successfully. Diseases of the scalp, nervous head-ache, chronic and acute sick head-ache, neuralgia of the face, deafness, inflamed eye-lids of long standing, weak eyes, amaurosis, nasal catarrh—front and back passages—sore throat, nursing sore mouth, bronchitis, inflammation of

the spinal sheath, pleurisy, inflammation of the lungs, hemorrhage from the lungs, nervous cough, consumption in its early stages, palpitation of the heart, enlargement of the heart, mucous and nervous dyspepsia, spasms of the stomach of long standing, disease of the liver, spleen, duodenum, disease of the kidneys, chronic diarrhoea, piles of both kinds, paralysis of the bladder, orchitis, inflammation of the neck of the uterus, prolapsus uteri, vaginal prolapsus, leucorrhoea, congestion of the uterus, inflammation of the bladder, abortion, painful, profuse, and suppressed menstruations, scrofula in all conceivable varieties, such as sore throat and ears, skin disease, disease of the bowels, ulcers on the arms, neck, groin, knees and ankles, apoplexy, epilepsy, congestion of the brain, spermatorrhea, gout, rheumatism with enlarged joints, acute rheumatism, lumbar abscess, fever and ague, bilious fever, typhus fever, brain fever, insanity, bloody dysentery, curvature of the spine, indolent ulcers of the legs, marasmus, dropsy, puerperal fever, inflammation of the bowels, inflammation of the uterus, tumors of the uterus, St. Vitus' dance, erysipelas, croup, and diseases of children. In no case have I ever given a single particle of medicine—nor allowed it to be taken with my knowledge, except on single occasions in two instances—both of whom were persons long habituated to its use, and just arrived.

2. CRISES.

I never labor to produce or avoid them. Why should I? I cannot tell at first sight of a sick person, whether he can have a crisis or not. True, over a moiety of my guests have had them, but at the outset all speculations on the subject in most instances are useless. I make the best possible diagnosis of my case before me, and make out my prescription with reference to vital vigor, temperament, the drugs given, the external conditions of the system, &c., and then hail the exhibitions of activity which Nature puts forth, with profound pleasure. If they are sufficiently acute to be characterized as critical, I do so, and welcome them. Nature is greater than I am. She is wise. She stands between me and the Eternal Wisdom. Her domain is universal, mine is limited. She is abundant in resource. I am always, and everywhere—if in my true place—auxiliary to her. I have two cardinal points in my creed.

1st. To ascertain correctly what Nature wishes, or would have me do. 2d. To do it.

My studies have led me to conclude—and I have daily evidence that the conclusion is a wise one—that she never desires me to be officious, to set up practice "on my own hook"—to bustle and meddle with the organism, where I had better keep still. Never to overdo.

You will notice, that in the report of the crises had, the actions by the skin constitute nearly 7-8ths of the whole number. These were all marked—some very severe. And not a single case leaving the person unbenefited—if you except the six who fled the institution, and of whose history I know nothing. I prefer a skin crisis to other forms, because it is milder, and more easily and discriminatingly dealt with. It comes under one's eye, and changes are more readily understood.

The crises on the skin put on the greatest variety of appearance. Some commenced with a fine rash, as fine as it could be, and after a while became confluent, pale in color, and confined for a while mostly to the chest. Others would show millet-seed rash, extending from the hips up to the arm-pits, and very sore. Others ring-worm rash, of the size of a ten-cent piece, and from that to the size of a dollar—the periphery or rim, a fiery red, the inside paler, but still decidedly red, commencing on the back of the neck, working its way on to the chest, over the stomach and abdomen, where it would become confluent, and be very sore, and exude large quantities of ichorous matter, attended with a very unpleasant smell, and rendering the washing of the bandages necessary three or four times a day. In all such cases, however, this outbreak has healed, the skin becoming smooth as a child's, notwithstanding the constant unremitting application of the compress. In two very sick persons this eruption has had contemporaneously, sore eyes, lips, mouth, throat, and nostrils, and for two days made the persons temporarily deaf. In two other instances, has commenced at the neck, and covered the whole body to the ankles, making the persons emit so intensely unpleasant smell, that persons could hardly come near to them; yet, as in all other cases of skin crises, working charmingly for the sufferers, and giving them in renewed vigor and elasticity of muscle, in fine mental balance and tone, in healthiness of tissue, in normal conduct of very important functions, a recompense a thousand-fold greater than the irritability, excitability, and pain produced by them.

Of the other crises, I shall speak in the JOURNAL under the head of reported cases, and so will not say anything further, than that the severest cases I have

ever had to deal with were compound crises, made up of fevers, eruptions of the skin, drains from the bowels, bladder, and mouth. Yet I never have had a patient with critical action who I thought would die with it, or of it; and I never have had one who thought when in one, that he or she would die. Why then should I fear them? Under proper treatment, they will surely cure, and not kill; build up, and not destroy.

I owe the large number of crises under my treatment to two things, which I will distinguish thus. 1st. The water used.

2d. The methods used in its administration. I know not how to speak enthusiastically enough of the qualities of the springs of water we use, and will only say, that they constitute the right arm of my strength, and have the praise and glowing eulogy of all who visit us. For their purity and softness, and healing power—though unmedicinal, they have been traditionally celebrated among the Onondaga and Cayuga Indians from time immemorial. On these hill sides, years long gone, many an Indian has practised in his crude, savage way, the Water-Cure. It is said, that here the Indians resorted when they had the intermittent fever. But our water needs no Indian tradition to prove its sanative qualities. O, my brother, if some of our co-laborers only knew the difference which good, soft, living, running water will make in the treatment of disease, as compared with hard water, they would see that drugs are as out of place administered to the sick, as a wart is on the nose of a beauty. They would also see that when in the use of the one they every little while fail, in the use of the other they would seldom fail. Speaking of water and its qualities, let me say, all soft water is not equally good, by reason of its lack of carbonic acid. Where this is deficient, the late Dr. Wesselhoef has said, that it is difficult to produce skin crisis; and one of the most successful practitioners in this State, personally to me ascribed our great success in the production of crises on the skin, to the fact, that in addition to its softness, our water is largely charged with this element.

Let me also say, that a rude, yet good way of testing the comparative merits of springs of soft water, is to note the kinds of timber which grow on the soil out of which they rise. Their softness being equal, those will prove the most sanative where hemlock, chestnut, white-wood, and oak grow; those the least so, where beech, maple, hickory, white and black ash, elm, red and bastard, grow. Those are not good springs where willows grow, the water being apt to hold in suspension vegetable matter, and the willows attaining the greatest size where the streams are muddy.

I now come to my mode of treatment. I never allow myself to be limited as to time, abhorring quackery too much to do this. Who, and what am I, that I can take a sick stranger, and ignorant of all antecedents, look over the case, and affix a period at which the patient shall be well? Such a procedure is all guess work at best. I always hold out to my patients the highest possible rational hopes, insist on their confidence in me and my assistants, and also on their being contented—if they are to be under my care, and never on any account urge a discontented person to stay—if the discontentment is other than a passing feeling. My theory recognizes vitally the fact, that the body cannot throw off morbid and take on healthful conditions when the soul does not earnestly and determinedly will it. So I always let discontented patients go—rather they would go than not. I can do them no good unless they can overcome the feeling, and do not want their money nor their influence in my Cure.

The treatment prescribed at the Glen is mild to an extreme as compared with that usually practised. It proceeds on the recognition that in chronic diseases the nervous system has been exhausted to a great degree, and that healthy reactions never take place under such state of the nervous force with celerity. The vital powers enfeebled, the activities of the patient are diminished. Cold baths, followed by vigorous, or rapid, or violent exercise, produce a temporary glow, but ultimately a permanent chill. Send a man with diminished nervous force, with reduced quantity of blood, with flabby muscle, with feeble assimilative power into a plunge of water at 45 to 55, he comes out, wipes, rubs, declares himself warm, affirms that is the best bath he has had, dresses, goes out, walks nigh to the running point, and comes back puffing like a walrus, takes his seat, and in thirty minutes is chilly, cold, and wants to lie down. The history of that transaction, my friend, is, that he has had too much of the heroic administered; and his ultimate fact is debility instead of tonicity. A milder bath, with less of impulsive skin warmth, with longer hand-rubbing by an attendant, with more moderate exercise, would have brought that feeble body to its seat in the sitting-room in a permanent reaction, the force of which would have been all on the right side. Now, not so much by theories—for in the present state of this new idea theories are not needed as much as facts—but by somewhat widely-extended observation—my judgment

rules on the side of treating chronic ailments with great gentleness. More discrimination in different cases is made by me in the kinds, frequency, and duration of baths given, than in the difference of temperature, reaching the results sought in this way quite as surely as in the other, and with conditions and circumstances much more at my command. It is certain to me that this mode of treatment has assisted the system to throw off disease when heroic treatment would have failed.

In all those cases of prolapsus uteri, numbering 206, and cases of chronic inflammation of the cervix, the most astonishing results have followed the methods I have employed. Not a case has failed, where the patient has given me a fair trial; and in only one instance has a patient of mine ever been subject to the trouble of replacement. What will your mortorpathic, analytic, your abdominal supporter, your mechanical displacement doctors say to this? I do not say that cases, diagnostic in character, will not arise where investigations are necessary, but I do give it deliberately as my opinion, that no greater humbug is extant, than the whole medical practice based on the theory of the necessity of the replacement of the uterus, in order to cure prolapsus of that organ. In every one hundred cases of this difficulty, ninety-nine exist as effects, produced by disturbing causes on the general organism. Remove the cause, strengthen the general body, and the local difficulty vanishes. And now, dear sir, allow me to offer you a few suggestions on the general progress of the cause we love, and I shake your hand.

No enterprise ever deserved more devoted and faithful friends than this Water-Cure Reform. How deeply I deplore the slowness of my own powers, God only knows. I would give genius, learning, eloquence, research, skill, of the most exalted kind, to it, were I only their possessor, as cheerfully as ever mother gives milk to her first-born babe. Think, my dear fellow, what it contemplates: nothing less than the preservation of life—human life—the most sublime fact that ever met the eyes of man. "What," asks Shelley, "are changes of empires, the wreck of dynasties, with the opinions that supported them, to this grand reality of LIFE?" And yet men act without reference to the majesty of this great reality, simply because they are familiar with it. When it is remembered, that as one lives here so will be his starting point of elevation elsewhere, that as he cultures his better nature here he will have capacity to appreciate beauty in higher latitudes and loftier spheres; our reform looms up into grandeur, and becomes clad with great significance. Margaret Fuller, somewhere, says that, "Very early I knew the only object in life was to grow." To develop one's self is the highest object a human being can have, unless to develop others is greater.

Now, this Water-Cure Reformation circles in its aims all that tends to preserve life, and so indirectly touches man's loftiest interests. It needs, and I am glad to be able to say, has in its ranks men and women of commanding stature, physicians of exalted ability. Yet I must be pardoned for saying, that of both "clerical and laical," professional and private advocates, there is needed—save a few—more heart consecration. Throughout the ranks there is lack of enthusiasm. Self-interest has been the grand motive to exertion. Benevolence has had no influence in its progress. Generally speaking, new ideas, radical truths, like this of the Water-Cure treatment for disease, having the quality of greatness in them, find their way to the brains of men slowly. Every inch of territory occupied, is conquered. It is pre-occupied by those who dislike change, and new truths always argue the necessity of change. They germinate roots first, and strike downwards, before they put out stems, and commence growth into air. It has been found in human history, that slowness and sturdiness of growth have been fortunate for great ideas, that such process gave time for compactness and hardness of fibre, and developed at last a character at once vigorous and lasting.

The Water-Cure idea has thus far proved an exception. It answered to a human want, and so there has been a demand for it. As a natural consequence, a portion of those who professionally adopt it, it is not unlikely, have given it their sustenance, because they thought it would sustain them. To my certain knowledge, there are allopathic, eclectic, and homeopathic physicians, who practise it just as far and as widely as the opinions of their parishioners press them to do it. Possibly, some who give no medicines do the same thing. As far as such motives prompt practitioners to follow the Reform, no great trouble will ultimately accrue to it from their adhesion. The day is not far distant, when all such persons will abandon the professional practice of Hydropathy, for the day will soon come to show such, and for that matter, all of us, that water establishments are not good money-making investments, if immediate results are expect-

ed. I have my serious doubts, whether over three Establishments can be found in the United States out of debt, though in this I may be in error. I also doubt whether one can be found which has or does realize 6 per cent. on its investment, after paying its owners anything like a fair compensation for their labor. As far, therefore, as there are in the ranks those who have seized, mounted, and are riding this Reform, because they think they can make a fortune out of it, let me tell them they are deluded. Why, look how the "sham-shops" are shutting up! Within the past year not less than six, to my knowledge, have closed, their physicians finding that a Water-Cure is not a California gold place. There is no profession where so much hard task-work, so much brain-sweat, so much heart-ache, and so much thought, are expended for so little money. I warn all, who think of the profession as a pursuit, to settle the matter before-hand, that they will get only moderate compensation, and that the balance must come in luxury of doing good. Any other idea will be a bubble which will burst; when it does, let those whom it may concern stand from under. Such a bubble, to a certain degree, has been gradually swelling for the last three years, and it will break by and bye. It needs no seer's eye to perceive it. It belongs to great forces to have their reactions. The atmosphere has its, and is purified thereby. The sea has its swells and heavings, and subsides to "be calm

As a river's ripple."

The Temperance cause had its reaction years ago, and came near dying—would have died but for having mastered vitality. If sordid motives are to be the ruling principle of our actions in the rearing and conducting of Water Establishments, then the enterprise will have its reaction, and temporarily will receive a check. I am no prophet, but I greatly misjudge if there is not a good deal of capital already, and to be invested in Water-Cures, that in less than five years will be a total wreck. It may be well for me to say, that this view is not mere rant, as some considerable pains has been to get at facts relative to capital invested, and indebtedness and net income of the various Institutions in this State, and to my certain knowledge, there are Cures rating in aggregate valuation over \$60,000, which, in all human probability, will not pay 3 per cent., and possibly will not pay anything. I know of three Establishments, one valued at \$11,000, one at \$15,000, and one at \$16,000, by their proprietors, two of which have not had a patient within their walls since the 1st of last September, and the other of which has not, at one time, since last June, had ten patients. Of institutions not ranging above \$5,000, and not below \$2,000, I know five, which are hopelessly broken down, and never to be opened again unless under very different auspices.

Let no reader of this letter draw wrong inferences from these statements of mine. To infer that the business of treating diseases by Water in Establishments, is over done, would be wrong. It is not over done, it is badly done. Of all the Establishments alluded to, the proprietors and physicians gave unmistakable evidence to the public, that their first and last idea, their waking and sleeping thought, was to make money. The cause of truth, the lifting up to high eminence, where the sick and sorrowing should clearly discern it, the noblest truth of the nineteenth century, had no charms for them, and they failed. I am no fanatic, I have no objections to the acquisition of wealth, but it should come as the result of effort, where the proof is clear, that in the eye of the worker, "life is more than meat, and the body than raiment." In other words, that God's truth, for the want of which the millions are dying, is of as much consequence as bread and butter. Jesus Christ, on a memorable occasion, said, "Seek first the kingdom of heaven and its righteousness, and all these [earthly] things shall be added unto you." If He meant anything, He meant that the man of principle shall have bread. How shall the friends of Water-Cure save it from a reflux of opinion which shall shut up the larger share of all our Establishments? I say, 1st, by clinging to our principles, by demonstrating its superiority over drug-treatment, not by colluding with it. There is not a man in the limits of this great land of ours, who does not lessen public confidence in Hydropathic treatment, whenever, on any occasion, he gives to the sick a "portion of physic."

2d. By arranging and expending our means in the conduct of our Establishments better. The physicians of an institution should have the entire control of it, arranging and furnishing of rooms as to furniture, ventilation, light, and heat; the food, its qualities, kinds, manner and times of preparation, the hours of uprising and retirement, the amount of help to be employed as operatives and nurses in the medical department. A new policy has to be adopted by Water-Cure Establishments. They are not watering places, where

persons in health go to debauch, but places where sick, suffering ones, broken in body, and stricken in spirit, go to gather up wasted powers, and send forth once more, if possible, the blossoms of redeemed life.

Instead of expending money for furniture which is costly, and is of no practical value but for show, and to minister to false wants and false notions which most sick people have, and which necessarily they must abandon in almost all instances, if ever they want or have a resurrection from the grave's edge, let our cures be in conformity to our theory of life—plainly, neatly, and every way comfortably furnished, rooms large, airy and pleasant, parlor comfortable, dining-room spacious—and then lay out money, strength and force, in and around their bathing and nursing departments. Which is the better, the wiser arrangement, that of having ignorant Irish, Welsh, German, or Yankee bath attendants; men and women who do not know which side the human body the liver is on, to take your prescriptions and carry them out, take charge of your feeble sick ones, and blunder three times a day, and have your parlors covered with Brussels carpet, and your chairs made of mahogany; or this of having your parlor neatly and plainly furnished, and your medical department manned and womaned with educated, accomplished, skillful Physicians who work as well as oversee, who watch as well as work, and who know, when they watch, when things go right and when wrong? I affirm the latter. It is not enough for a Physician to know what ails a sick man or woman. To know it is something. To know what to do is something more, but to have done what you know ought to be done, that is the thing which builds. The dreamer and the worker must unite in the Water Doctor, the thinker and the doer must be in his person, else he will find that his calling is not Divinely Ordained. A patient comes to me—a stranger—sick for long and dreary years; he has had ten thousand symptoms, which are long, long ago forgotten. Darkness deep as Tartarus hides his antecedents from me. It becomes me to proceed cautiously with him. Now tell me, sir, where is the good sense of putting him into charge of an attendant that can no more tell the effect of a bath on him than he can decipher the hieroglyphics of Egypt? The man who can do it is careless, and very unmindful of the risks he runs, and the people will ultimately find him out, and he will find his level. What then is needed? Two things:

1. Faith in your principles, which will give you confidence in yourself, the two making up for you any quantity of moral force over your sick.

2. Educated and thorough-bred assistant Physicians, with intelligent helpers under them, who can catch your intuitions, get your brains into their skulls, and thus multiply yourself through them, till you come to be everywhere present, an all-pervading power known and felt from your cellar to your garret.

Such being my theory, it is fair to ask me if I practise it. I reply *Ido*. I never adopt a theory till my intellect and conscience lift me into the dignity of its priest.

1. There are Mrs. Jackson and myself. We are no sinecures at the Glen.

2. At the head of the bath department for each sex, I place well-educated, thorough-bred and accomplished young Physicians, who understand their business and my will, and to whom I give abundant and intelligent subordinates.

3. I keep a hospital department, where my sick with severe crises can be placed, free from all fretting circumstances, officious interventions, the noise and bustle of the Cure, and where they can in the deepest quietude have skillful treatment. It may not be my lot to make money, but it is of importance to the elevation, the dignity, the growth into full manly stature of all with whom I have to do, that the new idea takes root in their convictions and moral sense, and therefore to cure the sick is my first object. If money comes, well; if not, then will come in its place character, and unless the Bible is a lie, that passes as legal tender in the world just above this.

My Hospital idea grew out of my determination to get acute cases to treat. The Drug Doctors have all the advantages over us. We take their incurable cases and raise up about ninety per cent. of them. To break up this fallow ground, I got up my festivals. They cost us money, but they brought people to see us. Hundreds came from three miles to five hundred miles to attend them. Here they found a table spread with food which they were compelled to admit was good, yet cooked in a style entirely different from any food ever before eaten by them. Here, too, they found some twenty women dressed in the short dress, and ready to bear testimony to the superiority of it over the old style. Here, too, were lawyers, ministers of the gospel, physicians of high standing, of all schools, to hear me affirm, that in no case did I ever give

drugs; and that I was in the daily practice of sending away cured, those who had been pronounced incurable by men of their kith and kin. On these occasions I took it on me to purchase and hand to each person a copy of the WATER-CURE JOURNAL, asking them when they reached home to read it and subscribe for it, and when this letter shall appear it is my intention to put it gratuitously into every family in town. Will not these efforts tell for the good cause? They have told already. Not less than eleven persons have come to the Glen to be treated of typhus fever—some of them brought on beds a distance of eleven miles, and God has blessed me, and I have cured the whole number. Fourteen days since, a man brought his wife nine miles to me on a bed—a raving, screaming maniac; to-day that woman sits in her chair feeble, but calm as ever she was in her life. My dear sir, the people must be reached, the people need deliverance, the people want instruction, the people need missionaries. It seems to me that it is not less noble in me to circulate the truth in regard to the way and means of *prolonging* not only, but of making *useful* human life, than it would be in me to send the gospel to the heathen in Hindoostan. Charity begins at home, and then *videns* till it encircles the necessitous wherever they are. All over this land, there are *heathen*—ignorant, undisciplined, and lawless—who think *life* is a thing of sport. Be it your mission and mine, and that of all good men and women, to show them a more excellent way, to instill them with reverence for the laws of God *inscribed on their being*, to impress them with the dignity of human nature, and induce them to link themselves, as I trust we have linked *ourselves* to this reformation, till we can all say, in the language of the old Roman,—

"Una spes, unaque salus amobus erit."

One hope and one fate shall be to us both.

Respectfully your friend,

JAMES C. JACKSON, M.D.

## HERE AND THERE.

BY MRS. E. B. GLEASON.

MESSENGERS. EDITORS:—You requested me some time since to give you a sketch of my lecturing tour, then in prospect. Pressure of home duties, from the presence of a larger number of patients than ever before in winter, has made that tour range, for the most part, from the "first" to the "fourth" story of our Infirmary. I have had a steady, daily and nightly round in the home circle; such a course as all proper people approve of for us women.

A call here and there to see the sick in surrounding villages, has given me an occasional airing, and furnished some incidents of interest.

January 17th, the first fierce wintry weather we were favored with, I took cars for Owego, from thence to Ithaca, and finished the journey with a sleigh-ride along the Western shore of the Cayuga. Found, for a patient, a grandmother of sixty years, bearing a character of marked energy, excellence and piety. Here I was strongly impressed with our need of well-read physicians of our own sex, for she had suffered long with a severe local difficulty which she did not feel at ease to present to a male physician, and so had borne all without that medical counsel which she greatly needed.

Many a woman suffers long, even till her disease may have become incurable, because she has at hand no medical adviser with whom she feels "at home;" and when she does at last ask counsel, between the delicacy of the patient, and the wish of the practitioner to spare her unnecessary embarrassment, very indefinite and often incorrect views are gotten as to the true nature of the malady. A host of such cases come under my care every year, but I have never seen before so much of *severe* suffering borne in silence in one whom years had made familiar with the various phases and various trials of life.

Women would find it much more easy to consult a physician, did they understand their own organization and its infirmities better, for while they shrink from the use of vulgar terms, they do not understand

the medical, and between the two there is no well-defined reliable language. A little anatomical, physiological and pathological knowledge sprinled into modern female education, "it strikes me," would promise to be quite as practical in after life, as familiarity with French novels, Scotch airs, and an ability to make worsted cats and dogs.

January 25.—A long ride of twenty miles, facing a severe storm of snow and wind, awakened in me much *latent* sympathy for the country practitioner, whose life is a series of exposures to "summer's heat and winter's cold." At nightfall found myself at Catharine, a town north of this, so named in memory of the wife of an Indian Chief buried there, who bore that name.

My arrival at the snug farm-house was welcomed by two happy, hoping little faces at the window. As I entered the elder said, with childlike enthusiasm, "My mother will get well *now*, the new doctor has come."

Poor boy, thought I, years will cast dark shadows over your hoping heart, and lessen your faith in "new doctors," as well as many other new things; and the first sad lesson you are to learn, will be in the loss of that fond mother, whom you fancy now some magic touch is to make well.

The flushed cheek, the quick pulse, the hurried respiration, told the *sad* truth, that the fatal blight, consumption, rested on my new patient.

January 27.—A car ride of half an hour brought me to Big Flat, ten miles west of here. The name of this town, which I had *funcial* so "ill-chosen," seemed now pleasingly appropriate; for it is truly the Big Flat; the valley here being so broad as to furnish *fine farms*, while east and west of this point for many miles it is very narrow, affording, for the most part, only room enough for the river and road.

At this place the Sing Sing Creek joins the Chemung, both traversing the broad meadows, bordered by abrupt hills, making the scenery varied and beautiful.

Here I found a young mother of intelligence and worth, with one lung well nigh impervious from tubercular deposit, and the other imperfect in its action.

Whichever way I turn, my head is *weary* and my heart *aches*, because of the many "little ones" who must receive "fostering care" (if they have any) from other hands than those prompted by *that* tenderness which a mother feels for those whose life is the *dearer* part of her life. Oh! that the sad truth, that so many wives die at, or about thirty, instead of three score years and ten, would prompt our young Misses to strive to lay up *sense* and strength for cares and labors to come.

January 29 —Was called to a distant village on the line of the Erie Rail Road, to see a lady supposed to be suffering from severe uterine disease. She had been subjected to local treatment for "prolapsus" by an ignorant pretender, who ascribed *not only* every pelvic pain, but seemingly every twinge, from "sole of foot to crown of head," to some displacement of this organ. After many months of his patent practice, she was nothing bettered, but rather worse. Found, on examination, no disease or displacement, and more than this, *no indication*, from symptoms *past* or *present*, that either had existed. Toward the young mother, whose trust had been thus abused, I felt great sympathy, but toward her adviser little else than indignation.

The kindly heart can feel no other emotion than pity toward the physician who, after years of patient toil, to prepare himself for a responsible post, finds he cannot do what he would for suffering ones.

But I have no pity for, or patience with, those persons who, without medical, moral, or literary character, claim to have a "patent mode" of curing all feminine infirmities, merely because they have

"*hearn tell*" that such a way is sure. Such *bitter* words should not ooze off the end of my pen, did not the many cases of this type that I meet move me to "warn the unwary." Women would not be thus in danger were not their pelvic region an unknown one; hence, they credit whatever is told them concerning it, if sanctioned with a degree of professional dignity.

When they are haunted with the idea that they are in danger of some terrible internal dislocation if they move without artificial support, they do not exercise enough to enjoy good health, and by way of negative treatment need first to forget that "they have," or were "like to have, prolapsus uteri."

The lady above mentioned was suffering severely from dyspepsia, nervousness, "general debility," the general under whom we find most of the women "now-a-days." Cases of this class find their general health to improve by the use of baths, plain diet, much exercise in the open air, etc., and as their constitutional vigor returns, these local symptoms, upon which *so much stress* is laid, gradually disappear. Women are not so "shamly made" that they cannot take a brisk walk, run up a flight of stairs, without injury, provided their habits are healthful.

January 31.—Went to Weedsport by invitation of a physician there, to give a course of lectures to the ladies. At 7 in the morning took the Canandaigua Rail Road, and went on to Gorham; then the stage to Geneva; there the cars again to Auburn, and then stage to Weedsport, where I arrived at the hour for the evening lecture. Found a fine class of ladies gathered in the Baptist church, with intelligent, open countenances, and open ears, seemingly not afraid to hear the truth, lest they should blush, or feel as if they *ought* to.

Spent the week very pleasantly, forming new acquaintances by day, and talking to the ladies in the evening.

Weedsport is a thriving little village, where the inhabitants are striving to look upward. Soon they are to have other, and more speedy means of public conveyance than that of the "raging knoll." The new Rail Road from Syracuse to Rochester, and the one from Sodus Bay to Auburn, and from thence to Ithaca, will both touch that village.

When Governor Clinton proposed the construction of the Erie Canal, some of the citizens *there* said, they "had no wish to live longer than to see Clinton's ditch done." Though the "almond tree doth flourish" with them, the "golden bowl is not broken," neither has "desire failed," for they look with interest to the time when their village shall be enlivened by the locomotive's shrill whistle and whirling wheel.

On my return home found our invalid family so increased, that I have not ventured away long enough to lecture since.

The facilities which steam affords us for locomotion favor the plans of us "medical women," as well as those of more masculine minds. A ride of thirty or forty miles on horseback, to visit the sick, with a *huge* pair of saddle-bags for a seat, would be to the practitioner *less* pleasant, and in the eyes of the world *less* pretty than a cosy ride in a comfortable car for an hour, with book to read. *Now*, I can look after my sick ones at home in the morning, then take the cars for Owego or Havanna, etc. etc., and visit a patient, then return home at evening. While it is convenient to receive calls by the electric flash, and respond to them with rail road speed, we can but *regret* that we have no telegraphic or locomotive way of curing the diseases we are called to treat.

To be sure the great mass of acute diseases are so safely and speedily washed away, that the skillful Hydropathist rejoices in the improved method of managing them. But *old chronic* affections well "seasoned down" by drugs, in a constitution where there is an inherited tendency to "physical depravity," and that tendency *strengthened* by years of violation of physical law, it requires *much* washing, walking, and

dieting, combined, often, with *much* hoping, groaning and grumbling, to get the patient in a good livable condition. Very few Yankees can wait for a thorough renovation, they can only stop to be repaired.

[*Elmira Water-Cure.*]

## HEALTH THE BASIS OF SUCCESS.

BY S. O. GLEASON, M.D.

VIGOROUS activity of all the functions of the human organism is one of the main requisites of success in any enterprise. The pre-eminence and success of individuals, towns, states and nations, is in a great degree measured by the physical capacity possessed by such towns, states and nations. The greater the development of any people, physically (other things being equal), the better chance of success they have for making themselves a character and a name among the nations of the earth. It is by far a richer capital than any gold mines can yield.

The capital of the *laborer* lies in the strength and power of endurance of his muscles, well directed in the expenditure of their power. As his muscular strength diminishes, so far his resources are cut off—his capital consumed. When we see how large a share of the capital of the world lies in muscles covering human bones, how important becomes the duty of every physician to do what in him lies to aid in making available and enduring the forces that lie in muscular power.

Every individual inherits a given amount of physical capital—a certain amount of brain capital, or thought force. These are his *birth-right*. His skin covers all his *real* inheritance. Whatever else he comes in possession of is merely accidental—not one of his God-given, but man-given inheritances. We have no right to sell, fritter away, and carelessly dispose of such a glorious inheritance, as is strength of body and energy of brain. When the grave question is asked, What have you done with the capital committed to your care? it is but a poor excuse to reply, I sold it for less than a mess of pottage—for mere animal gratification. How meagre and ungratifying the reward for parting with power given us by infinite wisdom—power capable of working out for us such glorious results!

It is true, that men in this age of the world inherit, or come into possession of, with but comparatively little effort, the *experience* of generations that have gone before them—their knowledge of the arts, sciences, and religion. But by any process whereby they depreciate their physical energies, in the same ratio they render their power to avail themselves of such facilities the less; so that it is impossible for any one, no matter what his accidental inheritance may be above his fellow-men, to commit excesses, diminishing his God-given energies, without lowering him in the scale of humanity. One cannot greatly diminish his muscular strength, without lessening his nervous energy, and consequently weakening his mental ability—rendering himself the less a man in so far as he has neglected to sustain and honor his truly inherited energies. I wish that all men would honor God by caring for the beautiful temples in which he has permitted our immortal spirits dwell, during their fleeting and transitory earthly existence.

When we ascertain the state of health of the largest portion of the inhabitants of any town or section, we have the basis upon which to form a correct judgment of their importance. Take, for example, a town in which the atmosphere is filled with malaria, poisoning the life-blood of its sons and daughters; how are agriculture, science and art neglected. The fields look as though the blight of death rested on them. Science finds no admirers, art no cultivators. Capital does not increase; the town is of small importance

compared with those in proximity to it, having a more healthy climate—more vigorous and robust inhabitants.

The children reared under such blighting influences, inherit morbid tendencies; are more liable to become vicious—to fail early—making a short and miserable journey of life. The first and second generations must pass away but half-developed specimens of humanity, before men of strong muscular and mental energies can occupy their places, and give the town a name and importance among those that surround it. The same may be said of the cities. A multitude of their inhabitants dwell in such squalid places amid their poverty, that there is no chance for them to develop the *physical* energies, much less the *mental* forces that lie slumbering, like mouldering ruins, amid the filth that surrounds them. Until health shall be more highly prized, and its value better appreciated, thousands upon thousands must inevitably perish and go to their long home, with scarce a glimpse of the high destiny of the human soul. Man can scarcely be taught his magnificence, his grandeur, his sublime destiny, till he has learned to honor the tenement in which his immortal spirit dwells. The drunkard, the sot, the debauchee, must make a physical reform—purify their bodies, flee from the noxious influences that have been working ruin in their frames, before the spirit can have machinery with which it can sing praises in harmony with the good and true.

If the hungry could be fed, the naked clothed, the squalid and filthy cleansed, and all put into better homes—surrounded with the necessities of life, how vastly would their physical capacities be increased, their mental strength invigorated, and their prospects for time and eternity be enhanced.

What greater field for philanthropy, what greater call for human exertion is there, than is to be found among the poor and unfortunate, who cannot, for want of information and assistance, use the capital that God has placed in their hands? It is sad to think that there are thousands who cannot wield their inherited forces, they are so hemmed in by irresistible circumstances. Physical redemption must carry her torchlight into the dark places, before man can be truly redeemed.

The more perfect the health of towns and States, the more physical and mental energy, as capital for success, lies in a nation. The more force to carry out, the more skill to perfect and bring into practical utility any of the arts a nation possesses, the greater its importance among the kingdoms of the earth. No puny and feeble race can take the lead in the developments which are yet to be made in all the departments of human knowledge.

As the physical health of any people diminishes, whether it be from hereditary predispositions or excessive indulgences, so far imperfect development of human character is the natural and inevitable result. Enthusiasts come forth numerous as the frogs of Egypt, driving the world to all kinds of extremes, in all departments of human activity and enterprise. Thousands upon thousands are drawn into a whirlpool of excitement, whereby they lose the true balance of muscular and nerve force, which results in the manufacture of invalids of every grade, from the hypochondriac to openly insane. Things in various directions are forced into rapid development; measures and systems adopted before they are perfected, which ruin the pecuniary, moral, physical and social interests of a vast multitude of the human race. Many, from beholding the sad picture of such disastrous results, adhere so closely to the "old landmarks" as to hinder real progress.

A due balance of all the life forces is essential to real progress, steady in its growth, which lifts mankind from degradation to the real dignity of human nature.

[*Elmira Water-Cure.*]

## BOTH SIDES.

BY J. H. STEDMAN, M.D.

It has often been said by allopathic doctors, and others who do not believe in the Water-Cure, that we Hydropaths do not give to the world a fair statement of the results of our practice. "True," say they, "these cold water folks make a great flourish of success in the columns of their organ, the JOURNAL, and in other ways; but, then, they report their *strong cases only*, their *failures* being carefully concealed. It is a one-sided view of the picture that the public are permitted to see. The *bright* side they love to exhibit,—the *dark* side is kept shady."

Now, I have two replies to make to this very common complaint. *First*, there is but one side to the picture worth mentioning, as every Hydropath can testify, and as every allopath may know if he will but open his eyes, brush the *fog* from before his face, and give the new system a fair trial. *Second*, the few cases of failure that have occurred in Hydropathic practice, have been faithfully reported, in a majority of instances, by the attending physician; and in every instance have they been most constantly and extensively proclaimed by the enemies of the cause, who have not failed to add a plentiful supply of exaggeration, by way of *ornament*, I suppose. The annual reports of Water-Cure Establishments, in this and in other countries, exhibit a fair view of the matter, and prove beyond the possibility of a doubt, that Hydropathy is what its friends assert it to be—the most *successful*, as well as the most *rational* system of practice that has ever been presented to the mind of man.

But my particular object, at the present time, is to exhibit a general outline of the results of my own practice, during the last three years. And I will premise, by remarking that the following is a *full* and *accurate* statement of *all* the facts, so far as *results* are concerned, and not a "one-sided view;" also, that in *no case* was *medicine* of any kind used, the only agencies employed being water, air, exercise, and a properly regulated diet.

The whole number of patients treated, within the time above specified, has been *two hundred*, of whom *five* only have died; these five were victims of consumption, and neither of them was receiving treatment from me, or under my direction, at the time of their decease.

Of the two hundred patients, *one hundred and twelve* were the victims of CHRONIC DISEASES, most of whom had been afflicted for years, and all of whom "had suffered many things of many physicians." Full *one half* of these have been cured or restored to comfortable health, *more than one-fourth* have been very much benefited, *nearly one-fourth* have not been essentially improved, and *none* have been injured, either in my estimation, in their own estimation, or in the estimation of the friends of Hydropathy—enemies, of course, tell a different story, in some instances.

Of the eighty-eight patients treated for ACUTE DISEASES, *all* recovered save *two*, and these were cases in which *acute bronchitis* supervened on chronic tubercular disease of the lungs, and are included in the five above mentioned, who died. Both of these patients were in a very kind manner taken out of my hands about a week before the fatal termination, by allopathic doctors, who doubtless thought it would be too bad that Hydropathy, and a Hydropathic doctor, should suffer by the loss of a patient, and so, very benevolently and feelingly consented to relieve me, and suffer the patients to die on their hands. They talked, indeed, as though they expected to cure them, but I can hardly believe they were so green as to expect that; it must have been *benevolence*, I think, that prompted them.

I have said, that with the exception of the two just mentioned, every patient having acute disease has

been cured. By this I mean, the disease has been completely eradicated from the system, and that without either the intervention or the supervention of another disease. No chronic ailment has been left behind, as a consequence, either of the acute one, or of the means made use of to remove it. It is true, a large share of the persons for whom I have prescribed, have not been "very sick," according to the common acceptance of the term, for the reason that I have not made them very sick. And here, by the by, is one of the chief beauties of Hydropathy, especially in its adaptation to the cure of acute diseases; we do not make our patients very sick. O, when will people learn that nine tenths of those who are confined to beds of suffering and pain, are thus confined and made to suffer by means of the operation of the very instrumentalities which, in their ignorance and folly, they employ for their recovery? O, when will doctors open their eyes to the astounding, heaven-proclaimed fact, that nine-tenths of the persons who are "very sick," are made so directly through their instrumentality?

I have said but few of my patients have been "very sick," as that term is generally understood; by this I mean, but few of them have been otherwise than able to help themselves, more or less. I have had patients with the common continued and bilious fevers of this climate, who have passed through a "regular course," of from one to three weeks' duration, without keeping their beds more than half of the time, and not a few have been able to walk about their rooms, and even out of doors, daily. I have had patients with typhus, scarlet, and lung fevers, in whom the disease was fully developed, manifesting all the essential symptoms of those diseases, but who were, nevertheless, able to "sit up" a large share of the time, and to walk a little. I have been called to prescribe for many cases of severe illness, which have yielded at once to the treatment, and resulted in a speedy cure, which, I am well satisfied, from an experience of many years of allopathic practice, would have been, under that system, much more severe and much more protracted.

The chronic diseases, which have been most frequently represented in my practice, are dyspepsia in its different forms, neuralgia in its several phases, laryngitis, bronchitis, rheumatism, piles, spermatorrhoea, prolapsus uteri, and other sexual diseases. Prominent among the acute diseases which I have treated, are common continued, bilious, typhoid, and scarlet fevers, inflammation of the lungs, brain, bowels, and kidneys, rheumatism, dysentery, and hemorrhage, in various forms. Diseases of the skin, acute and chronic, have also been pretty well represented.

[Ashland, N. Y., Jan. 1853.]

## A CHAPTER FOR THE SKEPTICAL.

BY E. POTTER, M.D.

A FEW weeks since there occurred in this vicinity, in the same family, three cases of scarlatina. An Allopathic physician, whose reputation is equal to that of any physician in the county, or perhaps State, was called to take charge of the three cases. Two of the cases were not at first considered to be very bad, but were prohibited from drinking, or using water in any way, except in decoction infusions, warm teas, &c. What the rest of the treatment was I am unable to say, neither am I able to say that it was any treatment, aside from the non use of water, that produced their death. Suffice it to say they died.

The third case was attacked very severely; in a day or two from the attack it became so bad that its life was despaired of, and as the probability was that it could but die any how, it was allowed (as it was constantly calling for nothing else but cold water,) a free use of cold water—water, when it wanted, and as

much as it wanted. The result of this case was as different from the former two as the treatment. Notwithstanding the friends gave up the little fellow, and the doctor said there was no other way but to die; yet the patient was saved—saved by the use of water—saved because it was too sick to take "doctor stuff," and the doctor allowed it to use water; yes, the little fellow, by the direction of Nature, doctored itself, and that too, after being given up to die by an old and experienced Calomel Doctor. [Query? If this case, that was so sick from the commencement, could recover by drinking water (for remember there was no scientific application of water,) and the taking of no drugs, could the others, who were less sick, not have recovered in the same way—recovered by giving nature the work to do?]

About two months since, an Allopathic physician, one of experience and skill, was called to attend a case of flux in our village—case of a child, about two years of age.

The case was treated *secundum artem*, something over five weeks. I need not particularize the treatment—that, with its effects, are known to all men.

I was called to attend the case; about this time I found it a pitiable object indeed. My treatment consisted of sitz-baths, bandages, and enemata of tepid water, also sips of ice-cold water. It recovered rapidly, and is now the picture of health.

Some two or three months since a young man of this vicinity had his arm broken; an Allopathic physician (as usual) was called; after feeling and handling, and bandaging, cording and maltreating a few days, another son of Esculapius—a surgeon of note, was called, and the (pleasant) operation of amputation was performed. Was this necessary? Let us see: about the time of the above case I was called to a case of the same character, (both were simple fractures). With water-treatment, and proper diet, I had no trouble in saving the limb; and besides, had the pleasure of seeing the "natives" very much astonished at the rapidity with which it recovered, and the shortness of time that he was disabled by the fracture. I might proceed with such cases *ad infinitum*. I give the above facts—cases, without note or comment.

Oh! what a glorious thing is Water-Cure; especially is it glorious with the parturient patient. I have had some cases lately, that of themselves, ought to be sufficient to convert the world.

I am much gratified at the arrangement in the present volume of the WATER-CURE JOURNAL for a vegetarian department; I think it will be productive of much good. Go ahead with the "women's dress" reform, the eating reform, and the medicine revolution, until all the world shall be disenthralled and redeemed.

## AGUE AND FEVER.

BY J. C. FORBES.

IN the autumn of 1851, being much reduced in strength by severe application to business, my system not having its usual power to resist disease in consequence of an eight years' residence in a malarious climate, I was attacked with severe nervous remittent fever, (so called), which was treated with calomel, quinine, and the like. In a day or two the fever yielded, leaving me salivated and much weakened, and in about three weeks I attended to business again. Another attack soon followed, and was treated in like manner. After this a severe attack of ague came on, the paroxysms of which were broken up with calomel and quinine, as before. Paroxysms of ague, however, continued to visit me every ten or twelve days until winter came, when they entirely ceased.

Early in the following spring, however, my ague returned again, and continued to visit me at short in-

tervals, despite of calomel and quinine, until the following August, when I visited the Hydropathic Institute of Dr. Wm. T. Vail, of Concord, N. H.

When I entered the Establishment, I was suffering from severe paroxysms of ague, every alternate day. The treatment consisted of the vapor-bath at the beginning of the cold stage, followed by the tepid and cold baths during the hot stage, which greatly mitigated the attacks, reducing the time of their continuance from eight to two hours.

The wet sheet pack, dripping sheet douche, shower and sitz baths, were made use of from two to four times per day, and in four weeks the paroxysms ceased altogether. I left for my home on the first of October, and have been engaged in my business ever since, having had no indications of ague, and judge myself as free from the disease, as previous to my first attack.

What I consider a remarkable feature in my case, is the fact, that after three weeks' water treatment I experienced all the symptoms of mercurial salivation, very much as I had formerly done when under the influence of that drug.

Should I ever again suffer from this scourge of the West, or, indeed, from any other disease, I should have the utmost confidence in water as a remedy, and in the skill and kind attentions which patients realize at the Concord Water-Cure, where they receive much personal attention from a kind physician, who is himself a living witness of the great efficacy of water.

[Port Huron, Mich.]

## DIARY OF A NEW ENGLAND PHYSICIAN.

NUMBER EIGHT.

BY NOGGS.

ABOUT 12 o'clock one night, just after going to bed, having been detained out in a case, that could not be put off, I was awakened by a most uproarious knocking at my office door, which was continued with such lusty zeal, that my answer to the summons, which seemed very like the summonses "we read of"—when they don't mean to come again—was not heard by the knocker—the one who knock'd the knocker, I mean—I therefore sprang out of bed, huddled myself into my night wrapper, and ran to the door. The restless trampling of horse's feet and the impatient whoa's of a man, were all that now disturbed the "silence of the midnight hour." On opening the door, the swarthy features of a hardy yeoman, from "Ragged Hill"—a neighborhood some four miles off—presented themselves. "Doctor," said he, "I want you to go up to Deacon P——'s just as quick as you can go." "Why, what's the matter?" I asked. "I dun know," says he, "but I guss the Deacon's daughter, Miss Jemima, is dying, for they told me not to spare the old mare, but to go for you as quick as lightning, and the way I come want favorable to the growth of grass, I reckon, 'specially where the old mare's feet hit." I accordingly hurried on my clothes, and tackling my horse into my sulky in a very few minutes, I was on my way as fast as the fleetest horse in the parish could carry me.

In something less than half an hour from the time of my getting up I was at the door of Deacon P——, a man of great piety and some wealth—the latter somehow took my eye the most, though he, like some of our Pearl Street merchants, preached long and often about the "utter worthlessness of tin," and the "incomparable riches of religion." His neighbors, who were probably a little envious, avowed that he'd leave off in the very middle of an earnest prayer, to drive a cow out of the mowing, and come as near swearing at her as it was possible for a man not acquainted with the profane vocabulary to do. "Oh, doctor," said the deacon, grasping my hand, "how glad I am to see you!" The deacon loved his daughter better than anything on earth, that wasn't negotiable. "But, dear Jemima! do go up stairs immediately and see her." Thus urged, I hastened up, wondering what could all the "dear Jemima," that made them all so alarmed. When I entered the sick chamber, such a scene as there presented itself I never did see. The mother of the youthful Jemima—Jemima had been a "young girl," nominally, for about twenty years, being now a

maiden fair of thirty-five—was about half dressed, and a more frantic creature with grief I never saw. She was "taking on like mad," as the deacon remarked, in the belief that her lovely daughter, the stay of her years, was about to take her departure to that desirable place—especially for Jemima's class, where marriage is not a prerequisite, either for happiness or station—all the other members of the family, including the hired man and the dog "Bose," were standing round the bed, ten or twelve in all, each expressing their grief in their own peculiar way.

At first I thought she was indeed dying, as it seemed almost impossible for her to breathe, but upon closer examination I found that, like the first Mrs. Dombey, she had only to "make an effort" in order to make a more life-like appearance—and though her eyes were apparently "fixed" forever, and her hands, teeth, &c., clenched, as if by an immovable spasm, the notion of the heart almost imperceptible, and the whole body cold and lifeless, I felt convinced, on a careful examination of her case, and inquiry of her mother, that it was not death that was nigh, but simply a case of "hysteria," or what the vulgar call the "high sterics"—a disease of the nervous system peculiar to some folks, and which prides itself on simulating every known disease, and a good many others never dreamed of in the philosophy of authors. My first effort was to quiet the fears of the anxious friends by assuring them that her disease, though frightful—alarmingly so—was within the control of medicines, administered according to the scientific mode known to the modern and enlightened of the useful profession, of which I was an unworthy member. They could scarcely credit their senses at hearing me assure them this, but when they found that by just holding a bottle of ammonia, or "hartshorn," to her nose, her eyes began to move again, her hands to be unclenched, &c., they began to believe, and looked upon one another as much as if to say, "Did you ever?" and "Oh my, the wonders of modern science!" &c. Their joy and surprise knew no bounds when, by the forced administration of a few drops of "Tr. Assafoetida," I succeeded in bringing her into a state of consciousness and perfect mobility—this being one of those cases where "medicine" works wonders—all that is "being wanted," generally, is something to arouse the dormant energies: a namesake of mine, Mr. Peter Pillicody, always has pins stuck into him when in a similar condition, and a Hydropathic quack of my acquaintance, insists upon it, that a pail of cold water is better than either! God forgive the heathen who would thus rob "modern science" of her laurels! There was nothing like Dr. Pillicody after this, in all the regions round about Ragged Hill especially. And such a meal as I had to eat that morning!

If Jemima had been Queen of Sheba and I Laird of the Heilands, there couldn't have been possibly any more fuss made; nothing was too good for the doctor who cured Jemima. And I fairly revelled in a wilderness of pumpkin pies, an ocean of baked beans, and all sorts of preserves, custards, cream cakes, cup cakes, and cakes of high degree. This was one of the bright sides of professional life. Having partaken of the good woman's hospitality as long as any room remained, I took my leave about three in the morning, not only well filled myself, but convinced, that the P.'s were well filled also—filled with admiration of the wonderful skill of the new doctor.

The next day Jemima, who was "up and dressed" and as good as new, sent me down—the reader must remember I was a single man in those days—a bouncing great pin-cushion, made on the top of an oblong box something less than a foot in length, with the words, "To my Physician," done in pins, stuck in it—and inside were many suggestions, such as buttons of all kinds, different sized needles and pins, threads, &c. &c. The shiver all over, or Cheftuvre as some would have it, was a piece of original poetry by the lovely Jemima, which was pasted on the inside so that I couldn't help seeing it every time I opened the box.

It was short but exceedingly comprehensive, and considering the Deacon was worth at least two thousand dollars over and above his farm, which was a fortune in those parts, and "nothing else"—were enough to tempt even an old bachelor. I copy from memory, which is generally faithful where the heart is concerned—

"Man was not made to live alone,  
This I cannot but believe;  
And he who lacks 'bone of his bone'  
Will lack buttons on his sleeve."

Starting me in the face, as this was every time I was obliged to resort to this omnium gatherum of the indispensa-

bles of life, and the frequent opportunity I had of realizing the truthfulness of the last line, made me almost determined to visit the youthful Jemima without being sent for—but on the whole, being as I had got so good a substitute in the present of Jemima's—I do think in this case that that box, like some of my medicines, done a little too much—I thought I would "let patience have its perfect work."

Jemima was often sick after this, but generally got better so as to be able to talk in a very few minutes after my arrival, and Mrs. P. was very careful every time I came, to show me some of Jemima's handiwork. There were woven carpets, and rugs without number, with "critters" on 'em, that all the family insisted upon calling dogs, cats, mice, &c. &c., though they appeared more like the animals Mr. Miller and Himes used to show up.

As Jemima is to figure in this narrative somewhat conspicuously, I might as well describe her before I proceed further.

She was, as I have said, about thirty-five—a very uncertain age, by the way—and though not handsome, was very good looking; that is, she looked good, and very intelligent, which makes anybody look well, aye, very well.

She had a way, Jemima had, of appearing very innocent, and, under plea of ignorance, contrived to "pump out" all the pros and cons a "teller" had in him, and then when one had laid himself open, as it were, she would bring up all the incongruities in dread array against him, and make him either own up or fly the field.

Jemima's figure was faultless, and her expression decidedly good.

And she had a pair of eyes that were bewitchingly dark, and very piercing.

As for tongue, I can't swear that it was any bigger or longer than women's tongues in general—it certainly had no need to be—but this much I do know, it was one of the most active tongues I ever happened to become acquainted with. And such a fund of questions as she always had on hand, it did seem strange where they all came from. And some of them were much easier asked than answered. For instance:

"Why did I give emetics when there was nothing in the stomach?"

And "why, if necessary, not trust to warm water?"

"What was the philosophy of giving drugs? And how it was possible to cure diseases by medicines, while the cause was allowed to remain?"

"On what principle we gave cathartics for constipation of the bowels?"

"How was it possible to restore the equilibrium of the nervous system, while giving irritants?"

And "why Doctors used so much medicine, and such powerful ones, bleed, &c. &c., to reduce fever in bad cases, when they apparently could put the fire right out with water?"

And "why 'a change of action' produced by poisons, should be any better than the action already existing in sickness?"

"How we knew when the drugs would operate, and how?"

And "above all, why deny the free use of cold water in fevers and internal inflammations, &c., when the inmost soul of the patient was crying for it?"

These and many other like impertinent questions she kept asking me, but as she was only a woman, I didn't think it worth my while to answer!

**NOTHING TO DO!**—A man or woman with no business, nothing to do, is an absolute pest to society. They are thieves, stealing that which is not theirs; beggars, eating that which they have not earned; drones, wasting the fruits of others' industry; leeches, sucking the blood of others; evil-doers, setting an example of idleness and dishonest living; hypocrites, shining in stolen and false colors; vampires, eating out the life of the community. Frown upon them, O youth. Learn in your hearts to despise their course of life.

**IMPRESSIONS.**—A good thought or a virtuous impression may redeem a whole life from sin and misery; and a bad impression may work a corresponding amount of ruin, with all their secondary and ultimate results, which no human stretch of thought can comprehend.—*Hopes and Helps.*

## 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.

### VULGARITY OF VEGETARIANISM.

BY E. T. TRALL, M. D.

AMONGST the multitudinous arguments brought against the disuse of "flesh, fish and fowl," is the false idea of refinement so prevalent in the world. It is said to be coarse, gross, vulgar, unrefined, indelicate, &c., &c., to eat vegetables, roots, fruits, grains, &c., just as nature has produced them. We vegetarians think that the real vulgarity is all on the other side. All the elements of nutrition on which all animals subsist are produced solely by the vegetable kingdom. No animal has power to form or manufacture the least particle of nutrient material. All it or its carcass can do is to impart to other animals some portion of what it has originally derived from the vegetable kingdom; but with this difference. That portion of a dead animal's carcass which is used as food by other animals, does have and must have a greater or less admixture of blood, effete matter, morbid secretion or excrementitious particles. This is not the case with vegetable food.

But the moral of these premises is what I propose to indicate here, and it is this: The cultivation and preparation of vegetables, grains, and fruits is eminently refining, moralizing, and humanizing in its tendency, while the raising and cooking of animal food is, by the common consent of mankind, regarded as degrading to all the better feelings of human nature; so much so, that no "genteel" person, male or female, is willing to act the part of butcher or cook. We find, however, some very delicate literary ladies detailing the many indelicate processes of preparing animals for the table, some queer specimens of which are found in Mrs. Hale's late work, "The Ladies' Book of Cookery."

The following recipe, whether it make a vulgar or a refined chapter to read in the family circle, can hardly fail to remind one of Dr. Adam Clarke's idea of pig-eating: "If I were to make an offering to the Devil, it should be a roast pig stuffed with tobacco."

**ROAST PIG.**—A sucking pig is nicest when about three weeks old; and should, if possible, be dressed the same day it is killed; one of this age will take about two hours to roast.

The most particular thing in dressing a sucking pig is carefully to cleanse thoroughly; to do which you must take the wax out of the ears, and the dirt from the nostrils, by using a small skewer covered with a bit of thin rag, which you must wipe off upon a clean dish-cloth; then take out the eyes with a fork or a sharp-pointed knife, clean the tongue, gums, and lips, by scraping them with a clean knife, and wiping them, being careful not to cut them, and with your hand up the inside of the throat, take out all the clotted blood and loose pieces you will find there; and lastly, you must cleanse the other end of the pig also most carefully, by putting a thick skewer covered with a piece of rag through from the inside, so as to push everything out at the tail, which generally comes out with a small portion of the pipe with it, wiping the inside of the pig clean with a damp cloth; and unless all this is done by the cook, a sucking pig cannot be very nice; and for want of knowing how to do it, they are frequently brought to table not far from offensive: for butchers and porkmen never do clean them properly, whatever they may tell you, or promise you.

When all this is done, and the stuffing sewed into the belly, (to make which, see the two following re-



celpts,) wipe the outside of the pig, and rub it well all over with a table-spoonful of salad oil or fresh butter, (but oil is the best,) cover the loins with a piece of greased writing-paper, and hang it down to a pretty good fire, giving most of the heat to the rump and shoulders, as they require more doing than the loin part; therefore, when the loin is done enough, put the ends to the fire to finish them. While it is roasting, you must baste it well, very frequently, with nice sweet dripping, to keep the skin from blistering, till within about twenty minutes of its being done, when you must take the paper off, and baste it with a little butter.

When you serve up the pig, the two sides must be laid back to back in the dish, with half the head on each side, and one ear at each end, all with the crackling side upwards. Garnish the dish with slices of lemon; and serve it up with rich gravy in one sauce-ureen, and with brain sauce, or bread sauce, in another."

VEGETARIANISM IN TEXAS.—I notice in the Jan. No. of the WATER-CURE JOURNAL, that the New York Vegetarian Society would be happy to receive from all persons who feel an interest in the subject, facts, arguments, statistics, &c, for or against the principles they advocate. My own experience may be of some interest. I inherited a weak constitution; for the first twenty years of my life, was scarcely ever clear of cold; for the same number of years I was a large consumer of flesh. During the winter of 1850, my twentieth year, I was attacked with a severe cold which threatened to terminate in consumption. I was also attacked with dyspepsia during the latter part of the winter. At this time I had never read any author on Vegetarianism, except a chapter in O. S. Fowler's Physiology. I concluded that a vegetable diet might be useful in my case, and determined to give it a trial.

For some months after adopting a vegetable diet I was physically weak, but comparatively clear of my former ailments, so that I was disposed to think that a vegetable diet was good to cure disease, but not to give strength, and I should, perhaps, have gone back to the "flesh-pots" had it not have been that I had lost all taste for flesh, and even butter. I could not bear the idea of eating that which did not taste right, for I always experience much pleasure in eating, but never so much as now on my vegetable diet. I concluded that the reason I did not relish flesh was that my taste was now natural, and that the farinaceous was nature's diet; I therefore resolved to stick to vegetarianism. To my great delight I soon commenced gaining flesh and strength, I could take as much exercise and do twice as much study (I was then at college) as I ever could. I took twice as much exercise, and kept up with two classes of my flesh-eating fellow-students. All of my fellow-students saw and acknowledged my improvement. One tried my plan with similar success, as will all students who will make the trial. In 1851 I came to Texas, and for these two years I have had to fare on an indifferent vegetable diet, as all kinds of fruits are scarce; but I have been faithful to the cause except in a very few instances, and when it was meat or bread alone, the latter would have been preferable to me, but for "manners' sake" I sometimes took a little meat, which, however, I have resolved never to do again.

Since I have adopted a vegetable diet, I have, in a measure, been clear of colds, and dyspeptic symptoms, except when I have used butter, which I am disposed to think is not much better than meat.

I have no inclination to eat meat; I never knew what gustatory pleasure was until I adopted an exclusively vegetable diet; all of my acquaintance who have made the change testify that their gustatory pleasure has been more than doubled.

I will give an anecdote in conclusion. By some means the impression got abroad during the present winter that I had turned out a real flesh eater. As is common, there are many strong enemies to Vegetarian-

ism in this country. I noticed that this class were particular of late to speak of my healthy appearance, (I knew nothing at this time of the impression abroad.) The expression, "Mr. D—, you look so healthy, more so than I ever saw," was continually coming to my ear. I finally met with an old lady who was indeed complimentary; she wound up by saying "I always knew you would take to eating meat." Meat? says I. "Yes, you have taken to eating meat this winter." "Madam, I have not eaten but one bite this winter." "You haven't," (starting back) "it's all over the country that you eat more meat than any body." I have not had quite so many compliments on my healthy appearance since. J. M. DODSON.

Bunker Hill, Texas.]

PROVE ALL THINGS.—I am highly pleased with the JOURNALS, and can add my mite to the Vegetarian department. I abandoned the use of meat eight years since, and of butter and all gravies tinged with either, and never used tea, coffee, alcohol or tobacco in any form. And I followed it closely for six years, and enjoyed excellent health all the time, having recovered from dyspepsia, which troubled me much when I commenced. I have for the last year or two used a little good butter, and occasionally fresh mutton or beef, but could I get fruit or always be at home, I should still prefer the strict vegetable diet. I have proved it in cold and heat, in labor and study, at hard labor and light, and it never failed me.

DIETETIC USE OF SALT.—In Prescott's, Mexico, it is mentioned that the Kascalans, during a war of more than fifty years with the Aztecs, were confined to the products of their own territory, and in all that time made no use of salt; until the taste of the people had become so accustomed to its disuse by long abstinence, that it required several generations after the conquest, to reconcile them to the use of salt at their meals. Evidence of a similar kind could be furnished to almost any extent, to prove that salt is not a necessary of life or health, any more than tea, coffee, pepper, spice, and spirituous liquors, all of which are stimulants to the appetite, or excitors of the passions—very evil ones too, sometimes. No degeneracy can be attributed to the Kascalans, in consequence of their not using salt; for at the time Cortez appeared among them, they were the bravest and hardiest race in Mexico. [American Agriculturist, vol. x., p. 116, April, 1851.]

ECCLECTICISM.—I see that an Eclectic is complaining of injustice to Eclectics by correspondents calling others by their liberal name. Now, as for myself, I consider the anti-poison botanics, and those called physopathists much more abused by calling them Eclectics. As the latter school, to my personal knowledge, are governed by no fixed principles in practice, but conform to the notions of their patients to any extent; and in their indiscriminate use of opium, &c., put back the reform in medicine, and turn many back to allopathy. Whereas those who have advocated the anti-poison practice are the most ready to leave all medicines for simple pure water, as soon as they become sufficiently acquainted with its use to be able to rely upon it in all cases.

We have often used the anti-poison botanic practice in our family, and it has done well; but as soon as I gain sufficient knowledge of the Water-treatment I shall be glad to give the other up entirely; as I think it wrong, especially in fevers and inflammation; and again it gives the unprincipled physician a better chance to drug and fleece the people, and again they (the people) can and will not spend the time to make themselves acquainted with botanic medicines. On the contrary all use water, and understand something about it, and readily learn how to apply it in any supposable case, and it costs much less, so that I am strong in the belief that the enlightened and pure water-treatment is destined to supersede all others.

Gouverneur, N. Y.]

S. C. R. W.

## Dress Reform.

### WORDS OF APPROVAL AND ADVICE.

BY G. S. WHITMAN, M.D.

I CORDIALLY approve the position which some women have taken in regard to dress. The only apology I have to offer to the ladies for saying a word on this subject is, that I truly and sincerely believe that the bodice waist and long skirts have done more, and are yet doing more, to deteriorate our race, than any one thing of which we are guilty as a nation. Therefore my influence as a physician, and as a Christian, for years, has been to discountenance their use. I rejoiced greatly when I heard the spell had been broken by one who acted from principle. I trust the originator of the new costume aimed to improve her own health, and thus that her influence would benefit the race. I am happy to know that many are following the noble example set by Mrs. Bloomer.

I am well persuaded that no lady, at the present day, would adopt the new dress, except from a full sense of duty they owe to God, to themselves, and to generations yet unborn; because they are not ignorant of the persecutions which those have had to suffer who have gone before them to battle. I know from what I have seen and heard, that those who part with the health and life-destroying fashion (the compression of the chest and the long skirts), expect to part with long-cherished friendship, both in their own sex and in the other. And this is not all. Some Christians, even—some deacons, with their companions, have been sorely tried with some sisters (members of the church) who have adopted the new costume, and they have impugned their motives for so doing. Oh, how cruel! I trust those that have acted from a sense of duty, feel that they have an approving conscience, and the smiles of heaven; therefore, I believe they will never fall away from their steadfastness. I would say, ladies, persevere; you shall have my influence (although it is small); and you have much to encourage you, because you are right, and truth will prevail. Be kind to those who oppose you in this noble reform; your numbers will increase.

A word to ladies who oppose the adoption of the Bloomer Costume. You say you should have no objection to the dress, if it were not worn so short. You are the right ones to step into the ranks, and have your dresses a little longer. No one will object, I presume. If I understand correctly those who have adopted the new costume, they do not wish to set themselves up as patterns for others. Those who read the *Lily*, know that Mrs. Bloomer does not wish it. It is a matter of taste. I suppose the greatest object which the reformers wish to accomplish (at least it should be), is to do away with the bodice waist, that the cavity of the lungs may be enlarged, a natural respiration may be enjoyed, the health of our race be improved, life lengthened, and people left to die a natural death. In conclusion, I would say to the objectors, if you don't wish to shorten the skirts of your dress, doff the bodice waist at once and forever, and at least bid adieu to that cursed fashion.

A word of advice to parents. Fathers and mothers, you who love your daughters, and are anxious to have them enjoy good health, you have adopted the best course with them during childhood in regard to dress (except their feet, which were too thinly clad), and that is the loose waist and short skirts. Why not teach them to obey the laws of nature, and not destroy their health by laying aside the dress that is so conducive to normal development, to clothe themselves in one that is so destructive to life? They will have much less opposition in wearing the Bloomer dress, if they have never worn the drabbling skirts and bodice

waist—or *body-waste*. Oh, how much less suffering your daughters would endure, if you should faithfully discharge your duty to them! They would not only reap a rich harvest, as the results of your influence, but their children and their children's children would have cause to bless them and you.

[Weedsport, N. Y.]

### THE BLOOMER COSTUME.

BY J.—.

A WRITER in a late number of the WATER-CURE JOURNAL requests some one to give a plan for making the Bloomer dress—one that will combine health, comfort, and convenience, and can be easily made without the aid of a mantua-maker.

I claim no uncommon share of talent, but I think that I can propose a plan that will combine all these advantages;—at all events, it has served my purpose for nearly two years, and I shall never resign it—at least not for the tyranny of long skirts.

The waist is made without whalebones or padding. For winter wear, it is made to fit snugly, but not tightly, to the form, lined so as to be sufficiently warm, but not so thickly as to overheat the chest. I have some gathered in a yoke at the neck, and a band at the waist; others are cut in sack form, plaited to fit the form, and swelling out a very little way over the hips; still others are merely basquines, open and laced—not tightly in front—with a detached skirt. The two former are more suitable for winter wear, the latter for summer. The skirt is not very closely gathered, and reaches but a little below the knee. For summer I usually wear a sack, such as a few years ago were so much in vogue for home wear—merely shortening it to the knee. In other words, a dress without a separate skirt, made to fit the waist, and swell out over the hips.

I have often worn a dress for summer, which I like much for its coolness and ease. It is constructed thus: a yoke is made for the neck, on which is gathered merely a straight skirt, reaching to the knees, tied at the waist with a sash.

All my dresses are made to button in front, from the top of the waist to the bottom of the skirt. Shortly after adopting the Bloomers, I entirely discarded all under-skirts. My pants are made of sufficient warmth to afford all the protection required. Under-skirts, even when only one or two are worn, cannot but give an abnormal heat to the loins and hips, parts from which it should most carefully be kept. They certainly have no necessary use, and only serve to disfigure the natural beauties of the form. What possible reason can be urged for wearing them, I cannot conceive.

My pants, as I said before, are lined so as to give sufficient warmth. They button at the side, and are worn with suspenders. Mine are made plain and straight for winter; for summer they are gathered not very full, and are kept from drawing up by a band passing under the foot. On the feet, for winter, I wear thick-soled water-proof boots, without heels; for summer, cloth gaiters. I wear in summer a hat of straw or palm-leaf; in winter a hood or cap, lined, but not wadded—with pads for the ear. I do not affect the hat for winter. Genin's hat is stiff, inflexible, and water-proof, rendering it a diabolical death-machine.

### DRESS AND HEALTH.

ON the subject of Dress Reform, I wish to "speak the things which I do know, and testify what I have" felt. I have dragged myself about, a body of pains, aches, debility and nervousness. Living, because I was here, and saw no way to get rid of being. Oh, how I have longed for a day of rest! not a cessation from labor, but from bodily infirmities:—but this I

never expected to realize. Partly by reading, and partly by my experience, I was convinced my dress had something to do with my state of health. And here let me state, I have never worn a "fashionable suit." I would not wear clothes long enough to sweep the streets, or enough in quantity to be "decent," according to custom. But when the new style was talked about here, I made myself a suit, and on wearing it, was surprised at the ease with which I could work in it. I have worn it now about house almost entirely for nine months, and for a street-dress, meeting-dress, and all, since cold weather commenced; and if my health improves for nine months to come as it has for nine months past, I shall be pretty likely to enjoy life. I have taken no medicine which could affect my general health, and my doctor tells me plainly it is my dress. He says put on the long dress, and my health will go again. I could speak of ridicule—silly, wicked remarks in the street as I pass; but I have not been mobbed, so I will not complain. Neither am I the only one who wears it here. Tell all females, who wish to be comfortable or healthy, to try it;—try it at home, at the wash-tub, or at any place where hard work is to be done, and see if there is not enough gained in comfort to pay them for all remarks which may be made about them. Shall females who are their own mistresses, be prevented from trying anything which reasonably promises benefit, or driven from it after they have tried it, by ridicule? Where is our freedom—our independence, if we must bow to "Paris" in dress, and wear what foreign milliners say, comfortable or not? For one, I must rebel. Health is worth more to me than custom, even if I am saluted with the ring of Bloomer, whenever I go out of doors. The fact that ridicule is so generally all the argument attempted, shows there is no argument against the dress. And I am persuaded, could females be induced to make the trial, the long dress would soon be hung away, and the short one worn instead. B. D. G.

Rockland, Maine.

### A VOICE FROM ILLINOIS.

IN each number of the WATER-CURE JOURNAL, I see something from the pens of the Bloomers in various parts of the country; and, as Indiana has had a voice in the matter lately, I think Illinois should come next in order.

Several women in this and an adjoining county adopted the American Costume; but the laugh of ignorant pretenders to superiority of taste and sense of propriety, has frightened them out of their short, easy, and to my mind tasteful habiliments.

I commenced wearing the American Costume in June, 1851, with no inducement or encouragement to do so except the conclusive reasoning of the JOURNAL on the subject of Dress-reform, seconded by the advice of my husband; and I have not worn the "flowing robe," except on three or four occasions, since.

I have been told by some, that I should not be allowed to walk in the streets, in some places; by others that I should be such a *pretty woman*, if I would only wear a long dress; and by one lady (?) I was caricatured publicly, in a dress which she had made for the occasion. However, a gentleman was heard to say at the same time, that he "never saw the old thing look so well before in his life."

On one occasion my husband received an anonymous drop-letter, in which he was told that he "must be a perfect fool to let his wife make herself a laughing-stock for the whole town." From the hand-writing, I concluded it was from a female. But it disclosed her ignorance; and the "let your wife" plainly indicated to my mind that she was one of the many women whose minds are held firmly bound within the scope of their "lord's" wise judgment.

Many similar circumstances I could relate, which

are calculated to abash and discourage a person thus situated. But here allow me to remark, that the principal disapprobation of the American Costume, according to my limited experience, is from the female sex; the other sex more generally admiring and approving it. One gentleman—an Allopathic doctor, by the way—even purchased a dress-pattern, gratis, for a lady in our village, to induce her to wear the New Costume.

It must be confessed, that with "the ladies," flattery will generally accomplish more than sound reasoning, particularly in regard to dress. But for one, I think it time for Woman to begin to think and act for herself—throw away the long, heavy skirt, whalebones, &c., and wear a dress in which she can better develop her physical powers, and breathe without restraint the free air of heaven; and not be so elated at the silly praise of the delicate form and fine tapering waist; for we know that where these exist, there must be long, heavy skirts to correspond.

Philosophers of all ages have been persecuted for advancing correct theories in physical science; and believers in the Christian religion have been tormented, and their lives sacrificed, for entertaining opinions which are now not only tolerated, but regarded as sacred truths. Now, we feel as much confidence in the correctness of our views on the subject of Dress-reform, as the philosophers and Christians of ancient times felt in their several theories and creeds; for our views are founded on incontrovertible physiological facts. Then why should we not persevere in our work, which is destined to elevate the physical, and thereby raise still higher the mental and moral condition of man?

Be the opinions of others what they may, I am determined that no more long, heavy skirts shall ever fetter my limbs, so long as I can cultivate the useful and beautiful things with which an all-wise and beneficent Creator has adorned our earth. But should my muscles become paralyzed, so that I can no longer enrobe myself, then, and not until then, with sorrow of heart, I may submit to be decked with the so-called "beautiful," and, I might almost add, adorned costume of the present day.

L. A. B.

Versailles, Ill.

A WESTERN BLOOMER.—MESSRS. EDITORS:—When I heard you were advocating Dress-reform, (as well as all other reforms), I subscribed for your JOURNAL; for I thought that I should *then* have stronger arguments to sustain the position I have taken:—

I am a lone Bloomerite,  
And live at Walworth city;  
Here all the women trail long skirts—  
Poor slaves, they need our pity.  
Long have I braved it out alone,  
And now I will not fear;  
I first consider'd what 'twould cost,  
I knew the *fops* would sneer.  
And my courage would have fail'd,  
But for this JOURNAL pure;  
With the truth that it contains  
I can the taunts endure.  
And now from slavish fashion free,  
I can endure much more,  
No whalebones to annoy me,  
No skirts to mop the floor.

A. M. E.

ARTISTIC ARRANGEMENT OF THE HAIR.—A writer in *Blackwood* says:—I wish some one would write a good treatise—how well the writer of some articles in the *Quarterly* would do it!—on hair-dressing. How often do we see a really good face made quite ugly by a total inattention to lines. Sometimes the hair is pushed into the cheeks, and squared at the forehead, so as to give a most extraordinary pinched shape to the face. Let the oval, where it exists, be always preserved; where it does not, let the hair be so hunched that the deficiency shall not be perceived.

Nothing is more common than to see a face, which is somewhat too large below, made look grossly large and coarse, by contracting the hair on the forehead and cheeks, and there bringing it to an abrupt check; whereas such a face should enlarge the forehead and the cheek, and let the hair fall partially over, so as to shade and soften off the lower exuberance. A good treatise, with examples in outline of the defects, would be of some value upon a lady's toilet, who would wish to preserve her great privilege—the supremacy of beauty. Some press the hair down close to the face, which is to lose the very characteristic of hair—ease and freedom. Let her locks, says Anacreon, lie as they like; the Greek gives them life and a will. Some ladies wear the hair like blinkers; you always suspect they will shy if you approach them."

## Voices from Home.

### EXTRACTS FROM LETTERS.

FROM COLUMBUS, WISCONSIN.—This town is some seventy miles north-west of Milwaukee, and more recently settled than the eastern and southern parts. The climate is as healthy, the soil as productive, and the people perhaps as intelligent as in other portions of the State, yet great ignorance prevails in reference to the laws of life, the preservation of health and the cure of disease.

The Allopathic system has hitherto borne almost universal sway. Drugs, from calomel to catnip tea, have been administered with a liberal hand, as may be seen by the crumbling teeth and shattered constitutions of its victims. My wife has been for several years more or less afflicted with disease, various in kind and degree, sometimes confined to her room and even bed, at other times able to oversee and do some light business.

Physicians' bills, bills for patent medicines and hired help, have been no small item in the family expenses. About a year since she was induced to subscribe for the WATER-CURE JOURNAL, and the result has been highly satisfactory. She has been able the past season to perform the domestic duties of a small family without assistance or medical advice, and this is justly attributed to the moderate use of water, according to the directions of the JOURNAL. Her health is still improving, and not willing to enjoy the blessings of Hydropathy alone, she has imparted the knowledge to several friends, who have been greatly benefited. Such is her enthusiasm, that she has been from house to house through a small village in this town for subscribers to the JOURNAL. I have spent some time in the rural districts, and the result of our effort so far is forty-nine subscribers for the WATER-CURE JOURNAL, and five for the PHRENOLOGICAL JOURNAL.

FROM SALEM, IOWA.—Since I have had a family, (twenty-one years,) I have paid out some hundreds of dollars for doctors' bills and medicine, and have buried six out of ten promising children.

Since I commenced reading the WATER-CURE JOURNAL we have contracted no doctors' bills; but instead thereof, have tried the efficacy of the water treatment; and are more than satisfied with the result.

Our first case was with a daughter in her fourteenth year, with the bilious fever. The second day after she was taken down, we commenced the water treatment with her, and in two days had the fever broke, and she was soon in better health than she had been in for a considerable time before she was taken sick, and continues so up to the present time.

Our second case was a son, under a year old, was teething, took the whooping cough, followed by the cholera infantum. He was a very sick child for a few days, but we persevered in the water treatment, until we succeeded in restoring him to good health, which he enjoys up to this time, while many others, with the same disease, attended by our most skillful physicians, died. Indeed I know of no one who was attended by physicians, that recovered after being as sick as he was.

The third and last case in the family was myself. About the 1st of the tenth month, I took what is known here as Typhoid fever. I was engaged as clerk in a store, and my employer being from home, I continued at business for eight days, with a constant fever on me, never very high, but a slow fever, with a pain in my head and back, and occasion-

ally when the fever was the highest, chills running up and down my back.

At length I could go no longer, and had to give up business. We then set in, in good earnest, with the water treatment, and in four days we had the fever broke. The next day after the fever gave way, I resumed business, and have continued closely engaged therein ever since. I soon regained my usual state of health and strength.

Others taken in the same way, attended by our most skillful physicians, lingered along for weeks, and a number died.

FROM HARRISBURG, PA.—We have had a disease in our region this winter which seems to be scarlet and typhoid fevers combined—it has proved the most fatal of any disease that has ever been known in this place. Many have died, both of adults and children. I believe every bad case has proved fatal where the Allopathic or old school doctors were called. Myself and daughter were taken violently with this disease, and applied to the water treatment in the use of the pack, hand-baths, bandages, &c., and from that fact alone, we think we live. We have great faith in the Water-Cure system, and others here begin to look upon it favorably, so the day-star of this reform will, we trust, soon arise to bless our people.

FROM FREETOWN CORNERS.—The principles of Hydropathy which have been advancing firmly for four or five years, have just received a new impetus from lectures delivered here by Dr. James C. Jackson, of Glen Haven, who by his clear reasoning proved that the habits of the masses are such as to generate disease, and thus curtail human life and happiness. The effect upon the mind of the community has been powerful, in strengthening the minds of those who were weak in the faith, and awakening those who were indifferent.

That the work is progressing is evident from the increase of the circulation of your JOURNAL. Four years since, I think there was but one copy of the WATER-CURE JOURNAL taken here. I now send a list of twenty-eight names for it, and I have reason to think that the list will amount to fifty before the end of 1863. Yet, comparatively, the day has but just dawned, that is to wash away the gross errors that have for ages rested like a dark cloud upon mankind. That is to win back Hygeia as the companion and teacher of mankind. The dress reform also has a firm and permanent footing here.

FROM MERCER Co., ILL.—I herewith forward you my annual list of names of subscribers to the JOURNALS. You will perceive a few new ones among them, particularly for the WATER-CURE JOURNAL. I find as a general thing this takes best with the ladies, while their husbands seem to prefer the PHRENOLOGICAL. This perhaps is as it should be, because, however much mothers need a knowledge of Phrenology, to teach them how to govern their children properly, still more do they need light respecting the laws of health, that they may know how to impart to their offspring a healthy organization, and to rear them in conformity to nature's own teachings. Indeed, the importance of a knowledge of the natural laws is too little known and appreciated by all. Did mankind but properly understand and obey the dictates of nature, how much sin and suffering would be banished from the earth, and in their stead would reign virtue, and peace, and happiness.

FROM YOUNGVILLE, PA.—Gentlemen, enclosed please find a Club of Subscribers for the WATER-CURE JOURNAL of twenty-one names. The work to be sent to different post offices in this vicinity. We presume you will receive additions of names hereafter, as there are some who wish to send, that are not on hand to-day.

We esteem your JOURNAL, and your works on the subject of health and other practical subjects of great value, and this from our own experience. The masses have been able to learn something from your books on questions hitherto concealed as "professional secrets." We wish you success in your good work.

FROM BUNKER HILL, TEXAS.—There is much ignorance and prejudice to contend with in this country, hence it is a difficult task to introduce your JOURNALS. I have labored hard for more than one week to form this club, and have received from no one more than agency price. Pecuniarily, I received nothing for my labors; but the reward of having done my duty is sufficient recompense. I consider that no friend of progress has done his duty until he has offered to each family within his reach, the PHRENOLOGICAL AND WATER-

CURE JOURNALS, for one year, at the club price. There can be no more appropriate field in which the philanthropist can act. No pecuniary donation can be of half the value to the poor.

FROM WHITE COUNTY, ILL.—[A friend, sending us a list of subscribers from this region, gives the following rather gloomy picture of the state of things there. We fear, however, that the description, like the astronomical calculations of an almanac, would need but little alteration to adopt them to any other meridian.]

These subscribers have been obtained where Allopathy and sickness reign supreme. In these regions we are a diseased, stricken, and doctor-ridden people. 'Tis true that Allopathy cannot boast of having much talent in the field in these parts, yet it filches from the pockets of the people an immense revenue, and still the unmitigated woes of the people cry for help. With bad medicine, and a bad system of living—with a cruel system of medical practice, we are in a lamentable condition. The Allopathic practitioners say little or nothing (not knowing much themselves) to the people about the laws of health. That don't appear to be part of their profession. The practice of the principles set down in the WATER-CURE JOURNAL is just what the people want here; and, in particular, I must devoutly thank you for your kind attention to us of the "sickly West." We need your good advice, repeated often in plain and pointed language. Hoping you will continue to remember us, tell us of our faults, and show us the right way to health and long life, I remain your faithful reader and subscriber,

FROM UNION CENTRE, N. Y.—[How many thousands could tell the same, or even a far sadder tale, of money and health lost, and worse than lost, than that recorded in the following extract.]

Within seven years last past, I have paid out in the way of doctors' bills (which went to support the drug system,) enough to purchase your JOURNAL, at the club price, for one hundred and ten years to come, which if I had now would purchase me a long life insurance; I consider it as money worse than lost; for with the loss of money I have a wasted constitution; and we unite with you in saying that "we have FAITH in truth and in a glorious future," and we bid you a hearty God speed "in pushing forward that great reform which embraces life, health and happiness."

FROM HAMILTON, OHIO.—[A subscriber, who through some accident or error failed to receive one or two numbers of the JOURNAL, thus writes:]

I look upon the non-arrival of your valuable JOURNAL as a calamity, more than equal to the cutting off of all the other papers I take. My wife was formerly a slave to "Blue Mass," and other Allopathic medicine, until within two years, during which time she has obtained entirely from all drugs, and has adopted a rigid observance of the laws of truth as laid down in your JOURNAL and other kindred works, and I can now truly say that her health is entirely restored. She is now one of the warmest advocates of the "water-cure" practice that can be found in this part of Ohio, and has done as much towards circulating your Journal as any one could do.

You will be good enough to send the back numbers; and if you have not been paid my subscription, I will cheerfully pay again a dozen times, rather than be deprived of the possession of such a valuable and cheap work. Remember, I am a paying subscriber, so long as I or my wife may live to read the THE WATER-CURE JOURNAL.

FROM WILLIAMSTOWN, N. Y.—[A lady writes from this place:]

I have been called the last week to manage the case of a child five years old, taken very violently with the scarlet fever. In eight days he was perfectly well.

I bless God for the benefits the knowledge of Water-cure is conferring upon man. Although I have not been able to raise a club of subscribers in this place, the heaven has been doing its work for the last year, for I keep the papers moving continually, so that the public mind is awake, investigating the subject.

FROM MONROE, WIS.—I never made any pretensions to medical knowledge, but have been urgently solicited, this winter, to set up in opposition to our "regulars," the oldest of whom witnessed my treatment and cure of a case of typhoid fever, (of which disease they have lost very many this winter,) and he honorably "owned up," and told the patient to do just as I told him, whatever officious advisers might say.

My wife, with a frail constitution and very low debility, of a year's standing, was taken in October last with typhoid fever. The fever raged ten or twelve days, with a pulse of 140, most of the time, for four or five days. I neither gave a particle of medicine, nor asked any medical advice, not because I had much self-confidence, but through fear on the other side of the question; seeing young men and women, our neighbors, of strong constitutions, dying under the care of two, three, or four of the "regulars;" and with water-cure I brought her to be stronger and more healthy now, than for two years before, but through much bigoted interest and unrighteous persecution "for opinion's sake."—My four little ones had the scarlet fever; we treated them hydropathically, and they had not even a sore throat, although the disease was very marked,—while our neighbors lost many by it. The secret was—*good diet*, the WATER-CURE JOURNAL, and the *Encyclopaedia*. B. W.

FROM LERAXON, CT.—A few weeks ago, Mrs. —, of our family, was taken violently with Cholera Morbus, vomited sixteen times, and had as many violent evacuations by diarrhoea, in a few hours. We had recourse to wet-sheet packing, and half-baths, and in two days the patient was at her usual occupations about house.

Had she been treated with *drugs*, no doubt she would have been confined to her bed many days; but as she recovered so soon, little was thought about her sickness by the neighbors. J. A.

[As we have invited free discussion to these columns, we give place to the following strictures on a late article of Dr. Jackson's. There is doubtless something yet to be said on both sides.—Eds.]

### MY COUNTRYWOMEN.

BY A CONGREGATIONAL MINISTER.

MESSES. FOWLERS AND WELLS: It gives me great pleasure to find the WATER-CURE JOURNAL very frequently in my travels. Though I cannot endorse all that it contains, (neither do I suppose do you,) I cannot but be pleased that it is doing so much in the cause of medical reform.

Permit me to offer a few remarks on the article of the above caption, in the February No., by James C. Jackson, M.D.; and as you allow free discussion, you will allow me to say to My Countrywomen that I dissent entirely from the position which he has assumed, namely, that it is "wicked fastidiousness among women" to object "to talk of the diseases which affect them as women." Mr. Jackson says that he is "provoked at this silly and wicked fastidiousness, and becomes indignant at the false views taken by women on the subject." I do not doubt it. Neither is Mr. J. the only M.D. who is provoked and indignant. Indignation on this account is now increasing daily, and I hope that it will continue to increase, or rather that the occasion of it will increase.

To my mind it is an interesting fact, that our countrywomen are getting less communicative than formerly on the "diseases which affect them as women." It is not becoming Mr. Jackson or any other M.D. to be "provoked" or "indignant" at such a fact, for a fact it is, as we see from Mr. Jackson's "indignant" deprecation. They ought rather to rejoice that such is the case; that women are beginning to study themselves more, which render it less necessary for man to push his investigations into those subjects which do not concern, nor belong to him. It has always appeared to me to be an impertinent usurpation for men to arrogate to themselves the exclusive right of a branch of study and practice which does not belong to them. This, gentlemen, has often made me "indignant," and now that our sisters, wives, and daughters are publicly reproved because they will not take a seat by an M.D. and enter into familiar conversation with him relative to the "diseases which affect them as women," my indignation rises higher than usual.

This subject, to any chaste mind, is one of peculiar

delicacy to meddle with. It is the high sense of propriety, the embodiment of all virtue, and the modesty and delicacy which is natural to women, which makes even an uneducated woman an object of esteem, not to say almost of veneration. It is the absence of these which render the otherwise gifted and accomplished woman an object of loathing.

Let a woman consent to do as Mr. Jackson says that she ought to do, and she is that object. Mr. J. knows very well that if he has daughters, he would not consent to have them enter into particulars with any physician. He would be the last man to allow his wife to do the same. Were he not a physician, being a man, he would resemble all other men, and deprecate as strongly as any of them the slightest interference on the part of physicians in matters which, in experience, are strictly feminine, and which belong only to women to manage. Neither would the argument which he has used to induce women to communicate freely, have the least influence with him, namely, that by so doing, physicians would be better able to afford relief when called upon. No, but like other men, he would say, if the human family (one portion of it) can not be benefited but at the expense of my wife, and my daughter, I will let them suffer. I do not say that it is wrong to suffer at all for the public good. I believe, that under some circumstances, it is our duty, but under no circumstances do I believe it right to encourage men in a practice which is most obviously wrong, and repugnant to virtue and modesty. The business under consideration is woman's business, and in order to wrest it from the hands which monopolize it now, upon principle I would suffer in this cause, as in any other, and would sacrifice all I hold dear in this life to secure it to those to whom, and to whom alone, it belongs. Yes, more, if my wife and my daughters cannot be benefited but by exposure to all the impertinent inquiries of a physician, I would consent to see them placed in their graves rather than submit them to such disgrace.

I am glad, gentlemen, to be able to tell you, that doctors are getting more and more at a discount. People are beginning to understand that they have been fooled. Calomel, quinine, and the host of other drugs are not wanted; men are helping themselves, and women are doing kind offices for each other. This is as it ought to be. Your JOURNAL is affording material help, it is undermining these "old schools," and leading men and women to study for themselves those things which pertain to temporal well-being.

I need hardly tell you, that the fact that women are studying in some of our medical schools, and that there are some schools exclusively for women who are determined to deprive physicians of one branch of practice, is giving the most unbounded satisfaction throughout the country. You do all that you can to induce women to enter the field, and I can assure you that you have multitudes of co-workers abroad.

In conclusion, let me say, that I am more than ever convinced that man need suffer but very little from sickness if he will live according to those laws which God has established. So with woman. If she will live naturally, dress naturally, and do everything in obedience to God, and those laws which He has fixed, she will not need to suffer. There will be no occasion for the fact even to be known that they have "diseases which affect them as women," much less will there be any necessity for physicians writing indignation articles because women will not reveal, in order that they may prescribe for them.

With Mr. Jackson, I say, that "it is not divinely ordained that women should be sick from the dawn of womanhood till death. She is entitled to health. If well, she can learn how to keep so; if sick, she can in many instances be restored." True; and she can be restored without any foreign help, excepting the help of those whose experience is similar.

Sincerely do I hope that my remarks may tend to

encourage still greater reserve in our countrywomen in matters which pertain to their own sex. Are they in trouble? let them seek help from their own sex; and thank God, there are to be found in all parts of our country, in every town, women who have had experience enough to give counsel and help under all circumstances.

## Poetry.

### REFORM LYRICS.—NO. II.

BY JOHN GOSSE FREEZE.

I'm sick of coffee, bring no more  
The muddy stuff to me;  
Henceforward, Mary, never pour  
For me, the boiling tea;  
No art can make it half so good  
As water, pure and sweet;  
God meant that it should be our drink,  
Then why not when we eat?

So, Mary, from the sparkling spring,  
Pure, fragrant, fresh and clear,  
A pitcher of cold water bring,  
And that shall be our cheer.  
'Tis always first when we are dry,  
Its end it answers well;  
Sound sleep it brings, and pleasant dreams,  
Its taste no drinks excel.

### THE HOURS OF SPRING.

BY HORACE.

COME range with me the royal hills,  
Ye smitten by disease and care;  
Come view the laughing, dancing rills,  
And quaff the health-restoring air.  
The heart will throb with vigor new,  
The blood flow thrilling through each vein,  
The cheek will doff its pallid hue,  
And wear the rosy blush again.

Then haste ye from the crowded mart,  
And leave corroding care behind,  
From stifled studios depart,  
A gala day give to the mind;  
While beauty smiles from every scene,  
Returning Spring arrays anew,  
Clothing the wilderness with green,  
And flowers with Aurora's hue.

Thus Nature dons her gay attire,  
To make the sad and lone rejoice,  
And chants through many an airy choir,  
And whispers with a sybil voice—  
Proclaiming that the morn shall rise,  
When souls, enfranchised from the tomb,  
Shall soar triumphant to the skies,  
And flourish in immortal bloom.

Then view glad Nature at this hour,  
While all around is blithe and gay;  
Come read the language of each flower,  
And banish far dull care away.  
The bow that never is unstrung,  
Can wing no more the arrow's flight;  
The mind, consuming thoughts among,  
Is clothed anon with shades of night.

The beautiful hath power to raise  
The mind up to a purer sphere;  
And crown it with perennial bays,  
That fade not with the waning year.  
Eolus wakes his rich-toned lyre,  
Harmonic numbers fill the wood;  
Come, list ye to the sylvan choir,  
Hymning forever "God is good."

Elmira Water-Cure, N. Y., April, 1853.

## The Month.

NEW YORK, MAY, 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.

## MAY MEMORANDA.

BY R. T. TRALL, M.D.

THE MONTH OF MAY.—We predict that the fifth month of Anno Domini 1853 will constitute a brighter era in the cause of humanity's advancement, than can be justly accorded to any single month of the world's history since "the morning stars sang together." And if those who live hydropathically ten years hence, (those who do not have no assurance of living at all), do not write us down (or up) as true prophets, we promise never again to consent to be used (or abused) as a "medium" of divination, whether by writing or rapping spirits, from either the higher or lower circles of extramundane society.

The reasons are manifold. The usual, and some unusual anniversaries are to be held in New-York. The Crystal Palace is to be opened. Everybody is coming to this "moral and intellectual centre." Everything that is good or bad will meet and mingle here, and radiate thence throughout the country and the civilized world.

But good influences will prevail. The elements of reform, of improvement, of progress, have attained too strong an impetus to be discomfited now, by grappling with all the old-fangled conservatism of this, or new-fangled phantasies of the other world.

There is magnetism in numbers. During the last ten years the prominent topics of reform which have agitated the public mind, have been accumulating force with a sort of geometrical proportion. On this May-month occasion the leading-spirits of them all will gather together, and elicit a force, which, like the electric spark that causes the thunder to roll along the surcharged clouds, and sends down copious showers of the purifying element, will make the dry bones of old antiquated notions rattle and crumble, and send new life and renovating power into the disorderly masses of human society.

First and foremost among all the elements of progress, and the true basis of them all, is our own more peculiar topic of health reform. Bodily comfort—it is just beginning to be understood—is the foundation of a very large proportion of what we call virtue and goodness; and there is no bodily comfort without health. The evidences of a rapidly-improving state

of society in this respect are abundant in all directions. We are receiving every day in the year numerous communications from all parts of the land where this JOURNAL circulates, written by men and women, old and young, testifying to some one or more points of reform or improvement they have achieved, in consequence of its teachings. One has abandoned intoxicating drinks, another tobacco, another pork-eating, another tea and coffee, another all of them, and others still have got along another step in the way of "manifest destiny," and placed the whole catalogue of "apothecary stuffs" among those "necessary evils," whose necessity is only measured by our ignorance. Let us hope, and pray, and work.

"FORWARD—MARCH!"—Our friends of the Old School are gradually yet surely approaching the positions we have long advocated in relation to the remedial employment of water. It is not long since almost everything we uttered was denounced by them as "ultra," "fanatical," "exclusive," "one idea'd," &c. Now almost everything we say is regarded by the same doctors as "pretty fair, considering." For instance, the leading allopathic periodical of this city, *New York Medical Gazette*, says now of the WATER-CURE JOURNAL:—

"This monthly has appeared in a new and enlarged form, printed in a superior style, indicating that its publishers, Messrs. Fowlers and Wells, have been successful in securing patronage, and are encouraged in their enterprise.

Bating the ultra views on some points, and the indiscriminate laudation of the remedial powers and adaptation of water in the treatment of diseases, which characterize this Journal, there is much in its pages to commend; and its extensive circulation will hence do good. It inculcates Temperance earnestly and ably, while the subject of Hygiene, in all its departments, is dwelt upon in a style well suited to popular instruction in matters which it is the duty of all to know. The general doctrines here taught in relation to the prevention of disease, by proper attention to diet, clothing, exercise, ventilation, cleanliness, &c., are, for the most part, judiciously presented, and enforced. If these were universally regarded, there would be vastly less occasion for either Hydro, or any other pathology; and it is only because they are not, that physicians of every school are so much in demand."

In connection with this interesting item of "mnemotechny," we make the following extract from another Journal of the opposing school. It shows that the water-treatment, in that most intractable malady, "a mind diseased," has proved incomparably more successful than any other, or all other, plans of medication. Says M. Pinel of Paris:

"Prolonged tepid baths and sprinklings are, beyond a doubt, the best means that can be resorted to in the treatment of the acute forms of insanity, not only in mania, but likewise in the different species of partial delirium. He states that he has treated in this manner 157 patients, classed as follows:

Maniacal delirium 57; hyperamia 38; delirium without melancholia 20; suicidal delirium

24; *delirium tremens* 16; erotomania 5; total 157, of whom 91 were males, and 66 females.

The following results have been recorded: No change 4; deaths 7; improvement 21; under treatment 4; cured 125. Of the 157 patients who were thus treated, 125, or four-fifths, were cured."

WEBSTER AND WELLINGTON.—As usual, when great men die, the journals of the allopathic school enter upon a learned wrangle as to the nature of the malady, the cause of the death, and the propriety of the treatment; and, as usual, they disagree upon each and every important point and particular. For a few weeks past the names of our late Secretary of State, and England's late military Duke, have been going the rounds. We take an extract or two to show what a beautiful system that is whose professors are almost as sure to disagree upon questions of medical diagnosis and therapeutics, as they are to speak candidly and without collusion. Concerning the treatment of Webster, the editor of the *New Orleans Medical and Surgical Journal* remarks:

"Judging from the symptoms, as detailed, Mr. Webster suffered with irritable bowels, and yet he was ordered castor oil and lemon juice, either of which, we have been taught, both by experience and theory, would aggravate the evil for which they were prescribed. Lemon juice and castor oil for enteric irritation, attended with 'status, and loose, frequent, and urgent dejections.' We opine Hamilton himself, had he stood at Mr. Webster's bed-side, would have paused before venturing upon such a prescription. Not content with the mischief that might have been produced (for the patient did grow worse) by castor oil and an active vegetable acid, the illustrious patient was ordered, just on the heels of this prescription, 'cardiac mixture,' and a 'pill of one grain of acetous extract of colchicum with two grains of camphor each night.' Colchicum and camphor to follow a dose of oil and lemon juice, in a case of irritable bowels, with dry skin, tongue and fauces, and with a pulse 106 and jerking, seems to us in direct conflict with the pathology and therapeutics of the present day. We should have preferred a small quantity of blue mass, with extract Hyoscyamus, suspended in a large quantity of mucilage, as both more rational and less likely to augment the gastro-enteric irritation. It is true, at a later date the patient was allowed one sixteenth of a grain of morphine and two tea-spoonfuls of brandy per diem. If we have been correctly informed, Mr. Webster had been a free eater, and drank wine freely at dinner (and this fact the state of his liver clearly demonstrated); and yet he was allowed only two tea-spoonfuls of brandy, when perhaps a more liberal allowance might have sustained his sinking powers and exhausted system.

It is stated that the Duke of Wellington was suffered to perish for want of a glass of brandy and water; and we can but think the life of our great statesman might have been at least prolonged, had his attendants given him brandy or wine more freely. These are, however, mere speculations *post hoc*, and are not intended to reflect upon the motives or skill of the distinguished medical gentlemen who waited upon the Secretary of State.

How very polite! He does not think the doctors seriously meant to kill their illustrious

patient. And, although he thinks their prescriptions were injurious and hurried the patient to his grave, he does not suppose they were professionally unskilful in the least! The skill does not depend on killing or curing, it seems, but on dosing *secundum artem!*

Of the treatment of Wellington the *London Lancet* says:

"It is probable that had the Duke's stomach been relieved by vomiting in the early part of the morning, he would now be with us; it is even possible that such an effort, if successful at nine o'clock, might have saved him; but every hour added to the exhaustion, and rendered such an act more difficult. Under such circumstances, that is to say, when stimulants cannot be administered by the mouth, stimulating and nutritive lavements should be administered; and these may be rendered antispasmodic in cases where convulsions exist. Support in such cases is essential, for though the stomach is occupied by the mass of food, none is digested, none enters the system, which literally sinks from exhaustion and the irritation and disturbance of the nervous system, caused by undigested food in the stomach, itself a mechanical obstacle to the free action of the lungs and heart. An effort should be made to support the circulation, which during the night more or less languishes, as the respiration becomes slower during sleep, and to determine the blood to the surface by general and continued frictions, and by mustard foot-baths, the body being kept in that position which will cause the least possible exhaustion of the powers of life."

**FINCH'S OBSTETRICAL SUPPORTER.**—This piece of machinery, which we understand is gaining great favor with doctors of a certain sort, we always considered too transparent a humbug to need much notice at our hands. But as several persons have written for our "views" about it, we present the following communication, both as a sample of numerous inquiries, and a fair expression of our own sentiments in the premises:

"I have lately enjoyed some means for knowing something of its use, or abuse, (if ever useful). Certain M.D.'s of the allopathic school, in this and in some other sections of this and of some other States, are making quite a parade of it in their practice and vicinity '*ad cap tandum vulgus.*' For one I consider its general use as only a *new abomination for interfering* with nature's processes, and that too, where nature has nothing to gain but much to lose by the innovation. Will you favor the readers of the WATER-CURE JOURNAL with a little light upon the subject, if not inconsistent, and oblige a subscriber and well-wisher of the cause?"

**MODUS OPERANDI OF MEDICINES.**—When we declare that drug physicians do not know, and do not pretend to know, the manner, mode, reasons, whys and wherefores that particular medicines operate thus and so, many of our readers suppose we are either slandering the profession, or in some way exaggerating or perverting the truth. But it is all a sober reality, a plain statement of a simple fact. In proof, we quote from the last number of the *New Or-*

*leans Medical and Surgical Journal*, (March 1853, page 672).

"We are free to confess that the profession knows, in reality, little or nothing of the *modus operandi* of therapeutic agents; from the most obvious effects of medicines, we are too ready to conclude that we appreciate their full influence upon the economy; forgetting in the meantime, all those molecular changes which are undoubtedly brought about, by every perturbing agent which may be applied to, or introduced into the living system. To know that one medicine acts as a cathartic, another as a narcotic, and so on, is indeed to restrict our information to a few simple self-evident facts; but to go beyond this limit—to fathom the mysteries of therapeutics, *hic opus, hic labor est*—this is the gordian knot, which as yet we are not prepared to untie. Perhaps the day is not distant, when, by the aid of organic chemistry, we may be made acquainted with the influence of medicinal substances upon the organism; at present, however, we must be content with the knowledge of a few isolated facts, and look forward to the future for more reliable information on the subject of therapeutics. The great discrepancy of opinion which everywhere exists on the peculiar action of most medicinal substances, proves conclusively how little we actually know of therapeutics."

We have given in the Hydropathic Encyclopedia, what we claim to be a true exposition of the "*modus operandi*" of drug medicines. If any dear friend of drugging is prepared to attack the views there advanced, in the way of argument, we should be very happy to improve the opportunity the discussion would present, to submit the whole subject to the judgment of "an enlightened community."

**SPURIOUS MILK TRADE.**—Our new City Inspector, in a recent able official report, refers to this subject in the following manner:

"This long existing evil should early engage both the attention of the Common Council and Board of Health: its disastrous effects upon the public are no longer a subject of doubt: the use of this fluid when pure, or when furnished from proper and wholesome sources, has ever been deemed an essential dietetic observance; but when it is obtained from animals kept in the most filthy condition, reeking with *miasmata*, and burdened with foul disease, it becomes a medium of poisonous imbibition—devastating the health of thousands, and unquestionably occasioning, to no inconsiderable extent, a portion of the early mortality that encumbers our record. Its sale should at once be inhibited. Stringent regulations should govern the trade—there is more urgent necessity for these provisions than for the inspectorship of any other article of alimentary utility. The unguarded career of this business has become a vice, needing but little reflection to be convinced of its enormity, and the important sanitary advantages that would accrue from its thorough eradication. Timely legislation, I trust, will follow."

We agree with Mr. Downing that stringent legislation *ought* to be applied to this business; but we cannot share his confidence that it *will* be.

**VEGETARIAN WIFE WANTED.**—We have in hand a communication developing a predicament in which the writer stands not alone. The pith of it runs thus (we retain the name and

residence of the writer to be used confidentially): "I am a bachelor, twenty-five years of age, and begin to think of getting a wife. But I am a farmer, and have not yet seen the young lady who thinks she can get along without tea, coffee, and pork, and not one fearless and independent enough to wear the Bloomer Costume. I want a companion who knows something of the laws of life and health, and such an one I cannot find among our farmers' daughters. My thoughts have now turned towards your vegetarian society, which I am highly interested in, for since I commenced taking the WATER-CURE JOURNAL I have been a decided reformer. I would like to know if there is a young lady in your vicinity, or within the circle of your acquaintance, who knows more of the laws of life and health than she does of Latin and Greek, and more of household duties and the proper training of children, than of French and Music. If so, please put me in correspondence with her."

Our friend is a sensible writer, and judging him psychometrically alone, we would guaranty him to make a worthy citizen and first-rate husband. He is informed that our society has some young ladies very nearly answering his description, and as we are all the while enlarging our numbers we shall soon be able to accommodate worthy old bachelors to their hearts' desire. But, young ladies, don't all speak at once!

**BLOOMERISM IN NEW-YORK.**—Since the appearance "on this stage" of Mrs. Bloomer, Miss Anthony, and Lucy Stone, each wearing the new costume, the dress reform has received a decidedly onward impulse. The other day we were present at a dinner party, where were over a dozen of the fair sex, and some eight or ten of them had on a style and fit of "Bloomer" that did credit to their taste, and proved very convenient and agreeable for their motive powers. These remarks, intended to have only a local application, are elicited in consequence of reading the following paragraph in a Massachusetts paper, (the *Franklin Democrat*).

"THE SPIRIT OF BLOOMERISM.—The editor of the *Highland Eagle*, at Peekskill, N. Y., had the hardihood to publish an article against Bloomerism, a short time since, whereupon an advocate of that dress addresses him in the following style "for ridiculing their *trowsers*:"—"Sir—Bloomerism is not to be put down by anything which you or the impious New York papers may say against it. An 'epoch' is at hand; manifest destiny beckons us; the exodus of petticoats has already begun, and our motto is 'Excelsior.' You are a poltroon, sir, and I shall cowhide you within an inch of your life the first convenient opportunity." The editor is of course somewhat frightened, and talks about running, but thinks he can rely on the wearers of the pantalets in case of an emergency. These Bloomerites appear to be perfect tigers."

Now our voice is generally for peace. We mostly prefer that soft answer which turneth away wrath. But we must say that, to our taste, it is *almost* as bad for a man to strike a woman, as for a woman to strike a man. At

any rate, if the matter *must* come to blows, we hope the parties belligerent will settle it without going to law, for that is all on the wrong side.

**WESTERN FEVERS.**—A "Hoosier," writing from the Wabash Valley, Indiana, after propounding the question, "What shall we do to prevent and cure the ague and fever, and all other fevers of the West?" proceeds to say:

"Will some one, competent to answer the above, please publish in the Journal such a prescription? One that can be effectually practised at home, among the suffering everywhere, amid the ague districts of our glorious country. But for the various fevers of the West, it would be the most delightful and desirable of all lands—but there are untold sufferings from chills and fevers on all the rich bottoms of the West.

Information about how to live, in reference to diet, air, cleanliness, and labor; of the latter, both mentally and physically, is what the world stands in need of, and humanity pleads incessantly for the desired knowledge.

The diet, and other habits, doubtless, are the cause of seven-eighths of the sickness in the world. In the west everything swims in grease. Pork—pork, hot bread, strong coffee, bad water, poor houses situated in bad localities, uncleanly and impure habits, &c., are enough to kill the—without the influence of the poisonous miasma of the country."

Such a prescription as our friend calls for, will more than fill the pages of this JOURNAL. The people require thorough instruction in all matters pertaining to the philosophy of health as well as the cure of disease. There is a work (the Encyclopedia) written expressly to supply this desideratum. If the Indianians will make themselves familiar with its teachings, and live accordingly, their terrible fevers will soon cease to trouble them.

## Generalities.

### HINTS TO STRANGERS—NO. IV. PERILS OF NEW YORK.

Resuming our remarks on Chatham Street shams, we will next speak of the

**PAWNROKERS' SHOPS.**—Of these dark, cold, abhorred dens of the dealers in "relics of better days"—these banking-houses of usury and extortion, much might be said; but as those for whom we write are not very likely to be exposed to the perils they embrace, we shall dismiss them with a few words:

These establishments are licensed by the city authorities, and are allowed to receive twenty-five per cent. on all money advanced on any personal property deposited in pawn. This is bad enough, in all conscience—twenty-five per cent., without the possibility of loss, (for the broker will be sure to advance no more, to say the least, on an article, than he knows it will bring at auction,) and this too from the poor unfortunates, whom stern necessity compels to part with the last dear mementoes of other and happier days, to keep starvation a little longer at bay. But this is not the worst of it. These Shylocks generally contrive to double these rates at least, by one means and another. Poor people reduced by sickness or lack of employment, are often compelled to pawn their furniture—their very wearing apparel, to procure bread—hoping by and by to be able to redeem their

property. Sometimes they do this—pay the exorbitant interest, hard indeed for them to pay, and take their property home. If they cannot redeem it, it is sold, and the pawnbroker pockets the avails. To plead with him for any indulgence, would be to assume that he has a heart or a soul, a most gratuitous and unjustifiable assumption. The thing is impossible. Had he the merest rudiment of either, he would cease to be a pawnbroker. If hard fortune should ever drive you to his counter—if the gold watch, or the best broadcloth coat, must go to buy bread, or to enable you to leave the inhospitable city, meet the hard-faced Jew as you would inexorable fate, and ask no favors and expect none. But from all such, "good Lord deliver us."

**READY-MADE CLOTHING.**—All along the right-hand side, as you pass up Chatham street, "coat-tails and pantaloons-legs flap about the face of the pedestrian, like the low branches in a wood path." Here, O! country friend, you pass at your peril. But you are a Yankee, you say, perhaps, and not slow on a trade yourself. You are a poor deluded mortal. Yankees are pretty shrewd, and drive a good bargain, but your boasting is vain here. A Yankee shop-keeper could not live a month on Chatham street. The Jew alone is equal to the exigencies of the place. These clothing-dealers are all Jews. There they stand, from morning till night, in front of their low, dark shops. They do not wait for you to enter and make known your wants. O, no! indeed it does not matter whether you have any wants or not. They are very polite. They tap you gently on the arm; they take you by the button-hole; you find yourself in their "museum of old clothes." "The expertness acquired by the keepers of these shops in "spotting" their man is truly wonderful. They know a greenhorn from the country by instinct; and there is something almost beautiful in the certainty with which they pounce upon him, and the tenacity with which they cling to him. No matter what he wants, or whether he wants anything—they are sure to fit him and to trade with him. If he won't buy new clothes, they will sell him old ones nay, they will swap with him for anything he has on, from hat to boots—always managing to get a little something "to boot," and to send him off fully impressed with the idea that he is not only the best dressed, but the best looking man in the city. If his toggerly, however, holds together till he gets home, he may account himself a fortunate individual; and if it don't, what is to be done about it? There is no use in talking about trading back. Oh yes—they are all politeness, and perfectly willing to trade back—but let him beware! Every swap he makes will be sure to leave him worse off than before. He had better reconcile himself to "circumstances," and mind to keep out of Chatham street for the future."

**GAMBLING HOUSES.**—I hesitate about saying anything on this subject. I feel that our readers need not a word of warning here—that they recoil before the very thought of entering a gambling-house. Still the following extract from the pen of one who is well-informed on the subject, will do no harm:

"In order to decoy victims into their snares, the gamblers have a regular system of poise established upon all newcomers to the city, whose business it is to watch the arrivals at the hotels, and ascertain who among them are likely subjects to be operated upon. The spies employed in this business are often men of considerable address, and make a flashy, genteel appearance, very impressive and taking with greenhorns. The principal means of luring strangers into the trap, are an introduction to the innumerable houses of ill-fame, the inmates of all of which are connected with one or the other of the gambling-houses. The decoy knows how to make himself agreeable to the stranger; points out the various curiosities of the city, supplies him with information respecting the various localities; tells him where the Post-office, the Exchange, the Custom-House, &c., &c., can be found; and makes himself useful in a variety of ways. At evening they adjourn to the bar, fortify themselves with a julep, and by the time it is scientifically imbibed, Mr. Greenhorn is ripe for anything. A walk is proposed, and in the course of a lounge on the Battery, or a saunter up Broadway, the city gentleman meets a female acquaintance, splendidly dressed, and uncommonly sociable—and condescending. Mr. Greenhorn is at once introduced, and the lady politely invites both gentlemen to call round in the course of the evening and see her. The countryman is delighted with such an unusual exhibition of hospitality, and begins to think New York a little the cutest place anywhere this side of sundown. Once fairly in the harlot's den, and his fate is sealed. Bewildered with the strangeness of all he sees and hears, overcome by flattery and attentions, he does not refuse a glass of champagne, which is drugged with a small quantity of morphine, just enough to inspire self-confidence and audacity; and the spy finds no difficulty in leading a willing victim to the gambling-house, where he is scientifically plucked, and left to make his way to his hotel, a ruined, miserable man."

We will not insult our readers by warning them to beware of the RUM-SHOPS which will stare them in the face at every corner. They will not find their victims among the readers of the WATER-CURE JOURNAL.

**MISCELLANEOUS HUMRUGS.**—I might write a dozen articles more, and still fail even to mention all the shams of our great metropolis. There are a multitude of exhibitions and shows opened in various parts of the city, some of which are the most barefaced swindles, while others are of a mixed character, of which humbug forms a large part. The stranger having regard to his pocket, as well as to his character, will do well to be rather shy of these places till he knows something more of them than appears on the outside.

Before we leave this part of our subject, we will just allude to one other sham. There are found in all our city daily papers, large numbers of advertisements, directed particularly to country people and strangers in general, and calculated to help to relieve their pockets of their surplus dollars. A fortune is to be made, health restored, some wonderful art imparted, and so on, to the end of the chapter—all for \$1.00 or \$2.00 or \$3.00, enclosed to Mr. Somebody, Broadway Post-office, or somewhere else. Some of these advertisements may be in good faith, but generally they belong to the genus humbug, and the names signed to them are fictitious. If you choose to do business in that "shut-your-eyes-and-open-your-mouth" way, don't blame us if you get "took in."

**PERILS TO LIFE AND LIMB.**—The perils on which we have dwelt heretofore, have been those which threaten the purse, the comfort, and the character of the stranger. We have given them the prominent place they occupy, because they are generally left out of the account or underrated, while the danger of being assaulted, robbed, or murdered here, has been greatly exaggerated. Still there are perils of this last description, against which the stranger may well be on his guard. The number of murders committed in this city during the year is very great; but when we consider that we have around us a million of people comprising all nations and all classes—and especially the "dangerous classes"—we are not surprised at the number.

Strangers will do well to avoid walking, late at night, in the partially built streets far up town, and also in certain disreputable regions down town. In these places lurk the desperadoes of the city, armed with slung-shot and long knives. About the wharves, too, are found a class of desperate fellows, who offer their services to take persons off to vessels lying out in the stream, or wherever else they may desire to go. The dead bodies so often found floating in the rivers on either side of the city, bear witness to the hellish work of these men. Once on the water with them, their victim is easily managed, and they soon glide back to the wharf to divide the spoils.

So much for the *Perils of New York*. Is New York the worst place in the world then—a great aggregation of sham and shame—of humbug and heartlessness? By no means. It has its pleasures as well as its perils; its virtues as well as its vices. Come and see!

**TO COUNTRY PEOPLE.**—The "Children's Aid Society" of this city, an organization devoted to the aid of the poor children of New York, by securing for them, as far as possible, useful employment, education, and healthy moral influences, have issued a circular, addressed to farmers, mechanics, and manufacturers in the country, from which we make the following extract:

"We, as a society, have devoted ourselves to the aid of the poor children of New York; and we feel it our first duty to put them, whenever it is possible, in the way of an honest living out of the city. Every occupation here is thronged, and, with the poor, nothing so leads to idleness and crime as this overcrowding of population. We call upon every man in the country who has the opportunities for it, and who would do a Christian charity, to assist us in getting these children work. There would be no loss in the charity. These boys are many of them handy and active, and would soon learn any common trade or labor. They could be employed on farms, in trades, and in manufacturing; and many an intelligent lad might be saved to society from a life of theft and vagrancy."

"The girls could be used for the common kinds of household work. They are the children of parents coarse and very poor, with many bad habits, but kindness has a wonderful effect on the young girls, and of this the vagrant child in the city gets little."

We most heartily commend this movement, and hope our country friends will co-operate, as far as they may be able, with this society in its philanthropic efforts to snatch these destitute children as "brands from the burning." The chil-

dren will be sent gratuitously on application, and if they do not prove satisfactory, can be returned to the Society.

All communications on the subject must be addressed to the office of the "Children's Aid Society," New Bible House, New York. CHARLES L. BRACK, Secretary.

## Miscellany.

### A DISCUSSION THREATENED.

DR. WILSON TO DR. TRALL.

*Airmont, Ala., March 19th, 1853.*

DR. TRALL, DEAR SIR,—Your counterblast to my "blunderbuss" would have been noticed earlier had it not been for the following reasons:—1st. I have had a spell of sickness, caused, perhaps, by the too free application of *cold water* to my feet, and since my recovery I have been constantly engaged in administering to the diseases of others, after the regular eclectic, old, and well-established system, which originated some two thousand years ago, and which still survives unharmed, in spite of the attempts of pseudo, self-styled "regulars," to "break up, overthrow, and destroy." 2d. I thought, and still think, it useless to continue a discussion as to the propriety of the publication of a private letter, with the name of the author appended, and without his consent; especially when that letter is accompanied with a preface and appendix which places the writer of that letter in a false position. Entertaining these views, I should have remained silent, had you not shown a disposition to join issue as to the respective merits of *exclusive* Hydropathy and *regular* Eclecticism. On this issue I am ready to meet you, (if time will permit,) notwithstanding I shall have to fight you on your own ground, while my umpires have prejudged my cause, and stand ready to oppose every sacrilegious attack on the "Gospel of the Water-Cure," by the Ephesian cry of old. You say in your reply that it is characteristic of the system we advocate "to do everything in the dark," and that "we Hydropathics are willing to put our names to all we have to say." Now, I deny the charge made in the above extract, and I could show, if necessary, that physicians (I mean *regular* physicians), so far from concealing their discoveries, and seeking "to do everything in the dark," have been characterized, in every age of the world, for benevolence and philanthropy; and that they have rendered more eleemosynary services than any other class; while they have *freely* disseminated the knowledge they have obtained, by years of laborious study, among mankind—knowledge which could have been confined to the profession, and which would now have been worth thousands to each one of its members, had they sought "to do everything in the dark." As to your putting your names, &c., I have to say in reply that I am willing to "take the responsibility," when I see fit to append my own name, but I am not willing to give every one the privilege of publishing it, on all occasions.

Your *medical* argument, or rather your attempt to prove the incompatibility of our respective *materia medica*, is so extremely absurd, that I hardly know how to attempt a serious reply:—You say,—“Our remedies are air, light, temperature, food, water, sleep, exercise, the governance of the passions, &c.; while yours (ours) are bleeding, blistering, scarifying, leeching, antimony, arsenic, mercury, &c., &c.” You then proceed to ask the following very absurd questions, which I copy more on account of their extreme absurdity than for serious refutation.—“How are you going to incorporate our *air* with your *blistering*? How will you mix up our *food* with your *leeching*? How can you amalgamate *water* and *scarifying*? In what way will you make *ipecac* and *sleep* work together? How will you harmonize *temperature* and *gamboge*? How will you mingle the regulation of the

passions with *epsom salts*, &c., &c.? To this I will only reply by saying that I have yet to learn that “air, light, temperature, food, water, sleep, exercise, and the governance of the passions,” are confined to the *Hydropathic Materia Medica* alone, while they are entirely disregarded by “our school,” as therapeutic and prophylactic agencies. On the contrary, *all* the *regular* medical works I have ever read, have laid special stress on the importance of those agents in *all* diseases, and in some diseases, they have been considered paramount even to *drugs* themselves. But to answer your questions more specifically, it will be necessary to repeat them, and notice them separately, if indeed they be worthy of any notice. “How are you going to incorporate our *air* with your *blistering*?” *Ans.* We do not generally apply a blister over a patient’s mouth, so that the poor fellow has a chance to inhale some of your *air* every time he utters a word of complaint under the horrid blister. “How will you mix up our *food* with your *leeching*?” *Ans.* Leeches are not used *internally* either *per se*, or as a condiment, and therefore we might suppose a case where a patient might take a portion of your *food* with considerable gusto, even while one of the “blood-suckers” was abstracting some of our blood from the leg of said patient. “How can you amalgamate *water* and *scarifying*?” *Ans.* When we scarify we seek *blood* and not *water*—we desire no amalgamation; but should the patient want a little of “your” water to quench his thirst, we generally allow it; and we even use “your” water to cleanse him afterwards. “In what way will you make *ipecac* and *sleep* work together?” *Ans.* We would give our *ipecac* in the day, and let him sleep at night. “How will you harmonize *temperature* and *gamboge*?” *Ans.* If we were to give a dose of gamboge, and the patient should be oppressed with heat, we would harmonize the “temperature and gamboge,” by having the room well ventilated—by cold sponging with *water*, &c. On the other hand, should he be too cold, we would accomplish the same end by putting more clothing on him, &c. “How will you mingle the regulation of the passions with *epsom salts*?” *Ans.* Epsom salts is better calculated to act on the physical than the moral constitution, it is true, and being a material substance, (I mean the salts,) it might be difficult to “mingle them with the regulation of the passions,”—still, as they are of a cooling, reducing nature, they might accomplish much by acting upon the moral through the physical constitution, and thus antagonize any undue excess of the passions. Having now replied to all your questions, I conclude with the request, that you publish this, with any comment you may feel disposed to make; and I also signify my willingness to discuss the merits of our respective systems, provided it can be done fairly, and in the proper spirit.

Respectfully,

JNO. S. WILSON, M.D.

DR. TRALL TO DR. WILSON.

*New York, April 15th, 1853.*

DR. WILSON, DEAR SIR:—On looking over your interesting epistle, I am forcibly reminded of the days when hunting and fishing were among the foibles of my youth. I have often seen the speckled trout playing around the baited hook, anxious, yet afraid, to touch the tempting morsel. It seems to me, your facile pen plays around the subject in a similar manner. You intimate a willingness to discuss the merits of the two systems; do so, and I will attend to it at any time. I regret you have interposed a proviso, “provided it (the discussion) can be done fairly and in a proper spirit;” for “I fear me much,” that you will hereafter turn the proviso into a subterfuge, and, on the pretence that you are not fairly dealt with, abandon the discussion—and thereby disappoint those thousands and tens of thousands of the readers of this JOURNAL, who are anxious to witness that extraordinary specimen of human skill, which can make a de-

cent share of argument, in favor of curing disease by poisoning the patient.

Your special reason for not answering my “counterblast” sooner is satisfactory—very. You had a “spell of sickness.” Now we have long charged the fact against the allopathic system, that its most learned professors were just as liable, in their own persons, to “spells of sickness,” as those who make us pretensions to a knowledge of medical science. We hydro’s hold that a knowledge of the true healing art (as it is in Water-Cure) will enable its professors to avoid “spells of sickness.” I do not expect to be able at any time to excuse myself for not noticing you on that ground.

Then again you say the sick spell was *perhaps* caused by cold water applied too freely to the feet. This you intend probably as a fling at the “cold Water-cure;” but it strikes me, the fact (if it be a fact) can be flung back in your own face, as an evidence of misunderstanding of, and incompetency to manage, hygienic, *alias*, hydropathic agencies. You ought to learn at least, the rudiments of hygiene, before you dabble in the water-cure business. Your best way would be to go to a good hydropathic establishment for six months, and look on.

You vaunt of your system because it originated some two thousand years ago. If the antiquity of drugging proves its propriety, the antiquity of wine-bibbing, which dates back four thousand years at least, would prove drunkenness twice as valuable as drugging.

I need not follow you through the various flourishes of your communication about the intelligence, benevolence, &c., of the profession, and also “that letter.” Suffice it to say, I am willing to admit that physicians of your school are the most unselfish and philanthropic people in the world; and at the same time, I can prove that their system of doctoring folks is, in a general sense, absolutely *manslaughterous*. Your replies to my former interrogatories, however, will hardly bear criticism, but as they do not involve any serious argument, our readers would not likely be much edified in a mere sparring of words between us. But I will in conclusion give a hint or two on the “extreme absurdity” of some of your positions; for I hope, when you really get at the merits of the questions you have intimated a wish to discuss, you will take your positions so very cautiously, that you will not be found transfixed and powerless on a logical hook, as the poor trout are sometimes on an iron one.

You say you do not put a blister over a patient’s mouth, and hence the poor fellow has a chance to inhale *some* atmosphere, &c. I am sorry you are not a little better posted upon the philosophy of respiration. (See *Hydropathic Encyclopædia*, published by Fowlers and Wells; Articles, Respiration, Air, &c. &c.) Know ye, then, that blisters are generally put on the patient’s chest or abdomen. In either case they paralyze, to some extent, the patient’s muscles of respiration, render the due expansion of the lungs painful, and eventually contract the whole respiratory apparatus, and correspondingly diminish the patient’s breathing capacity. The effect of a blister applied about the ribs or over the external abdominal muscles, is precisely the same, pathologically, as though it were applied over a portion of the mouth. And a blister applied over the whole surface of the body, would produce death, just as surely, as one applied and hermetically sealed over the whole mouth and both nostrils.

You are equally unfortunate in handling the subject of Epsom salts. Your theory, if I understand it, is, that Epsom salts act upon the *moral* through the physical constitution, *by virtue of its cooling and reducing nature!* Now I certainly did not before conceive of the possibility of reducing one’s moral nature by a dose of salts. But you have explained it beautifully. If it is so; if you have expounded the true philosophy of regulating the passions, deliver me from Epsom salts



forever; and deliver all mine from all kindred cooling and reducing drugs, pathic medicamentum. Hoping that, in your next, you will "come to the point," without further parley,

I remain, very respectfully,  
R. T. TRALL.

### ASTONISHING CURE!!

CASE OF MARY JENKS, OF SPRINGFIELD, MASS.—  
"Feeling that the cause of truth demands a statement of my case, I hereby give it to the public for the encouragement of suffering humanity, for I think few need despair if such cases as mine can be cured, inheriting as I did a scrofulous constitution, and suffering more or less from its effects since childhood. I was in the habit of taking medicine; still enjoying, for the most part, what one would call good health, till about my twenty-third year, when, after recovering from two or three attacks of fever, having taken considerable calomel, and apparently from its effects, the scrofula which had been hitherto secretly at work in my system, began to rage with great fury. Large swellings made their appearance on my neck, which were very painful; one came on my right side under my arm, it was nearly the size of a pint bowl; so troublesome and painful was this, that for nearly two years I was unable to let my arm hang down. My neck in the meantime continued to grow worse; till after plastering and anointing, taking powders and the like, they became open sores of the most frightful character. My sufferings at this time were almost insupportable, being treated by the Allopaths, taking their medicines, excepting calomel, which I would not take, it having nearly ruined me; and finding I was nothing better, but rather worse, I abandoned this mode of practice, and tried the Thomsonian plan, under which I became more comfortable, but this did not last long. The disease was still raging within. For fifteen years I continued to linger between life and death, sometimes in the most abject condition, till about three years since, I was attacked by my old complaints with redoubled fury, the swellings on my neck became much larger and more painful. The disease spread into other parts of my system, the bowels partaking largely of it, so that ulceration of the colon and rectum took place: this, if possible, was more distressing than my other complaints, and continued to increase till a place of discharge came near my right hip, from which the faeces of the bowels passed at every discharge. My sufferings at this time can better be imagined than described. I became entirely discouraged, and was about giving up in despair, when I was recommended to make application to Dr. Snell, of Easthampton Water-Cure. I accordingly did so against the wishes of most of my friends, who said it would certainly kill me; but as a drowning person will catch at a straw, and having some independence of my own, I resolved to try, and accordingly was carried to the establishment. Dr. Snell, after an examination of my case, gave me much more encouragement than I anticipated. By his advice, after one week's consideration, I commenced treatment. This was about the middle of July, 1850: at this time my left arm had nearly perished, was useless, and pulseless. My left eye was sunk into my head, and was of but little use. The first four weeks seemed to make but little impression on my case; after this I began to gain in every respect, it seemed to me almost a miracle, I found myself gaining in flesh, and getting the use of my eye and arm. The bunches on my neck nearly subsided. The discharges from my bowels were regular and natural, in every sense of the word; and to the astonishment of myself and friends, found myself rapidly gaining, so that in November I had gained 30 lbs. of flesh. I then resumed my business, viz.: dress-making, which I pursued till spring, continuing some of my baths myself with assistance, when fearing my disease was not entirely eradicated. By the advice of the Doctor I resumed treatment, and before six weeks

had passed my disease came to a crisis, and I had more than 40 boils, which discharged profusely; when these passed off, I found myself in the possession of health, which I had not known for more than fifteen years. I omitted to mention that I was troubled very severely with female complaints, which were of a chronic character. I have often said should I state my case just as bad as it really was, no one would believe me; but did you have in a fragmentary form a brief description of the principal part of my complaints, I could fill a volume with a detail of my sufferings, but it would do no good. Thanks to a kind Providence for making me willing to try the Water-Cure before it was too late. And now, sisters, don't stay at home dreading it, you will not dread it on trial, but esteem your baths a great luxury even in the winter, for the rooms are as warm and comfortable as in the summer. No one could dread it more than I did, but I was entirely mistaken, and so will you be. It was because I knew nothing about it; I thought the water was all cold and that all cases were treated alike, but I found the water was not all cold, and that no two cases of a different character were treated alike. Do not wait for your friends to advise you to go; had I done so the grass would now have been growing upon my grave.

Feeling an imperative obligation upon myself in my present state of restoration, to assist others in a like condition, I have commenced a course of study, and hope, ere long, to make myself useful in the healing art. Words cannot express my gratitude to Dr. Snell, his family, and the Water-Cure.

Yours truly,  
Springfield, Mass. MARY JENKS.

GOD'S WORKS MARRED.—"And God said, Let us make man in our own image;" that is, like Him, the Creator. But wherefore like God? From having a spirit that lives ever on, on, through Eternity, combining power to create, with that to direct and keep in active operation, the will, the inventive genius, and the artistic imagination. But since he is earthly, this spirit must necessarily have an earthly dwelling, to hide the beautiful glory of the Invisible, which is too bright for mortal man to look upon, and we may judge of its capacity by the actions it influences, just as we may know of the power of the Highest, by the Universe "which he has created and made." One of his best works was the first male and female that existed, who, as works of creation, were patterns of innocence, gentleness, and humility, then, experiencing only the purest happiness in everything above and around them after which patterns we, their children, were fashioned, but they were sadly distorted before our profiles were marked out, because at the fall, Adam lost half his perfect nature, transmitting to his posterity an imperfect organization, which has since been subjected to those changes which every man makes in his own physiology, by medical treatment, insufficient exercise, and mismanagement of it, or otherwise, by the use of nature's remedies; air, water, exercise, and cheerful emotions, together with a correct observance of her laws, I say the body has been modified in manifold ways, until its first complete external and internal finish is lost; and we behold of man—what he has made for himself, a decaying and wasting constitution, thus enthralling the inward exercise of his best capacities, and lessening that free progress towards mental strength, which otherwise they might possess. Man is assured from this fact, that "his days will be few and evil upon the earth," early dying to give place unto others. He was not designed to droop in the day of his maturity. Every intelligent mind feels that were it more sensible of "being made in the image of God," he would oftener seek to make this impure body (as far as it may be) a pure temple for that better part, which is the most like God. There is placed on every hill-side, in every valley, and even at our own doors, the means for washing away, as much or more of physical disability, as

any doctor would be likely "to drag out of the system." We argue this is the thing intended for such a purpose, because it is made the principal purifying agent in nature, as in culinary and household matters. What is more appropriate than this, a washing away? The very idea of cleaning from evil is exhilarating! and to know that it will trouble us no more, is happiness! The blind man of St. John's time, was told to wash in the pool of Siloam; he did so, and came seeing. It was made known to the impotent man at Bethesda, that by dipping in the troubled waters, "he should be made whole of whatsoever disease he had." Likewise of Naaman, the Syrian, a similar act restored his "flesh like unto that of a little child." Very likely, in all these cases, there was an unlimited faith in the directions given, which is to be considered as accessory to the cure. Then, water is such a delightful medicine, not a bitter sort of a dose, enough to distort the most "good-natured" phiz, but a simple, uncompounded beverage! quenching the thirst of the laboring man, and the fever heat of the sick. But yet it has co-operating agencies, although it ever acts its own part. The free admission of air to the lungs, through well-opened doors and windows, is a very important accessory, to be always judiciously used of course, not having wide openings at one moment, after exciting labor, and none at the next, changing the in-door air to an oven-heat, by closing them entirely, and "drawing around the fire-side," "to keep the stove warm." Again, let every one exercise actively, about his own business, (if possible,) taking good food, at suitable intervals, and cultivate right and happy emotions, with faith (as before said) in the right, all then will be well, as it can be. The "doctors may, perhaps, raise a man in the last extremity,"—water will certainly revive him, if but "half sick." EMILIE.

#### DRUGGERY IN TYPHOID FEVER.

[A correspondent in Western New York relates the following story, which is very similar to a hundred we have read.]

MESSES. EDITORS:—My sister was taken with the typhoid fever last September. Our physician thought it to be the dysentery at first, and treated it as such, and she ran down so rapidly, that in two days we thought her in a dying state. A council was called (of the Allopaths to be sure, as we out here are not favored with a Hydropathic physician,) the nearest one being seven miles from this place, and he being recently established there, too, and unknown. After ascertaining what her complaint was, we very much wished her case to be treated with water, and prepared sending out to Wyoming, which is ten miles, for Dr. Hayer, with whom I am acquainted, to come with the physician here. Her husband being opposed to water treatment, and a very jealous Allopathic physician to join in his opposition with numberless friends and lookers-on, all equally opposed to the system, altogether conspired to render our situation anything else but a desirable one. We succeeded, however, in sending for him, but he was absent from home, and we could not get him. Our physician gave her medicine for the first five days, when they thought nothing would help her, and suspended that altogether; she was deranged and perfectly raving, constantly calling for water to drink, and pour on to her head; our physician discovered that this was the only thing that would quiet her, and commenced giving what she wanted, saying that *was always his course in such fevers*. And we washed her sometimes as often as four times in twenty-four hours, always keeping the head wet, and quieting her when very bad, by pouring cold water for an hour at a time on the head,—and through the blessing of our heavenly Parent she has so far recovered as to be about the house. But, sir, I wish it were in my power to describe to you the excitement which prevailed for a time all through this little place, on account of our wish to have that

case treated hydropathically; but scripture says the sin of Ignorance is winked at, and we shall have to pass this to the same account.

E. F.

## CASES FROM MY NOTE BOOK.—NO. I.

BY E. A. KITTREDGE, M.D.

**ACUTE RHEUMATISM CURED IN A WEEK.**—Last month I was called to two cases of acute rheumatism, in which the pain and swelling were so great, as to make it utterly impossible for them to move the affected limbs in the least, and would cry out with a wail if anybody touched or even offered to touch them. The pulse was quick and bounding, the tongue coated with fiery edges—and all the symptoms in fact, of what is called rheumatic fever. We ordered the wet sheet-packing, half-packs, sitz-baths, wet bandages, and wash-downs, with entire abstinence from food, and in one week they were both up and about, and got right up.

To one of these I made five visits, he being handy; to the other, three only.

Now when we take into consideration, that in the old-fashioned way it takes generally about three-months to get through an attack like these, I think we may safely affirm that the new dispensation is better than the old, as the results in these cases are such as we can confidently expect in all curable cases. "Such cases don't pay much," said a certain doctor. True, but they do much for the truth, said I.

**A CASE OF CHILDBIRTH.**—The hope of influencing some suffering sister to 'go and do likewise,' prompts me to acknowledge the perfect success with which I have employed hydropathic treatment in a case of childbirth.

I followed a course of daily bathing and diet, during the months of pregnancy, and at the time of delivery, I guess my pains were left in the tub of water, for they did not trouble me.

I was delivered of a pair of twin boys with less suffering than I have experienced from toothache in one hour.

I employed no doctor, and had no attendants except my husband and one female. I assumed the entire charge of my babes, after their first dressing. I have had no sore nipples, broken-breasts, or puerperal fever, that my friends prophesied for me, for my undue exposure, or presumption, as they termed my getting up so soon.

I have not experienced any pain or lameness since the second day after delivery. I was able to walk a mile with perfect ease before my babes were one week old, and have felt no inclination to lie down during the day, since the third day. Neither my babes nor myself have needed any slops, herb-teas, or physic to make us well, and we are in good health.

My bathing, previous to delivery, consisted of a pall dash in the morning upon rising, with an occasional pack, and the abdominal wrapper. At the time of parturition I took a tepid sitz-bath, about an hour before delivery, from which I found great relief. I have continued the use of the sitz-baths twice or three times a day since delivery, with the abdominal wrapper. My diet was mostly vegetable previous to delivery, and has been exclusively so since. It consists of Graham bread and milk, with an abundance of good fruit, and no drink but

"Pure and sparkling water."

My friends who have never seen the experiment tried before, have looked upon me as did the barbarians of old upon Paul; when the viper fastened upon his hand, "they looked when he should have swollen, or fallen down dead suddenly; but after they had looked a great while, and saw no harm come to him, they changed their minds, and said that he was a god."

My friends know me too well to attribute any but human qualifications to me, but they admit the efficacy of the water treatment, which is far better.

I sometimes wish I was a poetess, that I could sing a worthy song for hydropathy; but as I am not, I must content myself by advocating its principles, and loving its precepts.

The JOURNAL is hailed with delight in our western home, as a messenger of good will to all men, and is read with eagerness, while our hearts respond to its soul-stirring teachings. MRS. C. E. C. SHERMAN.

Inglam Centre, Mich.

**AN OLD MAN'S TESTIMONY.**—For fifteen or twenty years past, prior to the two last, my wife has endured all the evils usually attendant in cases called Hypochondria and Lipocondria, has been on the tip-top of the mount, and down in the lowest hell of despair, has been doctored and drugged in the most scientific and unscientific manner, has been twice at the Retreat for the insane at Hartford, but thanks to a kind Providence, is now, simply by the use of Water, (O blessed Water!) and vegetable diet, almost "as good as new."

I write this in hope it may reach the eyes of others in the like sad condition, and induce them to go and do likewise.

Now, Mr. Editor, in my anxiety to benefit my fellows, I write too much or too foolishly for a place in your JOURNAL, then give it a place under the table.

In the month of July, 1849, I accidentally heard of Dr. Wilmarth, of Hopedale, Mass., now at the Water-Cure establishment at New Graefenberg, and went with a poor disconsolate woman to his hospitable mansion. He gave me encouragement that if she could be induced to begin and persevere in a course of Water-Cure practice, she might recover, but told us we must not expect any permanent benefit in less than a year. This looked like a long road and a distant country to set out to reach; nevertheless, not being quite so faithless as Naaman of old, I concluded to try.

After staying two weeks, the doctor gave me directions how to proceed, and I went home and set out in the business in earnest; consulting the doctor by letter occasionally.

I can truly say we have succeeded better than my most sanguine hopes or expectations.

In a little more than a year, the woman began to mend both in body and mind, and is now so well as to be able to do as much labor as any woman ought to do, and her mind is as tranquil as most people of her age (60,) and we jog along down the declivity of life about as pleasantly as other old folks.

By the way, I am almost as much benefited by the use of the daily bath as my better-self; for I have been troubled with inflammation in the eyes caused by erysipelas and nervous headache, so as to be almost useless for many years, but am now almost entirely cured of both these dreadful maladies.

In fine, we are both of us, and our whole family, converts to Hydropathy, and discard drugs entirely.

I want to say to the public, adopt "Hydropathy," reject all intoxicating liquors, tea, and coffee as drinks, and all high-seasoned meats, condiments, and tobacco, as food; and live better in future, and the generations to come will be more healthy, moral, intelligent, God-honoring, than those who have gone before us, or who are now on the stage of human action.

I feel a desire to go on, but as I dislike long stories, long sermons, long prayers, and long faces, I am yours, for Hydropathy, forever. JULIUS CLARK.

**HINTS ON PAPER-HANGING.**—Many a fever has been caused by the horrible nuisance of corrupt size in paper-hanging in bed-rooms. The nausea which the sleeper is aware of in waking in the morning, in such a case should be a warning needing no repetition. Down should come the whole paper, at any cost or inconvenience; for it is an evil which allows of no tam-

pering. The careless decorator will say that time will set all right—that the smell will go off—that airing the room well in the day, and burning some pungent thing or other at night, in the meantime, will do very well. It will not do very well; for health and even life may be lost in the interval. It is not worth while to have one's stomach impaired for life, one's nerves shattered for the sake of the cost and trouble of papering a room, or a whole house, if necessary. The smell is not the grievance, but the token of the grievance. The grievance is animal putridity, with which we are shut up, when the smell is perceptible in our chambers. Down should come the paper; and the wall behind should be scraped clear of every particle of its last covering. It is astonishing that so lax a practice as that of putting a new paper over an old one should exist to the extent it does. Now and then an incident occurs which shows the effect of such absurd carelessness. Not long ago a handsome house in London became intolerable to a succession of residents, who could not endure a mysterious bad smell which pervaded it when shut up from the outer air. Consultations were held about drains, and all the particulars that could be thought of, and all in vain. At last, a clever young man, who examined the house from top to bottom, fixed his suspicions on a certain room, where he inserted a small slip of glass in the wall. It was presently covered, and that repeatedly, with a sort of putrid dew. The paper was torn down; and behind it was found a mass of old paper an inch thick—stuck together with their layers of size, and exhibiting a spectacle which we will not sicken our readers by describing.—*Dickens's Household Words.*

## SIMILIA SIMILIBUS, HYDROPATHICAL.

SIMPLE the modus operandi,  
No need henceforth that any man die;  
The long sought youth-restoring fountain,  
Is found at last upon the mountain.  
That like cures like, the principal  
How simple and how beautiful!  
For is your head oppressed with pain?  
The cure is,—water on the brain.  
Or do sharp pangs assail your breast?  
The cure is,—water on the chest.

Have you a cold from damp sheets caught?  
A dripping sheet is straightway brought.  
Or cold from falling in the river?  
Straight in the plunge-bath you must shiver.  
Or has a blow half broke your back?  
The douche must give another thwack.—  
It's "water, water," everywhere,  
And quarts to drink if you can bear.  
'Tis well that we are made of clay,  
For common dust would wash away.

And then the pack, what words can show  
The aspect of that mummy row,  
As down the ranks the attendant goes,  
To scare a fly or blow a nose?  
No tar e'er lay so snug in bunk,  
Nor in his narrow cell a monk,  
As these folks pack the human trunk.

That great machine, the human mill,  
Is henceforth turned by mountain rill.  
The main-spring of the human clock,  
The spring that gushes from the rock.  
Old Adam's every son and daughter,  
Will now, forever, go by water.  
Then let the threatening Allopath  
Brandish in rage his sword of lath,  
We'll duck him in our coldest bath.

LEBANON SPRINGS, N. Y.—This well known water-cure place is now open for the reception of patients. It will be under the medical direction of Dr. Shew. For particulars see advertisement.

FROM WASHINGTON, PA.—The health reform is making rapid progress in Washington, Pa., as the enclosed *forty names* for the JOURNAL show. This makes almost a *hundred subscribers* you have gained here since July, and we expect, *deo volente*, to double the present number before the close of the volume.

I am lecturing occasionally, as my professional engagements permit, and have been made glad, by seeing the people so easily convinced of the propriety of adopting the reformation. They are ripe for it. They see the danger, and have *felt* the evils of quackery, and as soon as a better way is pointed out, they will walk therein. I have obtained fifteen subscribers at one lecture, in a place where the JOURNAL was before unknown. Will not these JOURNALS make allopathy quake? Their facts and arguments will be appreciated by the people of our county; for they are too strong to be set aside by as intelligent a community as ours. We will do our share in sustaining the JOURNAL. Most of us lend our JOURNALS; so that you have at least ten readers for each subscriber, and soon you may expect to have the circulation increased tenfold. And why should we not lend? Whoever knows the redeeming principles of the health reform, and withholds them from his neighbor, is no philanthropist. Then we will lend our papers to those who will read, and talk the health laws to those who will hear, till the doctors (destroyers?) shall be permitted to try their skill only on rats, hogs, and mad-dogs. Some of them now begin to think their time to poison people is short, and they look wild.

A patient had "run the gauntlet" between three doctors for a year, and resolved to leave them before she was dead. She gave one of them due notice, and cited to him the case of a young man who had been drugged almost to death by several doctors for a year or two, for having dyspepsia, liver-complaint, costiveness, &c., and whom I had cured in a few months, and she hoped she might be restored to health, and was resolved to try. Opening his mouth he exclaimed:

"Oh, that man cured himself by diet and bathing."

Poor, ignorant, deluded man! How long till you will learn that *diet and bathing*, now rejected by your impudent self-conceit, will cure more than all the poisons you ever administered? Will even cure after your drugs have reduced your victim to a skeleton, and brought him to the brink of the grave? I could detail a score of cases that would shock humanity by the destructive results produced by the skillful administration of poisons: and another score, that would show the brighter side of the picture—the cheering results of a rational mode of treating disease; or, as the doctors say, of letting patients *cure themselves*. But at present I forbear. Be assured the work will go on.

The system of diet advocated in the JOURNAL is also gaining adherents. Several families have used less *pork*, and *tea*, and *coffee* since, than before their acquaintance with the JOURNAL; and some are trying to use less *tobacco*. But the perverted appetite is a hard master, and it may be some time before *all* will gain their liberties. Be not discouraged. Let people know that if they will "defile themselves with swine's flesh," and impair their nerves with stimulants, they must take the consequences. Let them know too, that if they can be made free, they should choose freedom from all unnecessary desires, that they may prepare the *mind* for an enduring life. And let the doctors know that we "*carry the war into Africa*," and whenever they feel like defending their system before the people, and wish assistance, they can obtain it by calling on their friend,

WM. P. T. COAL, M.D.

THE FIRST BEQUEST.—[In conformity with a proposal published in the March number of the WATER-CURE JOURNAL, page 33, we have received the first Bequest of ONE HUNDRED DOLLARS. The following brief letter will explain.]

Big Spring, Laport Co., Ind., April 4th, 1853.

MESSRS. FOWLERS AND WELLS:—Please find enclosed a draft for \$100, as a bequest from Mr. JOHN JOHNSON, to be disposed of as your own—as expressed in a former letter. He will donate largely by and by for the benefit of the HEALTH REFORM SYSTEM.

Yours truly, INGRAHAM GOULD.

Annexed we present the form of a Bequest:—I give and bequeath to "THE AMERICAN HEALTH REFORM SOCIETY," in the city of New York, the sum of — dollars, to be applied to the uses and purposes of said Society.

Already considerable sums have been promised, to aid in carrying out this great Reform,—so imperiously demanded by the thousands who are on the road to a premature grave. Let us try to prolong their lives by the diffusion of Physiological knowledge throughout the world.

Letters containing remittances for the purposes above specified, should be directed to the publishers of this Journal, as follows, FOWLERS AND WELLS, Clinton Hall, 131 Nassau St. New York.

## Ca Correspondents.

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

## Professional Matters.

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

VEGETABLES AND RESPIRATION.—R. W. Jr., Cuba, N. Y., wants to know whether vegetables, growing in a tight room, are in any way injurious to the health of persons occupying the same room, and if so, how? They are injurious *during the night* by emitting carbon, and to some extent absorbing oxygen. A large collection of plants and flowers in this way might actually destroy life by suffocation. In the daytime the effect would be very different; for in the light plants absorb carbon, which animals throw off, and evolve oxygen, which animals respire.

CLAIRVOYANCE.—Zeno, of Penn., tells us that a couple of clairvoyants are travelling through his section of country, prescribing to all manner of diseases, and indicating the whereabouts of all manner of precious metals—iron ore, stone-coal, silver and gold—and asks our opinion in the general premises. Our advice is, most decidedly, that the clairvoyants are humbugs; but that there is such a thing as clairvoyance, we have no manner of doubt. It is, however, sometimes difficult to distinguish the genuine article from a spurious imitation; and the application of the very best quality to the healing of diseases, and the discovering of gold mines, is exceedingly limited.

CONTRACTED MUSCLES.—H. C. V. L., Woodview, O. The case of inflammatory rheumatism you describe may be much benefited, but we can hardly expect a cure. Your management is very judicious.

DEAFNESS.—J. N., Cazenovia, N. Y. "I have a son about fourteen years old, who is partially deaf, and has been troubled in this way for several years, and when he takes cold the deafness is increased." Such cases are usually curable by water-treatment. The general health must be first attended to, then the ear syringed with tepid water.

INDIGESTIBLE FOOD.—J. H. R., Greenville, S. C. "I have long been a sufferer from dyspepsia, and no physician has given me any relief, and I would be glad to have any book that would tell me of a method of cure. The vegetable diet, of all foods taken into my system, I find to be the most *indigestible*; and yet the JOURNAL recommends the vegetarian system!" Precisely so, sir. We have cured scores of just such cases on strict vegetable diet. Your difficulty may be not unlike that of many persons, so accustomed to brandy or wine that simple water sits very badly on the stomach.

The error is in a perverted or depraved physiological condition, and this must be reversed or restored. Commence your vegetarian diet with one or two wheat meal crackers, and part of a good ripe apple twice a day, until the stomach can bear it well, then gradually increase the quantity of food; and by-and-bye gradually introduce a variety of vegetables, fruit, and farinaceous preparations.

RHEUMATIC PAINS.—J. J., Jr., Sandusky City. "I have been troubled with a rheumatic pain in my right shoulder since February last, periodic in its attacks, and which some have suggested was occasioned by a heart disease." There is probably no heart disease about it; but probably a torpid liver and over-acted nervous system. Wear the wet girdle, take a daily hip-bath, and eat plenty of cracked wheat, brown bread, potatoes, fruits, &c.

ALLOPATHIC SLANG.—A correspondent, writing from Illinois, informs us that it is reported there by an allopathic practitioner, of extensive practice, that one of the publishers of this Journal encourages the dispensation of patent medicines by occupying the position of President of the Graefenberg Company, &c., and asks, "how is this?" It isn't "no how;" it's a lie—or more politely speaking, the representation is based on a misapprehension of the truth.

DENTIFRUGAL.—C. and others. "Dr. Trall, will please answer the following: Is powdered charcoal injurious to the teeth or gums, when used to clean the teeth in cases where brushing with water will not answer perfectly? If so, what's the substitute?" Many say that charcoal rots the teeth, and it has become quite the fashion among the 'ladies' in Providence and other places to clean the teeth with "yellow snuff."

Some ten or a dozen years ago, an invalid went to Priesnitz's establishment, who hadn't known the taste of pure water for nearly twenty years. He had even used wine to scrub his teeth and wash out his mouth, fully believing that the internal use of *raw water* was dangerous! Those ladies who have jumped from charcoal to snuff, have made a still greater blunder. Charcoal is harmless, if pulverized so fine as not to irritate mechanically; whereas, no lady can take snuff into her mouth without defiling her whole person, as well as irritating the nerves, and stupefying the senses of smell and taste. The best that can be said, it's a *nasty habit*. Any *fine powder*, which possesses no active, medicinal, *alias*, poisonous properties, and is not corrosive to the tissues by its acid or alkaline nature, makes a harmless dentifrice.

BOILS.—H. D. M., Romley, Mass. "Will you please inform me, through the WATER-CURE JOURNAL, what I can do to prevent having boils? One year ago I was troubled with them two or three months. This spring they have again made their appearance, much to my discomfort. I have had a number just above my ankle. My foot and ankle swells so and is so very much inflamed that I cannot step my foot to the floor. There is so much inflammation, such a terrible burning heat, it appears like the erysipelas, and I plunge them into cold water. Is that right? I think my blood is impure. Is an inactive state of the skin one cause of it, and would the wet sheet pack be advisable?" Exactly; it would. Take a pack for an hour once a day for a month at least, and live meanwhile on a plain vegetable diet.

CHRONIC CATARRH.—H. H., East Wareham, Mass. "What is your method of treating chronic catarrh? I could describe a case, but might be too lengthy." A lengthy description is precisely what we want. We have not room here for detailing general treatment; but merely answer, very briefly, specific questions. We must, moreover, prescribe according to the particular circumstances of each case.

SPASMS.—S. T. W., Woodstock. "Screaming spells" in children, coming on during the night, and attended with mental abstraction, loss of consciousness, or even violent craziness, are often caused by worms, and sometimes by injuries. We could not indicate the precise cause of the trouble with your little girl, without examining her personally or knowing her whole history.

KENTUCKY.—M. B. K., of Tennessee, wants to know if there is any hydropathic establishment in Kentucky? There the "Mammoth Water-Cure" of Dr. Graham, (Dr. Scales,

physician,) at Harrodsburg. It is a watering place on a magnificent scale, with a water-cure department.

**TORPID LIVER.**—M. B. K., Trenton, Tenn. Cases like yours (which is really jaundice in one form) are common in the Southern and Western States; especially with those who, like yourself, have taken a vast amount of calomel. Calomel in the liver is very much like alcohol to the nerves. It makes it work with disorderly force a little while, and leaves it torpid forever after. The complaint requires wet-sheet packing, hip-baths, the wet girdle, and a coarse vegetable diet.

**HYDROPHOBIA.**—H. O., Ingham, Mich. "There has been much excitement in this vicinity of late, in consequence of mad dogs and their effects, which have been truly distressing. And there is much difference of opinion whether hydrophobia is contagious. Some also state that no other animals than dogs and their species (wolves and foxes) can communicate the disease. Others aver that an animal, having died from the effects of the bite of a mad dog, and eaten by hogs or fowls, they too will take it; and that cattle running with others having been bit, will take it from them. One man had two heifers bitten, and after twenty-five days they both run mad, and his cows licked the froth from their mouths. Would it be safe to use the milk from these cows?"

Hydrophobia is not contagious: that is, not communicable except by contact. Nearly all animals can take and communicate the disease, yet such carnivorous ones as eat putrid animal matter will receive and impart it most readily. Hogs and fowls may get the disease by eating animals that have died of it; and so they might if the animals had died of any other disease attended with violent febrile or inflammatory excitement. It would not be healthful to use the milk of the cows above mentioned, although hydrophobia would not result from it.

**WET BANDAGES.**—L. L., Westfield, Mass. "Should wet bandages be put on before the surface becomes hot after rubbing?" They may be put on at any time when there is no sense of chilliness present, or rather a comfortable sensation of temperature. You speak of sweating. Do not carry this process so far as to produce much relaxation or debility. In other respects your plan of self-treatment is judicious.

**TYPHOID FEVER.**—A Wisconsin subscriber propounds the following:—"Was the typhoid fever ever cured by water-treatment?" Yes, in thousands of cases. Hundreds have been treated hydropathically in this city, during the last two years, without the loss of a single patient, when the treatment was strictly hydropathic from first to last.

**SPEECHLESSNESS, &c.**—J. J. S., Coolville, O. "Please tell in your next Journal the best method to remove long continued soreness of the lungs, with inability to speak, attended with much severe coughing, when the general health has been well preserved by bathing." The disease may be bronchitis, and if so is a severe case, and requires the most careful management as detailed in the Encyclopedia; or possibly the speechlessness may arise from torpor of the external abdominal muscles, requiring kneading, thumping, pounding, and various other gymnastic exercises. Your description is not full enough to enable us to say positively what the disease is.

**FINCH'S OBSTETRICAL SUPPORTERS.**—A. B. Franklin, N. Y. "In sending lists of subscribers to the JOURNAL, I have, I think, on two occasions alluded to this contrivance with the views of its utility, &c." We have no views of the "utility" of this new abomination of old school humbuggery. The idea of harnessing up a woman to be delivered, as you would an ox to be shod, is in keeping with the whole scope, and scheme, and science of midwifery on the allopathic plan. We repudiate all and every kind of artificial machinery, and go for having children born in the natural way.

**BROMA.**—Sufferer. "Will you be kind enough to inform me in your next, whether the preparation known as 'Broma' is constipating? It is extensively used by families in this city. I have used it for the last six months constantly, during which time my bowels have been in a very uneven state, and I can attribute it to nothing else. Will you please say whether it is a healthy preparation, and approved of by the hydropathists?" The article is constipating, and like all constipating articles induces secondarily, diarrhoea. It

should only be used, if at all, in connection with a large proportion of fruits and watery vegetables.

**SALT-RHEUM.**—J. D., Lenox, O. "Please inform me, through the JOURNAL, what will cure the salt-rheum?" A daily pack for an hour, followed by a half-bath, or dripping sheet, and a plain vegetable diet. In bad cases, it may take a year or two to entirely eradicate the malady.

**SORE EYES FROM LAMP-LIGHT.**—H. C. T., Marlboro' N. H., states that he has had weak and sore eyes for the last year and a half, induced by severe study by lamp-light, and asks us to explain the cause and the remedy. As you do not tell us anything of your past or present habits, nor the diseases you have had, nor the doctoring you have suffered, we can only infer that the cause is just what you have stated—severe night-study—and the remedy is, in general terms, an avoidance of that cause in particular, and strict attention to all the rules of health in all respects.

## Business Matters.

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

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

## OUR JOURNAL ABROAD.

BESIDES "VOICES FROM HOME," which we publish elsewhere, we feel confident that our readers will be glad to know what the "PAPERS SAY" of the WATER-CURE JOURNAL. We appreciate these voluntary commendations, emanating as they do from the highest sources of popular education. These hopeful words of our editorial brethren will cheer up, strengthen, and encourage zealous co-operation on the part of all good Friends of the Cause.

### From the Nashville Oasis, N. H.

The WATER-CURE JOURNAL should be put down, or some of the doctors will starve! It wages war against the interests of allopathy, homoeopathy, hydropathy, and every other pathy, by inculcating in plain terms that physiological and hygienic truth which has heretofore been kept under the lock and key of medical professors. It is preventing a vast amount of suffering, and curing incipient disease without a single fee, or a drop of medicine. It is given away, by Fowlers and Wells, New York, at one dollar a year. Besides its utility, it is one of the most readable and entertaining of periodicals, as we could prove if we would mutilate it with scissors.

### From the Oshkosh Democrat, Wis.

The WATER-CURE JOURNAL is one of the really valuable publications of the day. It treats of one the essentials of human happiness, health, its conditions, how to regain it, and more important still, how to preserve it. It teaches how to make "every man his own doctor"—how to cure himself and others, and how to keep well, and all without the aid of drugs, pills or bitters. It's death on "doctoring"—everything else it makes alive. Everything connected with cleanliness, diet, dress, exercise, ventilation, &c., is treated of in its columns.

### From the Decatur Press, Ind.

There are three productions we have often thought every man ought to read—the Bible, the home paper, and books teaching the laws of life and health. The one points to a better world, the other teaches him his duties to his country, and the last the great duties he owes to himself. It is hard for us to conceive how one can be a good Christian, a good citizen, or a happy man, without making these his daily text books.

The WATER-CURE JOURNAL is a valuable collection of physiological facts, showing the application of water to the treatment and prevention of disease, presented in a plain, practical manner, without the specious humbuggery of technicalities and "words of learned length." No man can read it without becoming a wiser man, a better man, and a more prosperous man. The subscription price, one dollar, will prove an annual saving of a thousand per cent. in doctors' drugs and patent humbugs, to say nothing of the wear

and tear to the "inner man," in being compelled to swallow them. Try it.

### From the Palmyra Courier, N. Y.

THE WATER-CURE JOURNAL.—Those who have watched the progress of the system which this publication advocates, hail it as a boon to mankind. Its principles are those of reason, and conformity to the laws of nature, enforcing temperance in all things, and so far as human ability is concerned, ensuring health and the enjoyment of life. On the 1st of January, 1853, will be issued the first number of a new volume. Now, therefore, is the most favorable time to subscribe. Terms, \$1 a year. Published by Fowlers and Wells, 131 Nassau street, New York.

### From the Saratoga Whig, N. Y.

THE WATER-CURE JOURNAL.—This periodical commenced a new volume with the new year, and from the appearance of the first few numbers, will no doubt sustain during the present year its previously well-earned reputation. The editors are plain, out-spoken advocates of all reforms that conduce to the health of mankind, and no one who reads and heeds the teachings of this Journal will fail to be benefited thereby. It not only teaches how to get well after one is sick, but it tells how to keep from getting sick. Published monthly at one dollar per annum.

### From the Whitehall Chronicle, N. Y.

THE WATER-CURE JOURNAL.—It is one of the most beautifully printed periodicals in the country, and is filled with matter of the highest importance to the public. It aims to make every reader acquainted with the structure, functions, and relation of his own body, and to every one an unerring guide in the preservation of health, or its restoration, and in the accomplishment of those objects we do not hesitate to say it has been eminently successful. It should be a regular visitor to every family in the land.

### From the Literary Gleaner, Pa.

This truly popular monthly is now in its fifteenth volume. It is most certainly the prettiest, most useful and important work that can be introduced into the family circle. Apart from the variety of reading material, the principles laid down for preserving health, by the simple external and internal application of water, exercise, diet, etc., must recommend it to every one, who wishes to possess a strong mind and healthy constitution. Now is the time to form clubs—the terms are very liberal. Twenty copies for ten dollars.

### From the Chenango News, N. Y.

WATER-CURE JOURNAL.—This is, in truth, a "Herald of Reforms." Reforms which, we believe, will continue to benefit and bless mankind. Of all the many valuable works Messrs. Fowlers and Wells have given to the world, we know of none which exceeds this in practical usefulness; and its past success is good evidence that the principles it advocates are founded in truth, and rightly appreciated by its tens of thousands of friends. Only one dollar per annum.

### From the Union Village Journal, N. Y.

THE WATER-CURE JOURNAL.—This Journal is steadily pursuing the even tenor of its mission in exposing the evils of an indiscriminate drug-practice. It is bold and unflinching in the good work of disseminating a knowledge of the Laws of Life and Health, and the relation which Hydropathy sustains towards these. We know of no Journal at the present day which is doing so much to promote a knowledge of disease and health, and the means of promoting the one and preserving the other, as the WATER-CURE JOURNAL.

### From the Model American Courier, Pa.

THE WATER-CURE JOURNAL is one of the most beautifully printed and admirably conducted works that is issued anywhere in this country. However little we may understand personally and practically about this matter, we cannot but be very favorably impressed in its favor from the array of distinguished names that we see enrolled in its behalf, and from the very able manner—both in a medical and literary point of view—in which the works on this subject are published by Fowlers and Wells, New York.

[We might, and may, at another time, continue these "notices," from most of the American newspapers, which show most conclusively, the high estimation in which the WATER-CURE JOURNAL is held. All this, together with the thousands of individual testimonials, are enough to incline us to work

on, early and late, in a cause of such momentous importance. A cause in which the health and lives of unborn millions are at stake. We are generously aided in this great work by the PRESS and the PEOPLE, for which the fullness of our thanks and heartfelt gratitude cannot be expressed with language, written or spoken.]

**DR. TRALL'S ESTABLISHMENT.**—The "Hydropathic and Hygiene Institute" at 15 Lighthouse street, we are pleased to notice, has been again improved, and enlarged by the addition of the double house adjoining, (late residence of Messrs. Schuylers,) which has been fitted up for the reception of invalids. The whole making a spacious and commodious institution, capable of accommodating one hundred or more patients. We may mention also, as among the best evidences of the progress and success of the new system in this metropolis, that the Doctor's premises are not yet large enough for the numerous applicants for rooms; and that still further additions are contemplated. Perhaps no better evidence need be offered that the system we advocate will bear investigation, than the fact that Dr. Trall has practiced hydropathy in the same neighborhood for the last ten years, with a constantly increasing business, (having previously practiced allopathically for about ten years.)

The Female Department, under the more especial charge of his assistant, Dr. Hosiord, is also to be continued, with increased facilities for that branch of the healing art.

Friends of water-cure, and physicians of all schools, we are authorized to say, are always welcome to visit the establishment. They will always find many and distant parts of our extended country represented among its cure-guests, and a liberal sprinkling of all that is radical and revolutionary in the various reforms of the age, among its permanent inmates.

We have just received the annual report of the New Græfenberg Water-Cure Establishment, for the last year, containing a statement of all the cases heretofore treated at that Institution, together with a detailed statement of many cases, written by patients themselves, over their own names. Some of these cases are of a most remarkable character, and come from sources of the highest respectability. A candid examination of this report cannot fail to convince all of the superior efficacy of this mode of treatment, and the remarkable success of this Institution, which is one of the oldest, as it is one of the best in the country. To any person making application by mail, post-paid, a copy of this report will be sent gratis. Address R. HOLLAND, M. D., New Græfenberg, N. Y.

J. F. H., Little York, Ill., wishes to know if we can supply single numbers of the Encyclopædia. We can.

**SELF-IMPROVEMENT; OR, Education in the FAMILY, THE SCHOOL, THE FIELD, and THE SHOP.**

**THE STUDENT**

Embraces a broader field than any other magazine before the public, as it is so arranged as to adapt it to every member of the family, children, parents, and all. Its object is Physical, Moral, and Intellectual Improvement; and to accomplish this, it aims to develop body and mind, by mingling wholesome amusement with pleasing instruction, thus awakening a taste for such reading as will be practically useful in life, and prepare the Youth to become true Men and true Women.

Its plan is original: having a department for the older members of the family, one for the youth, and another for children, and another for parents and teachers. It contains history, biography, travels, science, &c., with numerous engraved illustrations.

ITS MUSEUM is a department for the curious, and is filled with a little of everything amusing, instructive, beautiful, puzzling, and entertaining.

ITS POPULARITY and character may be inferred from what those who have long known it testify in regard to it:

"The style of the writings is simple and chaste; its subjects those of first and fundamental importance, and treated in a manner to fix attention. There is no periodical within our knowledge that would supply its place as an educator."—*Windham County Democrat, Vt.*

"The prominent feature of this magazine is its sound and practical character. It contains nothing not calculated to teach the young something of real value."—*Randolph Whig, N. Y.*

"This is one of the best collections of interesting and useful reading for the young within our knowledge."—*Transcript, Mass.*

"Its aim is, and we think it has been eminently successful, to furnish its readers with a pleasing variety, adapted to

the capacity of persons of all ages, and at the same time to present such subjects as would implant in their minds the great principles of virtue and truth, while it served to develop the intellect, and not to please the fancy merely, but to interest and enlighten the mind; to enkindle a love for such learning as can be made practically useful in life. This surely is a laudable and praiseworthy object, and should be encouraged and promoted by a widely extended circulation."—*Freedomian, New Brunswick, N. J.*

"It is well calculated to impart that high moral tone to the young, which is so necessary to the well-being of society."—*Vermont Statesman.*

THE STUDENT, Edited by N. A. CALKINS,

Is published on the first of each month, containing THIRTY-two large octavo pages, with numerous illustrations, on the following

TERMS, IN ADVANCE:

Single copy, one year . \$1 00 | Eight copies, one yr . \$6 00  
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FOWLERS AND WELLS,  
Clinton Hall, 131 Nassau street, New York.

A new Volume commences with the present month. Now is the time to subscribe.

**POSTAGE ON BOOKS.**—In response to the request of numerous subscribers, the publishers give, in advertisement, a list of books, with prices annexed, including postage. By this arrangement the purchaser, who receives a book by mail, saves fifty per cent. on the cost of postage.

When single copies are wanted, this is the best way to obtain them. [See List in March number.]

AGENTS, who wish for large quantities of these publications to sell again, will order them to be sent by express, or as freight.

The regular retail and wholesale prices of all our books remain the same as formerly, the postage only being added when sent by mail, and prepaid by the publishers.

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

**Our Exchanges.**

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

**BLOOMERS.**—A young lady in this county, who is the owner of some fifty acres of land, performs all the manual labor on the farm without any assistance. Even her saw logs are taken to the mill by herself.

Ye Bloomers of the northern portion of Stark county, what thank you now?—*Ohio Picayune.*

THERE are sixty-six babies in Charlestown, Mass., who have Frank Pierce attached to their names.—*Saturday Evening Post.*

Mrs. Partington thinks there are not quite so many Winfield Scotts as there would have been if—she stopped here, pulled down her glasses, and took a look at Isaac.

**WOMEN AND TEMPERANCE.**—Hitherto the masculine gender have occupied the platforms and the pulpits as lecturers; but of late this labor of love and honor is being divided, and WOMEN are to be the champion lecturers. And why not? Has she less "experience" to relate than man? and having a "tongue," can she not relate it as well? The *N. Y. Palmyra Courier* announces a new candidate as follows:

"We have just been favored with a visit from Mrs. Angeline Fish, of Victor; a lady who is becoming generally known as an eloquent and highly interesting lecturer upon the subject of Temperance. The Methodist Church was crowded with an intelligent and apparently deeply interested audience. The whole lecture was one that would do credit to any public speaker, upon that or any other subject which we have had among us during the past winter. The lecture gave the most unquestionable evidence of a high de-

gree of talent, combined with a deep and abiding sense of Christian responsibility."

**A MAINE LAW WOMAN.**—A man in Cincinnati, the other day, bought a barrel of whisky and a barrel of beer, intending to set up a coffee-house. His wife opposed the movement, and while the husband stepped out to complete his arrangements, she rolled the casks into the street, and knocked their heads in.—*Beverly Citizen.*

[And thereby probably saved her own "head" from being "knocked" in. We believe in that sort of "self-protection;" especially in all partnership concerns.]

FOWLERS AND WELLS, after considerable of an intermission, have sent us their publications—the *Phrenological Journal* and the *WATER-CURE JOURNAL*.—These we have often said to be good works; the only fault we have to find is, that they occasionally fail to reach us.—*Wellsville Journal.*

[Not our fault, friend *Herald*. All right on Book. We send regularly. Guess the JOURNALS get stopped on the way by some young sinner who is desirous of becoming a convert, but who still holds to the Allopathic faith. Well, let him read a few numbers more, and we'll then fetch him into the drink, and mend his manners. Some badly doctored folks need watching, as well as washing.]

**Literary Notices.**

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

**DOMESTIC MEDICINE; A Treatise on the Practice of Medicine.** Adapted to the Reformed Botanic System; Comprising a Materia Medica. With Numerous Illustrations. By J. Kost, M. D. One Octavo Volume. pp. 624. Price \$3. Cincinnati: F. Bly.

Great industry is exhibited by our Cincinnati co-laborers in the building up of medical colleges, graduating pupils, and publishing books, journals, papers, and so forth.

Of the merits of this system (Thomsonian), we need not now speak; but of the mechanical execution of the volume before us, we may say it is very creditably done, and will doubtless meet with a ready sale among that class for whom it was intended.

The following paragraph quoted from the work will find a hearty response from all lovers of the *WATER-CURE JOURNAL*:

"One thing is remarkable in reference to safe medication,—that the people are in advance of the profession. They seem to be less heroic in the use of poisons than the latter, and when they prescribe for themselves they usually employ very simple and harmless agents, and hence occasion much less mischief than might be apprehended. They have an opportunity also of observing the peculiarities of their own habits, susceptibilities and necessities, and when informed on the subject of medicine as much as they are on other subjects, generally, they will in many cases prescribe more successfully for themselves than physicians who have less chance to know their cause."

"The people" in advance of the medical profession, are they? A sorry confession—but it is true. Unless the doctors change for the better soon, "the people" will sing a song to the tune of "Good bye, Doctor." The sooner the better.

**A TREATISE ON MIDWINTER, and the Diseases of Women and Children.** By Horton Howard. Octavo. pp. 220. Price \$1 00. Cincinnati: F. Bly.

Founded on the Botanic system. Of course it considers the subject in the light of that system, and is, we presume, acceptable to Thomsonsians; but we Water-Cure folks think our children the smartest, and our plan the best. Those who think otherwise, will act otherwise.

**THE PENNSYLVANIA FARM JOURNAL.** J. L. Darlington and A. W. Spangler, Editors.

Published monthly at \$1 00 a year, by Bowen, Meredith, & Co. in Westchester, Pa.

A new Volume [III.] of this excellent Journal was commenced in April. It has obtained a reputation for ability, correctness, thrift, and enterprise. It cannot be too widely circulated. Every Farmer would derive pleasure and profit by becoming a reader of its ample and attractive pages.

LECTURES ON LIFE AND HEALTH; or, the Laws and Means of Physical Culture. With Illustrations. By W. A. Alcott, M.D. 12mo. pp. 500. Boston: Phillips, Sampson & Co.

Another book! I by that most prolific author, and most inveterate lecturer and talker. Dr. Alcott has made his name familiar as Household Words throughout that part of the community who hear, read, think and work; and, especially, who subsist on vegetables!

Is there a new idea afloat? The doctor is after it, sounds it, appropriates it, and disseminates it through his myriads of books, pamphlets, tracts, newspapers, Health Journals, new schools and old schools,—Hydropathic and Allopathic,—and passes it on down to a never-ending eternity. No man of this age, or nation, makes more of the gifts inherited,—physical and mental,—or of talents acquired, than this ever-busy Dr. Alcott.

Those who have read previous works by the Doctor—and who has not?—may judge of the merits of the present. We have not room for the "Table of Contents," which occupy more than a dozen solid and closely-printed pages in the book, but will simply add, the whole ground is covered, and all current opinions on the subject are re-presented. The volume sells for a dollar and a quarter, and may be obtained through the office of this Journal.

LETTERS TO COUNTRY GIRLS. By Jane G. Swisshelm. 12mo. pp. 219. Price 75 cents. New York: J. C. Riker.

A capital book, not only for "country girls," but for girls everywhere. We shall send copies to some young misses we know of, who need the instruction and advice contained in these letters.

The *N. Y. Evening Post* speaks rather ungalantly when noticing the book:

"These good-natured, gossiping letters were published by Mrs. Swisshelm in her *Saturday Visitor*, to tell the girls some things she knew and they did not. They were received with sufficient favor to induce the writer to collect them into book-shape. All sorts of subjects are treated—fingers and flowers, house-keeping and the heart, carpets and cleanliness, belles and butter, piety and pin-cushions, cooking, coffee, churning, coral baskets, catsup, and consumption—and handled in a lively, pleasant way."

The *N. Y. Tribune* talks more politely, and says:

"Her book reminds one of Cobbett. Like him, she drives straight ahead—talks about common things in a common way—is not afraid to treat of homely affairs without doling—and brings forward a great deal of good advice about matters that are seldom spoken of. The volume consists of letters addressed to country girls, and is filled with racy discourse touching all sorts of rural affairs. Now, Mrs. Swisshelm tells the girls to take care of the peach-trees—now, how to avoid growing old, withered, and wrinkled, fifteen years before their time, like most American women—now, not to scrub, and cook, and scour, till there is no time left to plant a tree, or vine and flower—now, that they might be better employed than in killing one-half the traveling preachers with chickens and other fixings. Then she expatiates on carpets, curtains, and coloring, wire-tence and hedges—the good uses of soap and water, haying and harvesting, tea, coffee, and saleratus. On all these points, and many others, Mrs. S. is well posted up, and she tells what she knows in such a good-natured, humorous way, that we dare say she will prove a great favorite, although she is 'neither Addison nor Milton.'"

BEATRICE; or, The Unknown Relatives. By Catharine Sinclair. 12mo. pp. 384. Price \$1 00. New York: Dewitt & Davenport.

A religious novel, of extraordinary interest, commended by all the leading clergy of Protestant England and America. The Publishers say:

"The work is issued with the special approbation and under the sanction of the leading Protestant clergymen of New York, and cannot fail to make its way into every Protestant family in the Union. It is the fiction of the present century, and will, we doubt not, be found by the Jesuits to be the most powerful and invincible enemy that has ever yet uprisen in their path."

Thus it may be seen that the mission of this work is not that of peace, but of war, open and uncompromising. A war on Catholicism, in which the whole combined Protestant Church is expected to participate. It looks a little singular to find the names of an army of our oldest and most conservative Dominions engaging so heartily in this Christian fight, or holy war. We quote the Rev. Dr. Gardiner Spring, of the "Presbyterian Brick Church," of New York:

"Beatrice is a good book, and worthy of its distinguished author. It is well written, and calculated, at the present time, to be useful. As an exhibition of the practical errors of the Roman Catholic church, it deserves a wide circulation. Portions of the work are also argumentative, and the argument is sound."—GARDINER SPRING.

## Talk and Copies.

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

SUGGESTIONS.—FRUITS.—DWELLING-HOUSES.—Permit me to make a couple of suggestions to you in reference to the matter which I would be glad to see published in your paper, which, I think, you rightly denominate a "Journal of Health." I report myself to you as almost a vegetarian, consequently, it would interest me to see some practical directions in the JOURNAL respecting the cultivation and preservation of the most valuable fruits; and though the subject is treated in some other publications, it appears to me that, in a hygienic point of view, its discussion would be of considerable importance, as many of your readers do not receive any work giving the directions referred to. Would such a subject be foreign to the object of your JOURNAL?

Another subject, on which I would be glad to see something, is in regard to the construction of dwelling-houses, so far as health is concerned, including the situation of out-buildings, shade-trees, &c. Some, at least, might profit by such discussions. D. T.

[Both suggestions are good, friend T., and you have our thanks for making them. In regard to the first, we had anticipated you, and are collecting matter for a series of articles on fruits, the first of which will appear in our July number. The other shall also receive attention at as early a day as possible, for there are few subjects more important or more neglected.]

GOSSIP FROM NEWPORT, N. Y.—This seems to be the last corner of the "Empire" to embrace Water-Cure. O! fashionable hours, fashionable meals, dress, drugs, and "fashionable doctors," how long will ye hold tyrant sway over deluded man?—how long, ye vipers, will ye keep your iron heel on our "fashionable" citizens' necks? O that we could have a Mrs. Bloomer, or some other Good Samaritan, to lecture to us about this great reform. I have taken the WATER-CURE JOURNAL over two years, and of all the newspapers and monthlies, that brings them all down. More anon. "A COW-BOY."

A. HOWLE, Monroe, Ohio, to whom we are indebted for a club of subscribers, writes that a course of lectures on Hydropathy is much needed there, and that a good Water-Cure Physician might find it a good location;—at any rate, that there is a sad need of one. We commend his case "to whom it may concern."

THE NEW WORLD CRYSTAL PALACE will be opened in the course of the present month, in the city of New York.

POST-OFFICE REFORM.—The outgoing and incoming of old and new parties political, causes a general breaking up of, and the reorganization of, the public business, and is worse than an old fashion, "house-cleaning." Officers, with experience in particular departments, must vacate in favor of those not only inexperienced, but, in some cases, of persons totally incompetent, and an irresponsible deputy employed to perform official duties. Thus a Postmaster, every way acceptable to the people, is "turned out," and a "party man," without experience in the management of a post-office, succeeds him. The consequence is, confusion confounded prevails throughout the nation. Letters, papers, and other mail matter get miscarried, stolen, lost and robbed, and nobody seems to be responsible. These are the evils;—but, on the other hand, those ugly, unobliging, ungentlemanly postmasters and clerks are discharged, and sometimes a decided change for the better takes place. We believe in permitting the people in each county, town and village to elect or choose whom they prefer to act as their postmaster. But we must submit to the powers that be, merely suggesting that a REFORM is needed, and may be made. It rests with "the people."

THEY ARE COMING TO IT.—EXTRACT FROM A LETTER.—"A physician of my acquaintance (an Allopath) told me last

week that he had had 120 cases of measles had not lost a case;—cured them all with the cold water treatment;—gave no medicine but salts."

[A very good beginning. We trust he will take another step, ere he has occasion to treat the measles again, and dispense with the salts.]

GOSSIP FROM OHIO.—Oh, gossipers! if your tongues are tied so you can't talk, pray open your ears, and listen. Did you ever see a pair of "old uns,"—an old maid and widower, for instance,—whose heads are gray and faces wrinkled, with their heads together as lovingly as two young doves, whispering soft nonsense in each other's ears? If not, just peep with me into the "other room" of a comfortable Ohio farm-house, and load your tattling tongues with gossip. There they sit, in the genuine sentimental attitude,—the straggling light of the beech-wood blaze, mingled with the gentle-beams that fall from Lara's face, partially disclose their grizzled locks and furrowed features; and, also, near the chimney corner—a puddle of tobacco juice—Cupid is playing silently around them, mischievously blinking his merry eye, intent upon some sport—for you know that he now and then must have a spree, and it delights him exceedingly to play his droll pranks with all such superannuated candidates for matrimony. All unheard, he darts around, and wraps about their hearts his silken chain; he has them closely twined together, and all that's wanting now is a—kiss—to seal the whole affair. But, ah! Ruth throws up her handkerchief,—"Joshua, you sha'n't kiss me without you spit that nasty tobacco out of your mouth!" Out goes the tobacco. "Yes, but you've got to wash it all out first, and promise you'll never put any more in." Cupid chuckles, and shoots his last dart, which proves to be a finisher—for Joshua, after hesitating a moment, which seems to him an age, mutters, "Wal, I s'pose I'll have to—so here goes," and tossing his tobacco box behind the back log, he meekly complies with Ruth's requisition, and—'all's right.

Now, dear gossipers, this is no fancy sketch, but is what actually came off over here in Ohio some time since. Joshua sticks to his bargain, and has actually grown ten years younger.

To give you an idea of the way some of our girls are doing it up, the following will suffice:

(A singing school dismissed.) "Miss, can I see you safe home? (by several would-be beaux.) "Thank you; I don't stick my arm through a jug-handle." "I don't fancy going on foot, with a locomotive puffing along beside me." "No, sir; any young man who makes fun of the 'Woman's Rights' move cannot go home with me." "You'd better learn some manners before you try to go home with the girls; you've been poking fun at our Bloomer dresses all the evening."

Our "wimmen folks" are getting so plaguy saucy, there's no doing anything with 'em. They will wear "pants," and make speeches, and, worst of all, they declare they'll strike for higher wages—just as if they could earn more than a shilling a day; but s'pose they can? their calico don't cost a quarter as much as our satin and broad-cloth, and what's the use of giving them any more than they need?

Amongst all the rest, they are so tremendous modest that they think a man can't doctor 'em, and have got up a "Female Medical Society," so as to manufacture a lot of "Wimmen Doctors;" and the Lord only knows to what lengths of presumption they will go yet!

Notwithstanding, Water-Cure establishments are growing up all over Buckeyedom, and a monthly shower of WATER-CURE JOURNALS regularly comes dancing and dashing amongst us, yet druggery aint all washed away, quite. "Cod-liver oil" and "oyster-shell lime" are all the go now, with a mixture of the old stand-by, calomel, and pink, and senna, for worms!

There's a lady up at the next house just now taking the "oyster-shell lime and cod-liver oil" for the "liver complaint." (!) Wonder if the livers of cod-fish and human bipeds have any particular sympathy? I should think the very smell of the cod-liver—putrid hog-oil would be sufficient to scare away almost any gentled disease!

I intended to tell you about a lot of "cases," but have consumed about my share of space, and must leave the rest 'til next time; suffice it to say, that whenever Adam's ale has been freely administered "outside and in," it has wrought cures that have "astonished the natives." Come, brother gossipers, let us hear from the rest of you.

Ohio, U. S. A.

PLUGG-BOT.

Advertisements.

A LIMITED space of this Journal will be given to advertisements, on the following terms: For a full page, one month, \$75. For one column, \$30. For half a column, \$12. For less than half a column, twenty-five cents a line.

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTES.—DR. TRALL receives patients at his commodious establishment, 15 Light street, New York, (the oldest and most extensive City Water-Cure in the United States), one door from the beautiful promenade grounds of St. John's Park. The establishment has recently been enlarged by the erection of a rear building, and the addition of the spacious double house adjoining, so that nearly one hundred patients can now be accommodated.

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

DR. SHEW, being under the necessity of leaving for a time the arduous duties of his city practice, will spend the summer at Lebanon Springs, Columbia County, New York, where, in connection with Mr. DAVID CAMPBELL, proprietor of the Water-Cure Establishment at that place, he will receive patients for board and treatment. Address as above. The establishment is now open, and Dr. Shew will be there early in May.

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. On this account it is, during the summer, frequented by thousands of visitors, and is one of the most fashionable watering-places in the Union. The Establishment is being fitted up with particular regard to the comfort and convenience of patients. Each one will have his baths in his room, and the physician of the establishment, who lives in the house, will do all in his power to make patients feel at home. Applications should be made as early as possible. Terms: From \$10 to \$12 per week; to be paid weekly. Each patient should supply himself with one pair of blankets, and one pair of coarse linen sheets. All letters should be addressed to DR. WILLIAM F. REW, Newport, R. I., who will give any further particulars that applicants may need.

YELLOW SPRINGS WATER-CURE ESTABLISHMENT, Green County, Ohio. The public are respectfully informed that the above establishment is now in full operation. It is located one mile south of the town of Yellow Springs, and a few rods east of the Little Miami Railroad, in an extremely healthy and romantic region of country, noted for its pure and bracing atmosphere. The buildings were erected for their present purpose. The rooms are large, well furnished, and perfectly ventilated, having 100 acres of land attached, which is principally wood-land; there is plenty of shade for pedestrian exercise.

The establishment can accommodate over one hundred patients, attached to which is a Hall Alley, Gymnasium, a large outdoor swimming Bath, with other recreations, which will enable our patients and visitors to pass a time agreeably and pleasantly, in varied and health restoring amusements.

The Medical department is under the care of A. Cheney, M. D., and G. W. Bigler, M. D.

Terms.—For board and treatment, \$5 per week, paid weekly; patients requiring extra attention will be subject to extra charge.

Patients are requested to bring two cotton and one linen sheet, three comforts, one blanket, and four towels. Patients not bringing the above will be charged 50 cents per week extra.

The establishment can be reached by Railroad from almost every direction. Persons will please notify the conductor on the cars of their destination, who will leave them at the Water-Cure Station, a few rods from the house.

Further information will be given on application, by letter or otherwise, to Dr. Cheney & Co., at the premises, or to G. W. Bigler, M. D., or B. Ehrman, M. D., Cincinnati, Ohio.

CLEVELAND WATER-CURE ESTABLISHMENT.—The above establishment still continues in successful operation; having already entered upon its sixth season. The largely increased number of patients treated at the Establishment the past year, over any previous year, and the increased rapidity and proportion of cures, induce the subscriber to believe that his enlarged experience and opportunities for treatment, give facilities to the invalid rarely equalled. Diseases peculiar to females are treated with a success and rapidity of cure believed to be unsurpassed by none.

CONCORD WATER-CURE, CONCORD, N. H.—DR. VAIL'S ESTABLISHMENT, at the Capital of the "Granite State," will be found open winter and summer. No place affords to the invalid a purer air and a more healthy treatment. The building is undergoing improvement, and the Dr. will spare no pains for the health and comfort of his patients. Letters of inquiry will be answered without charge. A prescription for home treatment is directed, a fee of \$3 will be expected.

The charges for treatment will be moderate. Patients must furnish two comforts, two woolen blankets, three coarse sheets, towels, &c., or hire them at the Establishment. April, 11.

ELMIRA WATER-CURE —By Dr. S. O. & Mrs. R. B. GLASSON, M. D. Address S. O. Glasson, M. D., Elmira, N. Y.



GLEN HAVEN WATER-CURE.

In presenting this representation of our Water-Cure, we wish to say a few words. Since it was taken, the proprietors have purchased a large, newly built hotel, with spacious out-buildings, so that their facilities for treating the sick will be greatly increased. 2nd. We have had guests from 20 of the United States and Canada, and this year confidently expect to have them from each State into which the Journal goes. We thus expect, because we mean to have Glen Haven the best conducted WATER-CURE in the Union, to attract what it covets. Nature has done enough for us in lofty mountains, a beautiful Lake, pure air, blessed quietude, and water, whose virtues we cannot extol too highly. We love our profession, and love to work. We rather take care of the sick, cure them, send them home well, than to be crowned Monarchs of a Kingdom. Our assistants are like us, we multiply ourselves through them. Two of them, Dr. Bush, and Miss Dr. Austin, are accomplished Physicians. Their attendant help is ample and intelligent, and full of enthusiasm to do. We have no LACQUERS, no TOILETTEUSES, but persons whose aim must be to see how much, and not how little, can be done for our guests. None of us spare muscle, or brain, so we can speed on the recovery of those who trust us. We see all our patients daily, and watch their cases with keen eyes. 'Tis by doing this, we have wrought out such magnificent results. Think! We have treated 600 cases, and our fingers are untaired with the touch of drugs. We have had 315 cases of skin crisis—and the patient in each instance benefited. We have treated over 200 women, and have benefited or cured 80 per cent. We have cured 6 cases of typhus fever the past season of the worst type. We have cured in six weeks, this winter, a bed-ridden woman who was brought to us 40 miles on a bed, and those who visit us will find patients in our house who will corroborate all that we claim. Nature is our Mistress, and she blesses our household daily, and teaches us how to live. Those who seek us will come east or west on the Albany and Buffalo Railroad, to Skaneateles, thence to the Glen by boat or carriage. Our Post Office is SCOTT, Cortland Co., New York. Our charge for advice, by letter, is one dollar, postage paid. For the Proprietors. J. C. JACKSON, M. D., } PHYSICIANS. Mrs. L. E. JACKSON, }

EASTHAMPTON WATER-CURE.—Is in the most beautiful village in Massachusetts, near the Williston Seminary. Carriages from the house will be found at Holyoke or Northampton Depot, on the Connecticut River Railroad. Patients should inquire at these places for Easthampton Express. Patients will bring three sheets, two blankets, two comforts, and some towels. Terms, \$6.00 per week. Examination fee \$2.00. Galvanism will be applied where it will be useful. For further particulars apply to Dr. Snell for a circular. April, 4. Dr. E. SKELL, Proprietor and Physician.

THE SUGAR CREEK FALLS WATER-CURE, Tuscarawas Co., O.; 12 miles south of Massillon. Under the charge of Dr. FRANK, is supplied with soft Spring water. The success which has thus far attended our efforts, enables us to appeal with confidence to the afflicted. It is conducted on pure Hydropathic principles. Terms: \$5 per week. Post-office address: Deardoff's Mills, Tus. Co., O. Each patient should bring 1 linen and 2 cotton sheets, 2 wool blankets, 2 comforts, and some towels. mch, 4.

DR. R. WESSELHOFF'S WATER-CURE, at BRATTLEBORO, VT., will be conducted for the coming season by Mrs. F. WESSELHOFF, assisted by the administrators of her late husband. DR. E. FILLERER, for two years favorably known as Consulting Physician of the establishment, will be continued in that capacity, and patients may rest assured no pains will be spared to promote their health and comfort. Mrs. F. WESSELHOFF. L. G. MEAD, N. B. WILLISTON, } Administrators. May, 31.

Mrs. HESTER A. HORN, WATER-CURE Physician, Graduate of the American Hydropathic Institute, will open a Water-Cure house, on the first of May, at No. 9 Abington Place, one door from Hudson street, especially for the treatment of the chronic diseases of women, and cases of child-birth. Day patients received, and city practice attended to. May, 21.

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

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

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

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. Terms usually, for full board and treatment, from \$7 to \$9 per week. For out of door treatment \$3 per week. S. ROSS, M. D. May, 11.

DR. HENRY MEIER, Practitioner of Hydropathy, apprises his friends and the public in general that he has left Willow Grove, and established a Hydropathic Institute, 239 Spruce street, below 8th, Philadelphia. General Practice attended to; also in Surgery and Obstetrics. Terms moderate. Call! 11.

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

THE ORTHOPEDIC INSTITUTION, connected with Dr. R. Wesselhoff's Water-Cure at Brattleboro, Vermont, is open for the admission of sickly and deformed children. Terms made known on application to Mrs. F. Wesselhoff, or Dr. E. FILLERER, May, 31.

WANTED.—A situation as assistant in, or to take charge of, a Water-Cure, or to engage in general practice, by one who has had charge of an establishment. Address WATER-CURE, East Medway, Mass. May, 11.

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

GRANVILLE WATER-CURE.—For the treatment of Diseases of Females. Address—W. W. BANCROFT, M. D., Granville, Licking Co. Ohio. Apl. 3.

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

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

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

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

FORSYTHVILLE WATER-CURE. By Drs. PARKER and AVERY. Apply Forsythville, Chatauga Co., N. Y. Dec. 11.

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

MISS M. H. MOWRY, PHYSICIAN, No. 72 South Main street, Providence, R. I. Mch 10.

AUBURN WATER-CURE, Auburn, Madison Co., Ala. Dr. Wm. G. REED, Mrs. M. A. Torbet, Physicians. April, 11.

FOR SALE, THE WATER-CURE ESTABLISHMENT at PHILLIPSBURG, BEAVER COUNTY, PA.—Family circumstances induce the undersigned to offer for sale his well-frequented and favorably-known Hydropathic Establishment. Phillipsburg is a healthy and beautifully situated village on the east-side of the Ohio River, 25 miles below Pittsburg, and opposite the village of Rochester, the Depot of the Ohio and Pennsylvania Railroad, with a good steamboat landing, and telegraph office, &c. The Establishment has accommodations for 25 patients. The main building is surrounded by one and a half acre of ground, with shrubbery, ornamental and fruit trees, a bowling alley, saloon, and other requisites. The water is clear and abundant. For particulars, address Dr. EDWARD ACKER, Rochester P. O., Beaver County, Pennsylvania.

Business Advertisements.

THE WATER CURE JOURNAL.—A NEW VOLUME commenced with the January number. Published monthly, illustrated with engravings, exhibiting the structure, anatomy, and physiology of the human body, with familiar instructions to learners. It is emphatically a Journal of Health, designed to be a complete Family Guide in all cases and in all diseases. Terms.—Only One Dollar a Year, in advance. Please address, post-paid, FOWLERS AND WELLS, No. 131 Nassau-st., New York.

FROM THE NEW YORK TRIBUNE. "THE WATER-CURE JOURNAL holds a high rank in the science of health; always ready, straight-forward, and plain-spoken, it unfolds the laws of our physical nature, without any pretensions to the technicalities of science, but in a form as attractive and refreshing as the sparkling element of which it treats."

FROM THE NEW YORK EVENING POST. "THE WATER-CURE JOURNAL.—This is, unquestionably, the most popular health Journal in the world."

THE NEW ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA. A Family Guide, in Health and Disease. In Two 12mo. Volumes, with nearly one thousand pages, and upwards of three hundred Engravings, by R. T. TRALL, M. D. Price, \$2.50. Just published by F. W. FOWLER and WELLS, 131 Nassau Street, New York.

"For popular reference, we know of no work which can fill its place. Without any parade of technical terms, it is strictly scientific; the language is plain and simple; the points explained are of great importance. Of all the numerous publications which have obtained such a wide popularity, as issued by Fowler and Wells, perhaps none are more adapted to general utility than this rich, comprehensive, and well-arranged Encyclopaedia."—N. Y. TRIBUNE.

"Common sense pervades the whole work, and much useful information concerning the laws of life and health may be derived from it. It is just such a work as the people require."—EVENING MIRROR.

This Encyclopaedia may be received at any post office, by return of the first mail. Postage on the two volumes, prepaid, 50 cts.

FOWLER and WELLS have all works on THE WATER-CURE. Also, on Physiology, Phenology, and the Natural Sciences generally. AGENTS WANTED.

THE PHRENOLOGICAL BUXT. DESIGNED ESPECIALLY FOR LEARNERS: Showing the exact location of all the Organs of the Brain fully developed, which will enable every one to study the science without an instructor. It may be packed and sent safely by express, or as freight, (not by mail), to any part of the world. Price, including box for packing, only \$1.25.

"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. Those who cannot obtain the services of a professor, may learn in a very short time, from this model head, the whole science of Phrenology, so far as the location of the organs is concerned."—New York Daily Sun.

COUNTRY BOOKSELLERS AND STATIONERS, who wish to obtain new supplies, may save themselves the expense of a journey to our city and back, by remitting funds to the undersigned, with orders for what they wish. All books published in New York, Boston, or Philadelphia, may be had through this office at publishers' prices. Public and private Libraries will be supplied at the usual discount. STATIONERS, Blank Books, Writing Papers, &c., will also be supplied. To obtain this sort of goods at the lowest rates, cash must be paid at the time of purchase. Credit should neither be asked nor given. Works published by the Harpers, Appletons, Putnam, &c., can be obtained on exchange account. These publications are not "traded," but sold outright to those who wish. All remittances of large amount should be sent in checks or drafts, payable to our order; or, if sent in cash, it should be sent through some Express Company. FOWLER and WELLS, 131 Nassau Street, New York.

FOR ONE DOLLAR A YEAR either of the following-named monthly Journals may be obtained of FOWLER and WELLS, New York.

THE AMERICAN PHRENOLOGICAL JOURNAL; a Repository of Science, Literature and General Intelligence, amply illustrated with Engravings.

THE WATER-CURE JOURNAL and Herald of Reforms—Devoted to Physiology, Hydropathy, and the Laws of Life. Profusely illustrated.

THE STUDENT, and Family Miscellany, designed for children and youth, parents and teachers. Illustrated with Engravings.

THE UNIVERSAL PHONOGRAPHER—Devoted to Phonography and Verbatim Reporting, with Practical Instruction to Learners.

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

An excellent work for beginners—containing the principles of these sciences, together with much other valuable matter.

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

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, 149 Washington street. Besides our own publications, we keep a supply of all works on Physiology, Phonography, Phrenology, and on the natural sciences generally, including all progressive and Reformatory works.

PHRENOLOGICAL EXAMINATIONS with charts, and written opinions of character, may also be obtained day and evening at our rooms in Boston, No. 149 Washington street, near the old South Church.

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

THE WORKING FARMER; A MONTHLY PAPER.—Devoted to AGRICULTURE, embracing Horticulture, Floriculture, Kitchen, Gardening, management of Hot-Houses, Green-Houses, &c. Edited by Prof. J. J. MAPES. Price \$1 per annum, payable in advance. This Journal has just completed its fourth year. The first four volumes may be had of the publisher. Address post-paid, by mail, FREDK. McCREEDY, 351 Broadway, N. Y. May, 41.

THE AMERICAN PHRENOLOGICAL JOURNAL—Vol. XVII., for 1853, devoted to Science, Literature, and General Intelligence. Published by FOWLER and WELLS, No. 131 Nassau-st., New York.

PHRENOLOGY, the science of mind, includes in its wide domain a knowledge of all the faculties, passions and powers of the HUMAN SOUL; all the structures and over which the soul prealms, with its bodily organization; and all the real realm of nature to which man is related, and with which he should live in harmony. It includes a knowledge of man and his relations to God and to the universe. It is a central and comprehensive science, beginning with the construction of the brain and ending with all his possible relations, spiritual and material. It is that self-knowledge which is the basis of all knowledge.

THE PHRENOLOGICAL JOURNAL, therefore, has a sphere that is universal. All philosophy, all science, all art, all the details of practical life, are legitimate subjects of discussion in its columns. The experience of twenty years has not been lost to us; nor amid the progress of this wonderful age, have we been lagged behind.

THE JOURNAL will endeavor to still be a little in advance of the age, and of its own former efforts.

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

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

THE MECHANIC, the Farmer, the Professional Man, the Student, the Teacher, and the Parent, will find each number of the Journal instructive and valuable company.

The Phrenological Journal is published on the first of each month, at ONE DOLLAR a year, or in the time to subscribe. Address all letters, post paid, to FOWLER and WELLS, No. 131 Nassau Street, New York.

This Journal is doing more to benefit mankind than all the gold-diggers in the two hemispheres. It is only \$1 per year, and is worth ten times that in any family. [Cleveland Commercial.]

Do you wish to acquire the most important knowledge to be learned in this world? Then know thyself. To do this, read the Phrenological Journal, and read it. No other work now published can be so useful to its readers, and especially the young men and young women.

A Journal containing such a mass of interesting matter, devoted to the highest happiness and interest of mankind, written in the clear and lively style of its practiced Editors, and afforded at the "ridiculously low price" of One Dollar a Year, must succeed in running up its present large circulation to a much higher figure. [New York Tribune.]

Clubs may be made up and single subscriptions sent in to the publishers at once, for the New Volume. AGENTS WANTED.

MOTORPATHY—A NEW SYSTEM OF THERAPEUTICS, by which Protrapsis Utero, in all its forms, is speedily cured without the use of any violent treatment of the day. It is equally successful in weak lungs, paralysis, nervous and spinal derangements, and all organic weakness, as leucorrhoea, sterility, dyspepsia, &c.

In those cases of partial insanity where the Lunatic Asylum is forbidden, our Institution, with garden, lawn, and spacious accommodations, its pleasant and agreeable companions, where kindness and pleasure are the order of the day, the success of this treatment is truly gratifying to all parties.

A work on Motorpathy, and other particulars, can be had by those seeking health and pleasure combined, free of postage, by enclosing 11 letter stamps, directed to H. HALEY, M. D., Halsted Hall, Rochester, N. Y., or of Stricker & Townsend, 222, or Wiley, 161 Broadway, for 25 cents.

The Institution reopened on the 15th of April, 1853. May, 21.

HINTS TOWARDS REFORMS. IN LECTURES, ADDRESSES, AND OTHER WRITINGS. BY HORACE GASKELL. Second edition, enlarged, with the Crystal Palace, and its Lessons. New York: FOWLER and WELLS, Publishers.

To enable the reader to form a correct opinion in regard to the contents of the work, we copy from the table of contents:

The Emancipation of Labor: A Lecture. Life—the Ideal and the Actual: A Lecture. The Formation of Character: A Lecture. The Relations of Learning to Labor: An Address. Human Life: A Lecture. The Organization of Labor: A Lecture. Teachers and Teaching: A Lecture. Labor's Political Economy: An Essay. Alcoholic Liquors—their Nature and Effects. The Social Architects—Fourier: A Lecture. Brief Reform Essays: Death by Human Law. Land Reform. Home-stead Exemption. The Right to Labor. Living and Menns. Pity his Family. Flogging in the Navy. The Trade of Workers. The Trade Reform. What Free Trade is Doing. Slavery at Home. Tobacco. Coming to the City. Strikes and their Remedy. The Glimpses of a Better Life. The Aims of Life. The Unfulfilled Mission of Christianity. The Church and the Age. The Ideal of a True Life. Humanity. The Crystal Palace and its Lessons: A Lecture.

In his preface, the author says: "The great truths that every human being is morally bound, by a law of God, to leave the world some good behind, and to his having lived in it—that no one able to earn bread has any moral right to eat without earning it—that the duty of the wealthy is to use their wealth in the service of the poor—that every one who is in possession of wealth, nor by the generosity of wealthy relatives—that useful doing in any capacity of vocation is honorable and noble, while idleness and contemplation—that every one who is in possession of social, and moral right to Opportunity to Labor, and to secure the fair recompense of such Labor, which Society cannot deny him without injustice—and that the reform based upon and moulded by the dictates—these will be found fully and not forcibly set forth and elucidated in the following pages."

PRIZE ESSAYS.—WE ARE AUTHORIZED by a friend of reform to offer ONE HUNDRED DOLLARS ANnuAL PRIZE for the first, \$30 for the second, and \$20 for the third best essay on the deleterious effects of Opium 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 tracts and 70 lines, 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 and the awards shall be made. The essays may 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—the profits arising from the sale to be offered in like premiums for other essays on the same subject. May, 21, b. g.

BOOK FOR BLOOMERS!!—Which should not only be in the hands of every advocate and worshiper of the new culture, but of every lover of truth and progress. The reasons for a change in dress are plainly and concisely given, while objections to it are fully considered and rebutted. A book of 121 pages, full of interest on the subject of female health and beauty, fine complexion, &c., with plates, illustrations and designs. Price, postage paid, 25 cents. Address, post-paid, A. CLARK MERRITT, Somerset, Niagara Co., N. Y. May, 17.

THE FARMER'S COMPANION AND HORTICULTURAL GAZETTE, Edited by Charles Fox, C. Betts, J. C. Holmes and Laura Cone, is published in Detroit, on the 1st day of each month. It comprises 16 very large Octavo pages, handsomely printed on good paper, and is independent of the cover from the 1st of June, and is decidedly one of the cheapest Farming Papers published in the Union.

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

Professor J. F. W. Johnston, F. R. S. L. & E., the eminent Agricultural Chemist of England, who was expressly invited to the United States, by the N. Y. State Agricultural Society, to deliver a course of Lectures, has promised to contribute to this paper during the year.

Send names and subscriptions to the office, Firemen's Hall, Detroit, Mich. Specimen numbers forwarded if requested. Direct to CHARLES BERRA, mech. St.

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

PROSPECTUS.—The Ladies' Wreath, heretofore published by J. C. BURDICK, and the Family Circle and Parlor Annual, published by J. G. REED, will hereafter be issued under the name of

THE LADIES' WRATH AND PARLOR ANNUAL. L. A. Roberts, who has for some time past been connected with the office of the Ladies' Wreath, has become associated with Mr. Burdick & Reed, and the business will be conducted under the name and firm of BURDICK, REED, & ROBERTS.

It is the intention of the publishers to spare no expense in the new volume, but of every lover of the Annual the best dollar Magazine in the world.

Some of the best artists in the country engaged to furnish the engravings, which, it is confidently expected, will excel those of any similar periodical ever published.

The subscription will be given to the Floral Department, which in itself will be worth more than the subscription price of the work. Each plate will be printed on steel, and beautifully colored by experienced artists and illustrated by a poem from one of our best writers.

LETTERS DEPARTMENT.—Helen Irving, whose portrait embellishes the May number, and who is well and favorably known to the patrons of the Ladies' Wreath, will continue the editorship of the Wreath and Annual, in which duties she will be assisted by a gentleman of high literary attainments. The articles will be entirely original, from the pens of many of the best writers in the country.

Notwithstanding the increased expense which will be necessary to sustain the Wreath and Annual in that position in the literary world to which the publishers have determined it shall attain, they are happy that the flattering prospects for a rapidly increasing subscription list will allow them to furnish it upon the following exceedingly low

TERMS IN ADVANCE: One Copy, one year \$1 00; Seven Copies, 1 year \$5 00; Four Copies, " 3 00; Ten Copies, " 7 00

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Specimen numbers furnished to those desirous of forming clubs.

Agents wanted in all parts of the country, to whom liberal encouragement will be given.

Money may be sent by Mail at the risk of the Publisher, if enclosed in the presence of a Postmaster, whose certificate to that effect will be taken as evidence.

Postage Stamps can be sent in place of change. All communications must be directed, post paid, to BURDICK, REED AND ROBERTS, 143 Nassau Street, N. Y. It May No.

HUDSON RIVER RAILROAD—SPRING ARRIVAL.—Trains leave Chambers-st. daily for Albany and Troy.

EXPRESS TRAIN—6 A. M., through in 4 hours, connecting with trains reaching Buffalo or Montreal, at 8 o'clock same evening.

MAIL TRAIN—8 A. M.—Through Way Train, 1 P. M. EXPRESS TRAIN—2 P. M.—Accommodation Train, 6 P. M. For Uxbridge at 2 P. M. at 8 P. M. For Po'keepsie.—At 10.30 A. M., Way Freight and Passenger Train, and 4 P. M. Passenger Train.

Forkskill, at 5.30 P. M. The Through Po'keepsie, and Po'keepsie Trains stop at all Way Stations. Passengers taken at Chambers, Canal, Christopher, 14th and 31st st.

SUNDAY TRAINS—From Canal-st., at 7.30 A. M., for Po'keepsie, and 5 P. M. for Albany, stopping at all Way Stations. EDWARD FAIRBANK, Superintendent.

PHYSIOLOGICAL INSTITUTE FOR YOUNG Ladies, at Forest City, Tompkins Co., N. Y. The object of this Institution is to give both health and knowledge—to educate both body and mind, and to furnish a school, and at the same time acquire that degree of bodily health which will render life a blessing. Forest City is beautifully situated on the road leading from Albany to Ithaca, near the latter place. The buildings of the Institute will accommodate one hundred persons. It excels in facilities for rowing and other places for indoor exercise. The Water-Cure Department will be continued. Mrs. Stephens, an educated Hydropathic Physician of much experience, will make all examinations and prescriptions. Her knowledge of the principles and practice of the Water-Cure.

STUDIES IN INSTITUTE. MATHEMATICS.—Arithmetic, Algebra, Geometry, Trigonometry. MODERN LANGUAGES.—English, French, Latin and Greek, with Education, Rhetoric and Composition. NATURAL SCIENCES.—Anatomy, Physiology, Chemistry, Geography, Geology, Astronomy, &c. HISTORY.—Ancient History, History of Greece, Rome, France, England and America. ACCOMPLISHMENTS.—Calligraphy, Gymnastics, Music, Drawing and Manners, including the art of Conversation and Cookery.

TERMS.—The first, second, and third Terms will commence respectively on the first Mondays in May, September and January. For Board, Tuition and room rent \$20 per Term of twelve weeks, payable in advance. Music \$10 per Term extra. Young Ladies committed to our care will be received as members of one family, and have every advantage which science and skill can confer. Address for circulars, references, &c.

Dr. W. M. Stephens, A. M., Teacher of Mathematics, History, Languages and Philosophy. Mrs. P. Stephens, Physician and Teacher of Anatomy, Physiology, Calligraphy, &c. Miss C. E. Youngs, Physician and Teacher of Botany, Geography, Drawing, &c. May, 17.

THE STOWELL EVER GREEN SWEET-CORN.—A quantity of this new and valuable variety, forwarded raised by Professor J. J. Mapes, L.L.D., for sale, per bushel, \$1.60; per 50 lbs, half peck, \$3.00; quart \$1.00; sent by mail to any part of the country, on receipt of the money by express. This is beyond all doubt the best and most prolific kind of Sweet Corn ever grown. No Farmer should be without it. With ordinary care it will repay cost a hundred times over the first season.

PREPARATION.—A quart of the seed will plant one-tenth of an acre, for early harvest to the hill. Prepare ground well. Cultivate like common corn. It may be planted any time before the middle of June; earlier better.

[From the Working Farmer.] We have long been convinced that sweet corn would prove superior as a green fodder to any other, and the only objection urged against its use has been the smaller yield per acre compared with other kinds. We are now prepared to recommend the use of Stowell's ever-green corn for the purpose. The stalks are nearly as sweet as those of sugar-corn, and contain the quantity of starch grown to the acre, to that resulting from ordinary sweet corn.

Another advantage claimed for this corn by Prof. Mapes is, that the subscriber does not endorse it, it is, that when dried, it may be kept green and fresh all the year round.

Prof. Mapes, in the "Working Farmer," gives the following directions for preserving the Stowell Ever-Green Sweet Corn:—

"The ears should be gathered when fully ripe, and the husk should be tied at the nose (silk end), to prevent drying, when the corn will keep soft, white, and plump for more than a year, if in a dry and cool place. At the dinner of the Managers of the Fair of the American Institute last year, we presented them with this corn of two successive years' growth, and there was no perceptible difference between the two. This year we sent to the Fair one stalk containing eight full and fair ears, and could have sent many hundreds of stalks of six ears each."

Many other commendatory notices might be given. All orders promptly supplied. Address, post-paid, ALFRED E. BRANCH, White Plains, Westchester Co., N. Y. April 31.

NEW SPRING GOODS.—HITCHCOCK & LEONARDER, 347 Broadway, corner of Leonard Street, have in store, and are daily receiving from auction, New Spring and Summer Goods of the latest Parisian styles, and of the most delicate textures and qualities, including a large stock of the most beautiful French and Italian Silks, of every desirable style, shade, color, and quality, with prices varying to suit purchasers.

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