

Health, devoted to physical culture and out-door life

WATER-CURE

JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XVI. NO. 1.]

NEW YORK, JULY, 1853.

[\$1.00 A YEAR.

PUBLISHED BY

Fowlers and Wells,

No. 131 Nassau Street, New York.

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Water-Cure Essays.

HERE each Contributor presents freely his or her own Opinions, and is alone responsible for them. We do not necessarily endorse all that we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."



INSENSIBLE PERSPIRATION.

BY JOEL SHEW, M.D.

THERE are two kinds of perspiration, sensible and insensible, so called, that emanate from the living body; and the apparatus by which the perspiratory function is effected is one of the most curious and wonderful which the human mind can comprehend. Dr. Wilson tells us that to arrive at something like an estimate of the value of the perspiratory system, in relation to the rest of the organism, he counted the perspiratory pores on the palm of the hand and found 3528 in a square inch. "Now each of these pores," observes this author, "being the aperture of a little tube about a quarter of an inch long, it follows that in a square inch of the skin of the palm of the hand there exists a length of tube equal to 882 inches or 73 1-2 feet." Upon some parts of the body the pores

are not so numerous as upon the palm of the hand, but Dr. Wilson estimates, after giving much attention to the subject, that 2800 may be taken as a fair average of the number of pores in a square inch over the surface generally, and 700, consequently, is the number of inches in length. The number of square inches in a man of ordinary size is 2500; the number of pores, therefore, must be 7,000,000; the number of inches of perspiratory tube 1,750,000, a sum equal to about twenty-eight miles! Considering, then, the vastness of the perspiratory system, are we not most forcibly reminded of the necessity of attention to the condition of the skin? Do we not see, also, how admirably the water treatment must be adapted to the cure of disease, since a large proportion of its measures are applied directly to this important part of the organism?

The difference between sensible and insensible perspiration consists only in the activity with which it passes off. Insensible perspiration, which is intended to be represented by the cut at the head of this article, is always emanating from the body when in a healthy state, from the first breath of infant life to the last of old age. But sensible perspiration is only occasional, as, for example, when muscular exercise is greater than common, heat excessive, or the system in certain states of fever.

Among the uses of perspiration, one of the most notable is the removal of certain effete, worn-out and noxious matters from the system. It has been estimated that not less than thirty-three ounces of perspirable matter is thrown off naturally in twenty-four hours, a large proportion of which, however, is water.

Checking perspiration, or in other words, allowing the skin to become inactive, is always attended with more or less harm to the constitution. True, in some cases the bowels, kidneys, lungs, &c., may prove sufficient for the emergency, in throwing off the perspirable matter that should have passed out at the pores; but in other cases, serious disease is the result. A sudden check of the normal action of the skin is always attended with danger.

It most often, however, happens that the skin becomes chronically inactive; the perspiratory function is not completely checked, but only rendered inactive. Now, any farmer knows full well how harmful it is for animals to become "hide-bound;" and that if such a condition of things is allowed to go on for any considerable time, the animal is very liable to droop and die. Now, the truth is, a very large proportion of mankind are "hide-bound," and have a skin so inactive, that without a removal of this evil, they cannot, by any means whatsoever, enjoy good and enduring health. Whenever a person, male or

ANOTHER No. 1.—Again we begin anew. We have tried to make a good beginning. The readers of our well-filled pages shall judge of our success. We shall try to improve as we go on. We believe that in thought, in style and in arrangement, we need not now fear comparison with the best of our contemporaries; but while there is room for improvement, we shall strive to obey, in all things, the great LAW OF PROGRESS.

BILL OF FARE.—It is with considerable satisfaction that we call the reader's attention to the intellectual "Bill of Fare" presented in the "Contents" above. Each will find, we trust, a dish to his taste—something nutritious, wholesome, and pleasant to the palate. If you like it, pass a portion to your neighbor. You would not, surely, be so selfish as to enjoy such a feast alone! There is enough for all. Pass it round!

POSTMASTERS are respectfully solicited to act as AGENTS for this Journal. A liberal commission will be given. Should any Postmaster decline the agency, the Publishers would feel obliged if he would refer them to a proper person to act in that capacity.

TEACHERS, EDITORS, CLERGYMEN and others are also invited to obtain subscribers in the neighborhood where they reside. Travelling Agents and Canvassers may obtain Certificates from the Publishers, on presenting suitable recommendations.

OUR FRIENDS, who are already interested in the subject, will form clubs wherever they can, and thus advance the good cause.

female, cannot readily, by suitable exercise, excite a visible perspiration, they may be assured that their systems are in a state far removed from real health, and that if they neglect their symptoms, they are liable constantly to become more and more ill.

There is an idea growing out of this subject, of great practical importance, and which I will briefly notice in this place. It is now known to those conversant with hydropathic practice, that patients generally are greatly pleased with getting an external crisis as soon as possible. Now, in some parts of this country, as well as the old, there are practitioners who recommend placing oiled silk and the like articles over the wet bandages, because, as they have found by experience, eruptions on the surface are thus sooner brought out. But this is what Priessnitz denominated "false crisis," and which does always more harm than good. First, to draw out morbid and poisonous matters from the system by means of wet linen, and then by air-tight applications to throw these back upon the surface, is manifestly wrong. Suppose we dress a man tightly in india-rubber, from his neck to the soles of his feet; certainly he would not live long in such a predicament. When some French experimentalists covered a rabbit with a coating of air-tight varnish, the animal died in an hour and a half, of asphyxia. I say, therefore, use no air-tight applications upon the skin in water-treatment, not even on a small scale, if you wish to proceed safely and insure the best results.

DYING.

BY JAMES C. JACKSON, M.D.

How gloriously and sublimely is the Water Cure reformation advancing! Twenty years from this time it will be acknowledged to have been the greatest and best blessing to the human race man has ever known. No revolution under Luther, or Cromwell, or Washington, no Bible Society, or Temperance Reformation, or mission to the heathen, will compare with it in significance or practical good. Noble as these were and are, it will overshadow them as the oak overtops and shades the thistle at its root.

When I say this, your cold-blooded critic, who never had or felt the warmth of genuine impulse rushing through his heart, who never caught the faintest shadow of an inspiration passing before him, looks up and says, "An Enthusiast!"

Exactly, Sir! you have uttered a truth once. I am an enthusiast. No one has a better right to be. I have felt the power of the Water-Cure in my own person, as have thousands and tens of thousands of others. To these I add to me it is no mystery, no splendid abstraction, whose value consists in its inability for practical application. No wretched quackery whose virtue consists in its pompousness, and poison, but a great system, noble for its simplicity, divine from its conformity to law, and mighty to save by its legitimacy of aim and directness of application.

I bless it daily, as I remember what it has done for me. I rejoice in the strength it gives me as I grapple with disease. No knight clad in mail ever went to battle for his lady-love, or for God's truth, with richer zest, or more glowing courage, than I go to my daily tasks at the bed-side of my sick ones. No wine-bibber ever sat at a feast with better relish than these same sick ones go to their bathing and tasks, their exercises and their meals. No physician, however high his ambition, or towering his fame, and his determination to keep it, could but feel himself gratified at a success in treating disease such as has marked the administration of the Water-Cure. In its beauty and force, in its adaptability to diseased human conditions, in the list of the redeemed which grace its records, its "tout

ensemble" is to the drug treatment in development as "Hyperion to a Satyr."

And yet with all its virtue, some persons who try it, die. However still and quiet the conductors of institutions may be, Death walks into them, as into other human abodes, and smites and takes his victims. It is of no use to deny it. It injures the practice in public esteem to try to conceal it. It spreads over the whole throng of disease and cure an air of quackery, and detracts from the real dignity to which it is justly entitled, to deny by the faintest inference, that Death, in some instances, is too mighty for the tallest and skillfullest of us, and drives us from the strongest of our entrenchments.

There is a silly timorousness on the part of many of the friends of the Water-Cure about the influence of the death of Water-Cure patients on the prosperity of the general enterprise. They seem to think that an establishment is killed in public esteem if a patient dies in it, and that all the friends in a neighborhood will give up all faith in it, if any body who holds to it ever dies. This folly is catching, and spreads to the conductors of establishments. If non-professional proprietors, they measure doctors—their own among others—by the number of patients they have who do not die, and thus degrade the practice into a mere negation, measuring its use by its harmlessness. If professional proprietors—men who are physicians and own and conduct institutions—it frightens them into a very foolish, and, as I think, wicked practice, of rejecting all cases which wear the aspect of uncertainty or doubtfulness. A poor fellow, in despair at his chances for life under the nameless round of poisons, advertised in the papers and *Medical Journals* to cure all

"ills which flesh is heir to,"

starts and goes to a Water-Cure, and when the physician looks over the case, and decides in his own mind that it looks badly—positively ugly—he turns the cold shoulder on him and sends him away. He is afraid he will die, and his reputation be injured. Fudge! The man of real strength, who knows that his is the *divine way of healing*; that all that can be done for a poor mortal, he can do; that has the living faith in him, that what he cannot do with water, no power this side of God's throne can do; can afford to take doubtful cases and give them a chance for life. He need borrow no trouble. The people have instincts, and super-added reason. With both, they can draw safe conclusions, which will run somewhat after this fashion:

1st. Water-Cure patients do not go to establishments till they have tried all the other modes extant.

2d. They therefore constitute the worst class of sick persons to cure.

3d. The physicians have, in most instances, to take them at a disadvantage, for they are ignorant of their antecedents, and the patients remember things which are of no value, and forget essential things oft-times, and thus a physician is misled.

4th. Sick people never know what drugs they have taken, and therefore the physician knows not what revelations and changes he is to be invited to look at and meet, when his patients are fairly under treatment.

5th. A good Water establishment—whose conductors carry it on under the promptings of motives higher than that of the mere amassing of money, should never forego its hospital character. It is a place for the sick, not for the fashionable and the slightly dissipated, and of course has attached to it all the liabilities that fasten fairly on to those who make it their business to take care of the sick; and one of these liabilities is that of having people die.

6th. One of the noblest offices of the physician is to smooth the pillow of such as must die; hence, when he cannot cure, it may become his duty to give all the advantages of the treatment to the death-stricken. Never did a sweeter duty than I did last year. A gentleman in a neighboring village brought me his sis-

ter, who was dying with consumption. Like a leech, it sat at the fountain head of the stream of LIFE, sucking daily draughts, till nothing was left but hectic and chill. I told him she could not live. He asked me if I could not do anything for her. I replied I could make her die easily, as a child goes to sleep in its mother's arms. "O!" said she, "let me stay here and die. I suffer now horribly from night sweats, from fever, from neuralgic spasms. If die I must, let me die here, Dr. Jackson."

"Certainly, Madam, the last earthly comfort shall be yours."

I called my guests together, explained what I was about to do, told them to attend to their daily duties pleasantly and cheerfully, and to give no more heed to this case than though it was not in the house. They did so. We put the poor sufferer under treatment, checked her diarrhoea, stopped her night sweats, kept down the fever, and she rallied and was quite comfortable. She lasted free from pain for a fortnight, rose and dressed herself, ate her breakfast, said she was comfortable, took a seat in a chair, admired the beauty of the morning, closed her eyes and died.

What a different exit to that which awaited her under the drug treatment!

I have a case now in my house—a man with lumbar abscess. The sentence of death is on him, and there is no appeal. Months ago, I told him he must die. He looked into my face and said:

"Doctor, let me stay here and die."

"Certainly, Sir, if you wish it. No man shall ever ask me to make his path-way to the grave easy, and find my heart closed to his appeal from fancied fears that it will injure my reputation. This I leave with God. It may be that I shall be thought unwise, but my motto is, *Trust in God!* So you can stay."

If the reports in Medical Journals are a fair evidence of the sufferings under the common treatment, which those who die of this disease endure, then no tongue can tell the amount of agony which will be spared this dear, good man, as he gradually pines away. To look at him, you would not think he could not live. His fever, the confusion of mind, the excessive pain following the caries of the spine, the terribly shooting pains down the outside the limbs, the hectic, the nausea, are all greatly mitigated. He will die at best a great sufferer, but vastly less so than under any other medical administration. When he is dead, from my inmost soul shall I rejoice, that to me was given the pleasure of making his passage to the next world easy; and I am just foolish enough to think that the kindly feelings and holier sympathies, and keen sagacity of the people, will appreciate the motives that prompt one to do such deed, and that my reputation as a skillful Hydro-pathic Physician will not suffer a whit.

As one of the fraternity, I wish to keep the people from entertaining the false notion, that nobody dies when under administrative Water-Cure. For the fact is otherwise. Water-Cure practitioners must and will, and do lose patients. The value of their mode of practice over every other is, that it will, judiciously exhibited, save every case, that is curable, whilst the other schools—including all who give poisonous drugs—tend naturally and legitimately to kill, and when they fail to kill make the disease incurable, or add greatly to the difficulty of curing it. Necessarily, then, Hydro-pathy must be the superior of these, inasmuch as all its force, properly applied, works harmoniously with the vital force, whilst drugs act destructively. There is no magic or miraculousness in Water-Cure. Its almightiness lies in its naturalness. The wonders which it works are comprised in its simplicity; and as it makes itself visible on broader and wider basis to the people than it has yet done, the surprise of the people will cease, as all surprise ceases, as we become familiar with the objects or the processes which awaken it.

Let us all who conduct establishments or who prac-

tise at home, claim for our system that which belongs to it, viz., that it can cure all diseases which medicine can cure, more cheaply, safely, expeditiously, than by any other method, which involves the use of drugs, and in addition can cure many diseases which no other treatment can cure.

Let us all be cautious how we promise health to the drug-smitten, making as few mistakes as possible; and if our patients die, as occasionally one will, show, as all of us in practice irrefragably can, that our ratio of loss is 100 per cent. less than the other schools, while the condition of our patients when we take them is 100 per cent. worse, and my word for it, with a heart to our work, the sick will give us enough to do, and we shall be abundantly successful.

[Glen Hiven Water-Cure.]

Pomology.

NOTES ON FRUITS AND FRUIT CULTURE.—NO. I.

INTRODUCTION.

What wondrous life is this I lead—
Ripe apples drop about my head;
The luscious clusters of the vine
Upon my mouth do crush their wine;
The nectarine and the curious peach
Into my hands themselves do reach.

MARVELL.

He who owns a rood of proper land in this country, and, in the face of all the pomonal riches of the day, raises only crabs and chokes-pears, deserves to lose the respect of all sensible men.

DOWNING.

A SERIES of articles on Fruits will not, we are sure, be deemed out of place in our JOURNAL, devoted, as it professedly is, to whatever has a bearing upon the physical, social and moral well-being of mankind. To Hydropathists and Vegetarians the subject is one of special interest and importance. Fruits of various kinds and in various forms, are becoming more and more common as articles of diet. Information in regard to the modes of cultivation, methods of preservation, and particular dietetic effects of each, is now loudly called for. That we shall develop the subject fully, in all its bearings, in a few brief newspaper articles, will not be expected. Those who wish to pursue the subject further than we can lead them, will find the means in the various able works on the subject, a list of which we may hereafter give. Our object in these articles will be, to give, without much reference to methodical arrangement, as much really useful and practical information as our limits will permit. We shall not aim at much originality, but shall use the materials within our reach in such a way as will best subserve our purpose, giving due credit to those from whom we borrow. We do not propose (bear that in mind) to write a series of essays, but to make a collection of "Notes on Fruits and Fruit Culture." To that labor we now address ourselves.

NEGLECT OF FRUIT CULTURE.

No country in the world is better adapted to the cultivation of Fruit than ours. With a moderate degree of labor and care, we can surround ourselves with a rich profusion of the most delicious kinds. Apples, pears, peaches, nectarines, plums, raspberries, strawberries, and so forth, in almost innumerable varieties, may fill the baskets of every owner of an acre of soil almost anywhere in the United States. Our advantages in this particular have not been half appreciated. They are far from being fully understood and acknowledged yet, though fruit-culture is rapidly increasing in all parts of the country. Where fruit is extensively cultivated, too little attention is paid to qualities and va-

rieties. Our gardeners and orchardists are too apt to confine themselves to a few kinds, and those perhaps far from the best, when hundreds of varieties are within their reach. But every year witnesses a decided improvement in this particular.

Among the causes which have retarded the cultivation of fruit in this country, one of the most prominent has been, a mistaken notion of the time required for trees to come to bearing. This error is thus refuted by Mr. J. J. Thomas, in his late valuable work:

It is now well known that he who plants trees, plants for himself, as well as for his children. Bad treatment may long retard the growth and bearing of a fruit tree. Enveloped in weeds and grass, what young plant could flourish? What farmer would think, for a moment, of raising good corn in the thick tall grass of a meadow? No wonder that the young tree, similarly treated, lingers in feebleness and disease. But give it, for a few years, a mellow, clean and fertile soil, and vigorous shoots and expanding branches will soon bend under copious loads of fruit. To adduce instances: In a single garden, apple trees, the fifth year from setting out, yielded a bushel each; peach trees, the third summer, bore three pecks; and a Bartlett pear, two years from transplanting, gave a peck of superb fruit. None of them were an inch in diameter when transplanted, nor was their treatment better than every good farmer gives his carrots and potatoes.—*Am. Fruit Culturist.*

PROFITS.

We are a thrifty, money-making people, and one of the first questions which comes up, when any undertaking is to be discussed, is, "will it pay?" Those who are in any degree acquainted with fruit culture, know that it is profitable, but only those who raise the finest and best, fully appreciate the extent of the profits. We give a few examples, taken chiefly from the *Horticulturalist*:

C. A. Cable, of Cleveland, Ohio, obtained, in 1845, from an orchard of one hundred cherry trees, twenty years old, more than one thousand dollars.

Hill Pennell, of Darby, Pa., sold, in 1846, two hundred and twenty-five dollars worth of early apples, from half an acre.

A farmer in Fishkill, N. Y., sold fifteen hundred dollars worth of plums, in a single season.

Hugh Hatch, of Camden, N. J., obtained from four trees of the Tewkesbury Blush, one hundred and forty bushels of apples, or thirty-five from each tree; of these, ninety baskets (of about three pecks each) sold late in the spring for one dollar per basket.

"Examples almost beyond number," says Thomas, "may be given, where single trees have yielded from five to ten dollars a year in fruit, and many instances where twenty or thirty dollars have been obtained."

MORAL INFLUENCE OF FRUITS.

Dollars and cents, as the world goes, are not to be despised. It is well to take pecuniary profits into the account; but let us beware of that sordid, materialistic short-sightedness, which would prevent us from looking beyond the day-book and ledger. To say nothing here of the moral bearing of fruits as articles of diet, though much might be said, we contend that to be surrounded by orchards and gardens of delicious fruits—to breathe an atmosphere fragrant with their aromas—has, in itself, an exalting, purifying and refining influence. Its surrounding fruit trees add incalculably to the attractions of a country home, and strengthen the attachments of all the members of a family to it. The trees we have planted, pruned, nurtured, seem almost like members of the household. A richer harvest than the gold fields of California ever yielded, pours itself, almost without labor, into the hands of the fruit culturist—a harvest whose full value cannot be estimated in dollars and dimes.

FRUITS AS FOOD.

Under this head, we can do no better than to copy from Dr. R. T. Trall's excellent and most useful Encyclopedia the following paragraphs:

As a general rule, all sweet and sub-acid fruits, when full-grown and perfectly ripe, are most wholesome, if eaten without any preparation or seasoning. If, however, they are too sour, a little sugar may be added, and the very acid fruits, as well as those not perfectly ripe, are improved by stewing and sweetening. I have never found good grapes to disagree or produce even temporary inconvenience in the most delicate stomachs. I regard them as always preferable without cooking. Apples, pears and peaches always agree with all healthy stomachs, and the worst dyspeptics may soon acquire the habit of eating them, not only with apparent impunity, but with absolute advantage, by partaking of a very little at first, and gradually increasing the quantity. Baked apples stand at the head of the class of cooked fruits. Apples, pears and peaches may be made into an elegant dish, by paring, boiling, sweetening with molasses, and serving them whole. This is an excellent method of preparing peaches which are not perfectly ripe, and but few sold in our city markets are so. Pared, and cut into slices, and sprinkled with sugar, is another very common and very good preparation. It is a common prejudice that there is something unwholesome or pernicious in peaches which the skin tends to counteract or correct, hence both ought to be eaten together. The fact I believe to be, that both skin and pulp are perfectly harmless. Tomatoes, when fully ripe, are among our best fruits, and are relished by many persons without cooking. An excellent dish is made by scalding them a few minutes, to loosen their skins, peeling, and then stewing them slowly for an hour, or even two, (as they are improved by cooking a long time), and then adding pieces of toasted bread.

Water-melons and musk-melons are liable to produce colic and flatulence in very weak stomachs, but are unobjectionable as a part of the dietary system of those whose digestive powers are not greatly impaired. The variety of musk-melon called *nutmeg* is the richest.

It is the general fault of dried fruits that the poorer qualities are selected for drying. Those who purchase them in reference to their dietetic character, should select such as are of good rich flavor, and not very acid. Dried raspberries, strawberries, whortleberries, and blackberries, stewed and sweetened, make a good addition to dried apples and peaches. Most of the dried plums which are sold in our markets are too sour for pleasure or profit. Dried cherries are a troublesome article to handle on account of the stones, but they are among the most wholesome articles. French prunes, stewed and moderately sweetened, are excellent. The boiled fig is a good and very nutritious fruit.

Pumpkins and squashes can be readily dried for winter use, by being cut into thin slices, and exposed to the sun, or placed in a heated oven. *Peach leather* and *tomato leather* are prepared by squeezing out the pulp of the fruits when very ripe, and spreading them half an inch thick on plates or shingles, to dry until quite hard. Ripe tomatoes are sometimes cut into slices without peeling, and dried in an oven. *Tomato figs* are made by scalding and peeling the fruit, then boiling it in one third its weight of sugar. The figs are then flattened and dried in the sun, occasionally turning them and sprinkling with sugar.

Currants and gooseberries are too acid for the majority of invalid stomachs. They may be preserved in the green state, but are not worth the trouble.—*Hydro-pathic Encyclopedia.*

EXPLANATION OF TERMS.

Our subject is not very much encumbered with technicalities; a few terms, however, may need explanation, in order that our descriptions may be perfectly understood, and we proceed to give the following definitions, from Coles' "American Fruit Book":

THE POSITION of fruits, as represented by the engravings, is stem upward, as they usually hang on the tree; yet, in description, the stem end is called the base or bottom, as it is next to the branch or tree, and the blossom end is called the top, summit, crown, apex, or eye.

SIZES are expressed by comparative terms; as, extremely large, very large, large, rather or tolerably large, large medial, medial, small medial, rather small, small, very small, extremely small. These form a gradation of sizes.

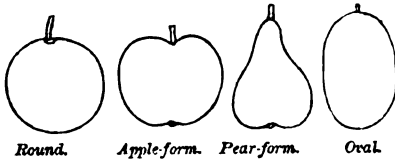
FORMS of fruit are multifarious, varying all the way from one extreme to another. The following figures and remarks will aid the inexperienced.

Round. This simple form is most common to fruits and other substances. It is the basis on which other forms are calculated. Figure 1. White Muscadine Grape. Slight deviations are *Roundish*.

Apple-form is the most common modification of the

circle. The base or stem end is the larger. Figure 2. Baldwin Apple.

Fig. 1. Fig. 2. Fig. 3. Fig. 4.



Pearform, or *Pyriform*, is the reverse of apple-form, as the base is the smaller. Fig. 3. Andrews Pear. Pears generally taper more to the small end than apples.

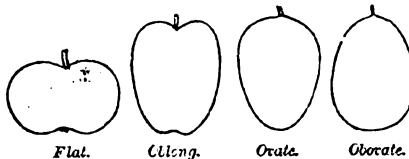
All other Forms are modifications of these three leading forms.

Oval, the circle modified or elongated lengthwise. Fig. 4. Smith's Orleans Plums; White Muscat Grape.

Flat, the circle elongated crosswise. Fig. 5. Briggs's Auburn Apple, Rambo Apple.

Oblong, the height greater than the diameter. Fig. 6. Porter Apple; Cce's Golden Drop Plum; Portugal Quince.

Fig. 5. Fig. 6. Fig. 7. Fig. 8.



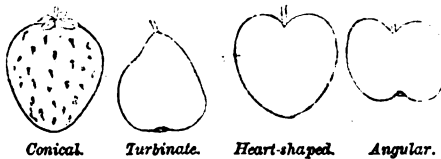
Ovate, the form of an egg; the base the larger end. Fig. 7. Williams Apple; High Bush Blackberry is long-ovate.

Obovate, ovate form reversed. Fig. 8. Osborn's Summer Pear; Blue Imperatrice Plum; Cranberry.

Conical, tapering much, and straightly, or nearly so, to the top, or calyx. Fig. 9. Burr's New Pine Strawberry.

Turbinate, top-shaped. Fig. 10. Dearborn's Seedling Pear.

Fig. 9. Fig. 10. Fig. 11. Fig. 12.



Heart-shaped, shape of a heart. A form peculiar to cherries. Fig. 11. Elton Cherry.

Angular, elongated diagonally; one side the lower, the other the higher. Fig. 12. Newtown Pippin.

A combination or modification of these forms is expressed by a combination of these and various other terms; as, roundish-flat, flattish-round, flattish-conical, roundish-conical, oblong-conical, roundish-ovate, oblong-ovate, obtuse-pyriform, acute-pyriform, obovate-pyriform, turbinate-pyriform, roundish-pyriform, flattish-roundish-conical, roundish-acute-pyriform, obtuse-heart-shaped, acute heart-shaped, roundish-heart-shaped, &c., &c.

Catville-shaped, prominently ribbed and irregular. *Ribbed*, having moderate protuberances on the sides.

Undulating or *Waved*, having very gentle swellings on the sides, or in the cavity or basin.

COLORS of fruit are described in terms so familiar, that they need no explanation. They should represent the fruit as it appears when ripe or perfect for use.

THE STEM is also called **STALK**, and the hollow in which it is set is called

CAVITY, which is of various forms.

THE CALYX is the remains of the blossom, and the parts of it are called segments. The calyx is generally in a depression or

BASIN, which is of various shapes, and is smooth, waved, furrowed, plaited, or notched.

SUTURE is a hollow or furrow in stone fruit, extending lengthwise round, nearly round, mostly round, half round, or partially round it. It is peculiar to peaches and plums.

Were we writing a regular treatise on Fruits, we should give the apple the first place. As we are not writing a regular treatise, and as we commence our notes in the midst of summer, we will first speak of

some of the fruits more particularly in season; and first, of

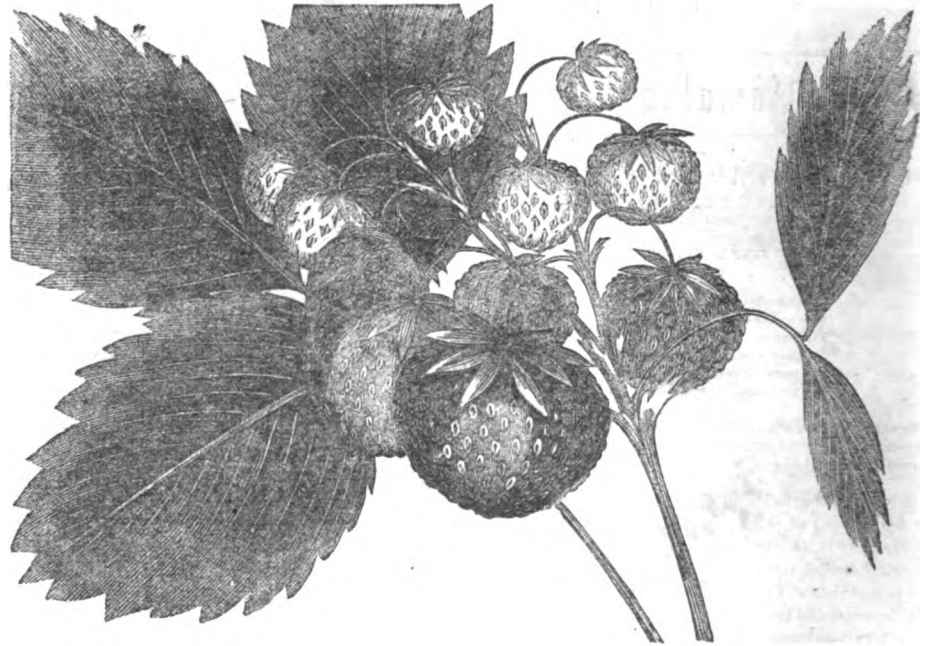
THE STRAWBERRY.

The strawberry is a fruit worthy of Eden, or of the "Paradise" to be "Regained" in the future! It is a luxury which gods might envy; yet it should be and might be as common upon our tables, in its season, as potatoes or as bread. It is so easily grown that the owner of a few feet of ground almost anywhere, can have the fruit in abundance.

The strawberry is as wholesome as it is delicious. No fruit, probably, is more so, it being very easy of digestion, and never growing acid by fermentation, as most other fruits do.

The strawberry propagates itself very rapidly by runners,* which are always taken to form new plantations or beds. These are taken off the parent plants early in August, and either planted at once where they are to grow, or put out in nursery beds, or rows, to get well established for the next spring planting. When the parent plants have become degenerated, or partially or wholly barren, we should avoid taking the runners from such, and choose only those which grow from the most fruitful ones.

The best soil for the strawberry is a deep, rich loam. Deep it must be, if large berries and plentiful crops are desired; and the wisest course, therefore, where the soil is naturally thin, lies in trenching and manuring the plot of ground thoroughly, before putting out the plants. But even if this is not necessary, it should be dug deeply, and well enriched with strong manure beforehand.—*Downing.*



JENNEY'S SEEDLING.

The varieties of this fruit are exceedingly numerous. The earliest kind is the *Duke of Kent's Scarlet*, ripening in the latitude of New York from the middle to the last of May. The *Large Early Scarlet* ripens a week later, and is the finest of all early strawber-

Jenney's Seedling is a new variety, raised from seed a few years since, by a Mr. Jenney, of Fairhaven. "It is a strong, vigorous grower," says the *New England Farmer*, "perfectly hardy, and very productive. The fruit is rather large, and of the highest quality. In our engraving many of the berries are represented as they were, green and only partially grown." It ripens several days later than *Hovey's Seedling*.

Under good management, the cultivation of the strawberry is very profitable. The general average, with judicious culture, is perhaps about \$400 per acre. Some crops have exceeded \$1000 to the acre.

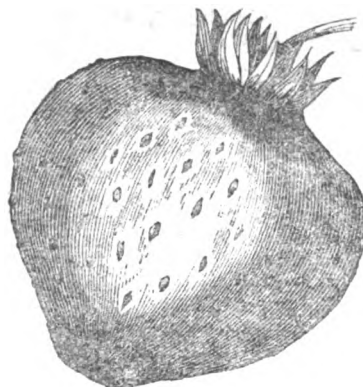
THE BLACKBERRY

is a more democratic sort of fruit, but is by no means to be set aside. This fruit is not much cultivated, growing wild in great abundance, in most parts of our country. It doubtless might be much improved by cultivation. It is a delicious and wholesome fruit, either without preparation, or with sugar, cream, and so forth. In cooking, it may be used in a variety of ways, and to preserve it for future use, it may be made into jelly or jam.

THE RASPBERRY.

The raspberry is held in general estimation, not on-

* Excepting the *Bush Alpines*, which have no runners, and are propagated by a division of the roots.



Hovey's Seedling.

ries. "*Hovey's Seedling*," says Downing, "is undoubtedly, for this climate, one of the finest of all varieties. The vines are unusually vigorous and hardy, producing very large crops, and the fruit is always of the largest size and finely flavored. It is well known at the present moment throughout all the States, and has every where proved superior, for all general purposes, to any other large-fruited kind. The leaves are large, rather light green, and the fruit-stalk long and erect."

ly as one of the most refreshing and agreeable sub-acid fruits for the dessert, but it is employed by almost every family in making preserves, jams, ices, sauces, tarts and jellies; and on a larger scale by confectioners for making syrups, by distillers for making raspberry brandy, raspberry vinegar, &c. Raspberry wine, made in the same way as that of currants, is considered the most fragrant and delicious of all home-made wines.

Succeeding the strawberry at the beginning of summer, when there is comparatively little else, this is one of the most invaluable fruits, and, with the strawberry, generally commands the attention of those who have scarcely room for fruit trees. It is, next to the strawberry, one of the most wholesome berries, and not being liable to undergo the acetous fermentation in the stomach, it is considered beneficial in cases of gout or rheumatism.

The raspberry is universally propagated by suckers, or offsets, springing up from the main roots. Seeds are only planted when new varieties are desired. The seedlings come into bearing at two or three years of age.—Downing.

THE GOOSEBERRY.

The gooseberry is propagated by cuttings. The soil should be strong loam, and made unusually deep by trenching, to secure the bushes from drought. It should be kept fertile by application of manure. The pruning should be freely performed as soon as the leaves are off, by a thorough thinning out of the branches. . . . The growth and ripening of the fruit depend wholly on the admission of light and air to the leaves, and on their full and healthy development.—J. J. Thomas.

"A dry soil for the cherry is the universal maxim, and although it is so hardy a tree that it will thrive in a great variety of soils, yet a good sandy or gravelly loam is its favorite place. It will indeed grow in much thinner and dryer soils than most other fruit trees, but to obtain the finest fruit, a deep and mellow soil, of good quality, is desirable. When it is forced to grow in wet places, or where the roots are constantly damp, it soon decays, and is very short-lived.

The finer sorts are nearly always propagated by budding on seedlings of the common black mazzard, which is a very common kind, producing a great abundance of fruit, and very healthy, free-growing stocks. To raise these stocks, the cherries should be gathered when fully ripe, and allowed to lie two or three days together, so that they may be partially or wholly freed from the pulp by washing them in water. They should then be planted immediately in drills in the seed plot, covering them about an inch deep. They will then vegetate in the following spring, and in good soil will be fit for planting out in the nursery rows in the autumn or following spring, at a distance of ten or twelve inches apart in the rows

After planting in the nursery rows, the seedlings are generally fit for budding in the month of August following. And in order not to have weak stocks overpowered by vigorous ones, they should always be assorted before they are planted, placing those of the same size in rows together.

The cherry, as a standard tree, may be said to require little or no cultivation in the Middle States, further than occasionally supplying old trees with a little manure to keep up their vigor, pruning out a dead or crossing branch, and washing the stem with soft soap should it become hard and bark-bound. Pruning the cherry very little needs, and as it is always likely to produce gum, and thus decay, it should be avoided except when really required. It should then be done in *midsummer*, as that is the only season when the gum is not more or less exuded. The cherry is not a very long-lived tree, but in favorable soil the finest varieties generally endure about thirty or forty years. Twenty feet apart for the strong, and eighteen feet for the slow growing kinds, is the proper distance for this tree.

This tender and juicy fruit is best when freshly gathered from the tree, and it should always be picked with the stalks attached. For the dessert, the flavor of many sorts in our climate is rendered more delicious by placing the fruit, for an hour or two previous, in an ice-house or refrigerator, and bringing them upon the table cool, with dew-drops standing upon them

Training the cherry is very little practised in the United States. The Heart and Bigarreau cherries are usually trained in the horizontal manner.—Downing.



HOUGHTON'S SEEDLING.

Houghton's Seedling is probably the best variety of the gooseberry ever cultivated in this country. It is a cross between our native gooseberry and some foreign kind. The *New England Farmer* thus speaks of it:

The berry is rather small, as may be seen in the engraving; oval; the skin thin; reddish brown; the flesh fine, very tender, sweet, and of a fine delicious flavor. It is a very superior gooseberry for the dessert; it is also excellent for cooking, and it is in good condition for this purpose for about four weeks.

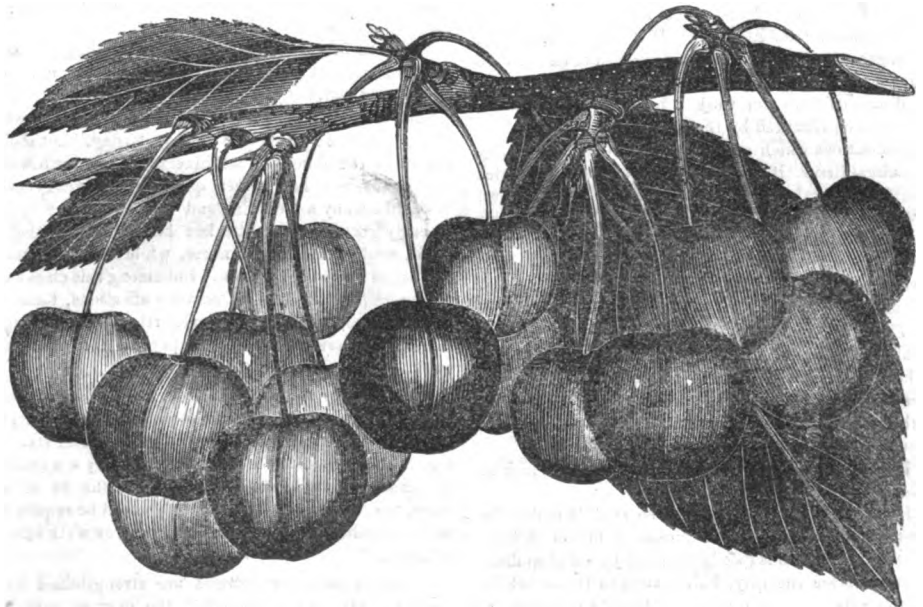
As a grower, it excels by far all other kinds that we have cultivated; and as to bearing, every season, nearly all the growth of the previous year is covered with fruit. Last year we had from one to two quarts of fruit, on bushes that had been set the previous year. A plant well set in the spring, in a good soil, will make a large growth the first year, and the next year it will be loaded with fruit.

This variety not only excels in growth, bearing and quality, but it is free from blight, which is the destruction of almost every foreign kind cultivated in the country. We know of some gardeners who, having become acquainted with Houghton's Seedling, have excluded every other variety from their grounds. And we have cultivated a select list of foreign kinds, and their fruit has all blasted, while the Houghton has yielded an abundance of fine fruit. We regard it as not only superior to any kind of foreign gooseberry, but worth far more than all of them for this country of hot summers.

THE CHERRY.

"As a pleasant and refreshing dessert fruit," says Downing, "the cherry is everywhere highly esteemed. The early season at which it ripens, its juiciness, delicacy, and richness, render it always acceptable. While the large and fleshy varieties are exceedingly sweet and luscious, others, which are more tender and more or less acid, are very valuable for pies, tarts, and various

kinds of cookery. The fruit of the Kentish or Early Richmond is excellent when stoned and dried."



DOWNER CHERRY.

The varieties of the cherry are very numerous, but we have room in this article to describe only the one represented in our engraving. The *Downer Cherry* was raised from seed by Sam'l Downer, Esq., of Dorchester,

Mass. It was budded, with other cherry stocks, in the nursery, but the bud failed, and the tree was allowed to grow and bear. The editors of the *New England Farmer* speak in high terms of this cherry:

The tree is very hardy, a good grower, and a great bearer. It usually has a very vigorous and healthy appearance. The fruit is the most hardy of any kind within our knowledge. When we have had two or three weeks of wet weather, about the time the cherries ripen, we have noticed that while half the crop was rotten of many varieties, and the most tender kinds were nearly all spoiled, the Downer cherry was scarcely any affected. This is of great importance, as a great many cherries are lost by wet weather.

The fruit is tolerably large; roundish, slightly heart-shaped; red, often mottled with yellow, light amber in the shade; stalk rather long and slender; flesh very tender, extremely juicy, sweetish, a slight mazzard bitter till fully ripe, and then very fine, rich and luscious. It ripens late with the Honey Heart, generally from the 5th to the 12th or 15th of July. The tree grows upright.

Several other summer fruits seem to demand our notice, in this connection, but we have already made our article longer than we intended; we will reserve our remarks on them for another occasion. We shall probably resume the subject in our next number. We solicit brief, condensed communications on the subject of fruits, giving facts and experience, rather than theory and speculation. Our desire is, on this, as on all other topics discussed in the JOURNAL, to give our readers valuable information. Whoever can assist us in this, will confer a favor both on us and on our patrons.

Facts and Opinions.

HINTS TO WOMEN.

BY MRS. R. B. GLEASON.

O woman! in our hours of ease,
Uncertain, coy, and hard to please,
And variable as the shade
By the light of the quivering aspen made;
When pain and anguish wring the brow,
A ministering angel thou.

So sung Scott in his Marmion, presenting a physiological fact rather than a poetical fiction. Labor is needed to give a healthful development to human character. Responsibility and care must be borne to give depth to intellect. Muscle must work, if it would ever have power; mind must work, if it would ever attain strength. Each must have its appropriate exercise, to give marked worth and dignity of character.

If muscle does not work it becomes weak, flaccid, and is soon tenanted by those numberless indescribable sensations which spring up where there is debility of animal tissue. If mind lacks employment, it wears itself in the vain effort to make existence a pleasure. While "Satan always finds some work for idle hands to do," this is equally true of idle minds. If their energies are not called out to some useful purpose, they are expended in idle dreaming, selfish fretting, or foolish fancies.

There are many maiden ladies who are not old-maidish, and there are many married women who are. Those who live and labor to please themselves only, are not likely either to find pleasure or to impart it to others. Truly, says Tupper, "happiness is a way-side flower, growing along the walks of usefulness."

But aside from theories and moralities, let us look at woman's life as it is.

First, our girls come forward so rapidly under the hastening processes of the present order of society, that the transition is speedy from babyhood to womanhood. To see the tiny, half-developed frame taking on the arts, airs, and accomplishments of young ladies, seems at first ludicrous; but when, a little after, we find the sick, sad, inefficient, irritable mother, it is pitiful.

First, then, let female children (to say nothing here of the other sex) have a full-length childhood and girl-

hood, and let them have attained unto the mental and muscular development of womanhood, before entering upon the conjugal relation. Then let them marry with a willingness—yes, with a wish—to be worthy mothers, excellent wives, and movers to good works among those with whom they are surrounded; not with vague dreams of being always petted brides, fancy parlor ornaments, the admired of every fashionable circle—creating a sensation wherever their silks rustle, ribbons flutter, or jewels glitter.

The married coquette shows a sad want of womanly worth.

"Mistress of a house" should mean something more than the making of choice preserves, nice cake, and fancy articles of food, with no ability to prepare the substantial eatables of the table. To rule well a house requires something more than scolding servants, making splendid parties and entertaining company in the most approved style.

The true mother does not welcome to her house the "little ones" grudgingly, because they interfere with her round of pleasurable dissipation; but with a "glad heart," as so many "choice well-springs of pleasure."

When our women gather for social chat, they should have better topics than the trials of housekeeping, the vexations of boarding, the unfaithfulness of servants, the scarcity of good help, the weariness of confinement in the care of children, the hope that they shall have no more, and the whole seasoned with ill-natured gossip about their absent friends, or foolish flattery of those present.

An elderly lady of intelligence and rank, residing in Rochester, after entertaining at her house a party of young wives, said, "Well! I believe the women now-a-days would be natural fools, if they did not have better advantages than when I was young." In the senseless, selfish chat of her genteel guests, that clear mental eye saw that lack of heart, of intellect, which ever exists among those who live solely for their own and their friends' amusement.

Among those to whom wealth has seemingly brought ease, as well as the elegancies of life, the word from lip to lip is, "fatigue," "weariness." One is worn out with care; another is sick from "never-doing."

Poor creatures—their lily hands, their soft muscles, their feeble respiration, tell the plain truth that they have under-done rather than "never-done."

With the literal housewife, baking, washing, housecleaning, are not seeing these things done, and worrying about them, but doing them.

Such an one often says, "I am going to take it easy to-day, because I worked so hard yesterday," but still she keeps the domestic machinery moving with her own hands, and has nerves quiet without anodynes. No doubt many a New England housewife may find an early grave because she has been cook, chambermaid, washerwoman, and nurse, while becoming the mother of too many children. But among this class we find much less complaint of nervous affections, female diseases, prostration from over-exertion, than among those whom wealth has placed beyond the need to work.

Among many of the latter class, their life-power is being rapidly expended in the ceaseless round of effort and excitement to attain or retain rank, popular standing, etc. More vitality is expended by many a woman in anxiety about the shade of a ribbon, the fit of a dress, the fashion of a bonnet, than would be required to do a washing, bake a batch of bread, or walk several miles.

In the one case, the muscles are strengthened by healthful activity; in the other, the nervous energy is expended without that bodily exertion which is needful to generate more. If one doubts this, let her notice for once the flushed face, the anxious look, the excited manner, of a nervous woman, when such momentous matters as the above are on the tapis.

I am sorry that much observation, and a record of the health and physical habits of many women who come under my care, bring me to the sad conclusion, that the leisure which luxury brings to our countrywomen is by many of them turned to soil an account. To be sure, our land is blessed with many a woman, whose body and brain are consecrated to "every good word and work" within the range of her ability. Of such I am not forgetful, and would that their number were greatly multiplied, that they could be reinforced from the ranks of those who live to eat, dress, and dream.

Little of the reading of our young ladies is such as tends to beget womanly wisdom; most of it tends to a morbid excitement, which never makes a "sound mind in a sound body." I have yet to meet a habitual novel reader, of either sex, who enjoys good health.

It begets in many an irritable condition of the nervous system, a morbid desire for sympathy, so that the world to them is cold, heartless, unfeeling; but still they have no heart to mourn over its faults, and try to mend them, but merely selfishly to grumble, as if their lot had fallen on times and in places that were not worthy of such choice spirits as theirs. To be the friend of such, requires all one's time, tact and thought, well nigh; they are so exacting, and then the first one knows they are in a worry because nobody appreciates their sensibility of spirit or pities their suffering in body. Hearts that are full of benevolent sympathy for others, have little trouble as to whether they are loved and revered in return.

Again, some persons, in lack of any ennobling employment, nurse every little ache till it grows to be a big pain. Some medical writer has an ingenious theory, that the belief that a certain disease exists will in time beget it; that thought of any given organ as deranged will so disturb the vital process going on in it as to soon make it so. But be this as it may, forgotten aches, especially nervous ones, are like neglected guests—likely to take their leave.

Occasionally we meet one who has a great love for being sick, or at least being thought so. In the "hearts of such is an aching void, which naught but pity for pain can ever fill."

Now we have no more right to keep the hearts of our friends on the rack, in pity for us unnecessarily, than we have to ask them to toil for us when not needful. Yes, more, in proportion as the spirit is more sacred than the body, is the former more wicked than the latter.

Some take great care to awaken husbandly solicitude, lest it become dormant. Many a patient of mine have I seen grow worse the instant her "other half" entered the room.

An amusing instance of this type occurred in Alleghany Co., N. Y., where we formerly resided. An invalid wife, fearing her husband's feelings were becoming rather obtuse, conceived the idea of giving his sympathetic and affectional nature a slight jog, and so colored the entire surface of her body with indigo, in his absence. But it seems the scarf skin did not dye well, for the affrighted husband, on his return, called a physician, who, when feeling the pulse, took also the liberty to spit on his finger and rub her arm, disclosing to the astonished friends the fact that the disease, though deep blue, was not "skin deep."

The first step in the cure of many an invalid is to break up this morbid desire for sympathy, to cut off all former resources of this sort, and call out true self-reliance. It needs a will to find the way to health.

[Elmira, N. Y.]

PEOPLE'S knowledge must always be far in advance of their obedience. They know better than they do. Even now, nearly all people know how to take much better care of their health than they do. They transgress many known laws, disobey a thousand known injunctions.—*Hopes and Helps.*

DIARY OF A NEW ENGLAND PHYSICIAN.
NUMBER NINE.—By Nogg.

DEACON P., father of the lovely Jemima, was a man about sixty years of age, and had been mostly intent on getting riches and religion, especially the former, at any rate—his note was full as good as his word. He had worked early and late, and lived on the very smallest potatoes his farm produced; all merchantable potatoes were reserved religiously for the market, and he would just as soon have thought of serving up some of his children's toes for breakfast as he would his "lady-fingers," a species of tater dreadful nice for baking, "and allus fetched a high price," as I have frequently heard the deacon remark. Among the things the deacon indulged himself with, was cider and tobacco—the cider was made from the refuse apples of his large and fine orchard, and would not sell for much, and the deacon at first drank it, merely to save it! as many thrifty housewives make some of the family take up all the medicines there are left, when any member has been sick, and recovers before the bottles, &c. are emptied, in order that nothing may be wasted, and for fear it should lose its strength, it not being of the flavor that would command much price; and after a while, it was surmised by some of his neighbors, that the deacon drank it for the same reason that one of the brethren of the "Free-Will Anabaptist New-Light Miller Society," in the neighborhood, kissed the woman, "canse he loved to," contrary to the rules of the church, the discipline of which was, that "each member of opposite sexes should salute each other at meeting, in a brotherly and sisterly way;" but in the case above referred to, it was proved, conclusively, that no such unction as Obadiah Cornfed put into the kiss bestowed upon Patience Love-the-Lord Butterfield of Raggedhill, members of the church aforesaid, could possibly exist in a mere fraternal kiss, and the church accordingly passed a vote of censure on both—the partaker being considered as bad as the thief, though Patience vowed she'd no idee that there was any harm in it at the time, and it was recorded in the secretary's book, among the punishments and other doings, "that Obadiah Cornfed and Patience L. L. Butterfield be suspended from all fellowship with the church for three months next ensuing, the one for kissing with an appetite, and the other for receiving said kiss without rebuking the unholy perpetrator."

Be the case as it may, the deacon, in his own proper person, saved a vast number of apples from being wasted every year, though Jemima told me in confidence, that she believed the shoe-leather wasted by the children, running up and down cellar to draw cider, would come to more than all father saved by making the apples into cider; but then she was a woman, and couldn't be supposed to know much about political economy. But alas! what he saved in apples, he lost in health. He had a severe, or, as he termed it, a "plaguy bad humor," which, to him, most unaccountably continued to plague him. It came out, first in his nose—a place, by the way, quite a favorite with the "humors," especially those begotten by indulgences—and for a long while was confined to that member of the body. The deacon's nose was a prominent feature, very; it was one of those noses that always knows everything that's going on; so much so, that Jemima declared "it was no use of tryino to keep any nice preserves, or nice things of any kind away from father, as he was always sure to nose it out." It was not only a long nose, remarkably so, but very big withal, especially the end thereof, which bulged out, for all the world, just like an old-fashioned chaney pepper-box, only more so—the indentations in it were much larger and more numerous. Aye, one of the noses was that nose of Deacon P.'s, and many was the barrel of cider that had coursed through it, in its day and generation.

The deacon averaged about four barrels a year, it was thought, of "good old cider," in his own proper person! The reader must bear in mind that the deacon "didn't drink any spirit." Certainly not; he didn't think it right, occupying the position he did in the church. No, no, gentlemanly readers, don't think the deacon was intemperate: on the contrary, he was a great rebuker of intemperance. "Jef." used to say, he "didn't see the difference between drinking a glass of rum with a little water, and the same quantity of alcohol in a pint of cider, only the cider was a sight worse!" but "Jef." was a sinner, and, of course, couldn't see as deacons could!

The deacon had a bad humor, I say, and could not account for it! I had my suspicions that, perhaps, he didn't live just exactly right in every respect; but as they were only suspicions, I didn't feel right in alluding to them, but set myself at work to remove it from his nose and eyes. This was easy enough done, by the application of my "celebrated wash for humors," and by my purifying pills, &c.; but somehow, as fast as I "drove it from the nose," &c., it would be sure to appear in his legs, and in a few weeks at most, I was sure to be sent for to *cure* (!) his humors again! The deacon, good simple soul, couldn't see any connection between his eyes, nose, &c., or the humor thereof, and the humor in his legs; he flattered himself, he'd got two distinct humors, and frequently advanced the idea that "they were sent upon him as trials to his spirit"—it was necessary for Christians to have some cross to bear. "The Lord gave, and the Lord taketh away." But still he called it a "pesky humor," and kept sending for me to take it away: but I, of course, being a Christian also, didn't think it right to remove it; so I temporized, or rather compromised the matter, by shifting it about every now and then. The poor old man didn't doubt but that my wash cured it every time! and I didn't then know, myself, exactly what I was doing. All I knew distinctly was, that Deacon P. was good pay, and that they wanted me to come and see him often, and expected that when I did come, I should leave him considerable medicine. And so I kept going, and leaving the "medicines"! and he kept sending and taking them, and as I have said, first, I "cured" (!) his nose and eyes, and then his legs, but somehow, the more I cured him, the more he didn't get well; and I should have had to keep on curing him, I suppose, till this time, if it had not been for one thing, and that was, the deacon died one day, just as I had got him cured of his sore leg, which puzzled us somewhat, as his humor was nowhere to be seen! He had a terrible inflammation, and congestion of his lungs. Where he got it, was a poser to all his folks, as he hadn't been anywhere to catch cold!

Jemima, though, had got a queer notion into her head, that the old humor, the drugs, &c., might have joined forces with the cider, and brought it about. I suggested, sudden changes of wind, &c., and the mortality of deacons, which satisfied all but Jemima, who, by the way, was beginning to be mighty inquisitive, to say the least, about the philosophy of drug medication. Alas! thought I, what crosses we physicians have to bear, in the shape of meddling women, especially those who are all the time wanting to know the why and the wherefore of everything, as if we knew!

HOME LANGUAGE.—If the dialect of angels could be used on earth, its fittest place would be in the home circle. The dialect of home should be such as would not stain an angel's tongue, nor fall harshly on an angel's ear. It should be made up of the words of wisdom, which are at once the glory of youth and the honor of age. If the members of every home would use that language, and that only which the true home-feeling inspires, and which should be used in filling the true offices only of that only earthly prototype of heaven, how different would be the appearance of the world.—*Hopes and Helps.*

INFANCY:

ITS HELPLESSNESS AND CONSEQUENT DEPENDENCIES.

BY E. ROXANA.

"A lovely being scarcely formed or moulded:
A rose with all its sweetest leaves yet folded."

BROWN'S DEW JUAN.

"It lay upon its mother's breast, a thing
Bright as a dew-drop when it first descends;
Or, as the plumage of an angel's wing,
Where every tint of rainbow beauty blends."

MRS. A. B. WELBY.

THE period of infancy is one of feebleness, consequently one of dependence. Among the numberless species of living creatures in our "wide, wide world," none rank higher in the gradation of earthly existences than man; and yet when first ushered into existence, none are so helpless, feeble, and dependent. Left to himself, without the fostering care of parental regard, he would soon pass away like the "morning cloud and early dew," and become as a thing of naught. His wants of a physical character must be immediately supplied; his latent powers must be developed and strengthened, until from a helpless, insignificant being, he is transformed into one fully adequate to make provision for himself; and eventually for those who may be dependent upon him, like as he has been dependent upon others. Unable to make provision for immediate wants, or provide against exposure to harm and danger, how soon would the flickering "lamp of life" go out forever. Unless some careful hand nourishes the fragile infant form, and ministers to its wants, it no sooner enters the world, and opens its eyes to the light of life's morning, than it shuts them again, and makes its exit out of time, ere the sun of life has risen. It must be clothed, and fed, fostered and cherished, with tender concern and watchful care.

With what intense solicitude does the anxious mother and the kind nurse often watch the feeble pulsations of an existence just commenced, while all is suspense as to its probable duration! How often there is required the utmost care and attention, to fan into life and conscious existence, the drooping and almost lifeless infant! Should there be a single obstruction, the slightest interference with the operation of the machinery of nature, how soon would the wheels of life cease to move!

How momentous then the trust confided to those into whose hands this frail and helpless object is placed! How important that they should take cognizance of nature's laws; ever aim to assist her in her operations, and never counteract her manifest tendencies! If the mother is acquainted with the fundamental principles of nature's constitution; if she has an unwavering confidence in the provisions therein made for every emergency; and her nurse, in like manner, consults these oracles as an infallible guide, then we may anticipate no difficulty in the outset. Propitious winds, and fair tides, give the infant voyager a fair and promising start on the great voyage of life. But if, on the other hand, ignorance reigns supreme in both mother and nurse, there is a want of confidence in the adequacy of nature's provisions, and a blind reliance placed upon the nostrums, and contemptible prescriptions of quack doctors, and quack nurses, (of which the world is full) then you may anticipate head winds, conflicting tides, squally clouds, and squalling children, with the ill luck of an ill voyage, as the only prospect before such.

There is no anxiety like that of the fond mother, who clasps in her arms her sweet babe which she has but recently struggled and travelled to bring into the world, yet knows not how to minister to its wants. She has not studied the laws of its existence, and in her ignorance and blindness she confides it to the care

of others; and often she knows nothing of their competency or incompetency for the charge. Often she forfeits her life and the life of her child in following their misguided directions. In their vanity and pride they assume to know every thing, when they know nothing as they ought to know it; and as the fruits of their folly, sometimes the mother, sometimes the babe, and sometimes both, sink to an untimely grave.

If the mother had even been governed by the teachings of her own good sense, instead of the whimsical and often wicked notions of an ignorant, self-conceited nurse, all would have been well. Illustrations of this truth are abundant. I knew a mother who gave birth at one time to two lovely babes. The babes were hearty, and the mother had abundant food for them; but ignorantly it was supposed these babes must drag at the mother's breast, at every manifestation of uneasiness. When asleep they must be waked, and put to the breast for fear they would starve to death. "They were fine babes, and must not be neglected." For the first week or ten days that mother found no two hours rest. This was the period when rest was most required to restore her prostrated energies. It was in the midst of summer's heat. Her appetite was exceedingly keen; for nature, true to her trust, was exerting herself to restore these exhausted energies. One day, questionable food in questionable quantity was proffered the mother. She, true to her instinct or reason, inquired if it "would do to eat it all." She was told that it would not hurt her; she ought to eat, for "she had to eat for herself and her two babes." Accordingly, she ate the food; but never had any appetite after this. The digestive organs had been overtaxed at this critical period. The absorbents no longer imbibed and assisted in the distribution of nutriment to the system. All efforts failed to remedy the evil, or rectify the derangement. Fever followed the irritation and inflammation within. The mother's milk dried away, and in four weeks this youthful and unfortunate mother died "with her renown around her." A few days after, the brightest babe of the two, the one more robust and hearty, sank also to the tomb, from disease no doubt generated in a crammed stomach of indigestible food. The one more delicate still survives, while with the bigoted and marvellous, it is noted as a matter very strange, that the fairest "one should be taken," and the feeble "one left." Piously, it is remarked that "God's ways are not as man's ways." How ridiculous such sanctimonious comment! Just as if God never recognized his own laws in the administration of his government. Just as if effects did not invariably follow their causes. Just as if disease and death in such cases, were not the result of the infringement of laws which God has made for us to be governed by. Away with such pious nonsense! "Oh, Consistency! thou art a jewel."

It is but a few weeks since, I called in to visit a young mother, with an infant two days old. It was her first-born: a fat, bright-eyed, healthy-looking girl. Nature had done her work well, as she always does, when she is not interfered with. Now came the work of art: improvements on Nature's plan. The mother was a robust, rugged woman. Nature had made abundant provision for nutriment, of a quality such as the infant required. But for two days, the child must be kept from the breast of the mother, which is but half drawn. It must be dosed with castor oil, and nicely "cleared out," ere it will be expected to thrive and do well. Well, why not allow the child to have its mother's milk, if she enjoys good health? But this would be Nature. The doctors and nurses would not have the credit of performing wonders. Then again, there is the catnip tea, pumpkin seed tea, and compounds of various sorts, all of which are deemed very necessary to promote urinary discharges, &c., and the child must be examined with the greatest scrutiny, every few hours, to see the effects of their contemptible experimenting. What is

the result of all this unnatural and forced treatment? Let the thousands who die in their infancy answer. Let the hundreds of miserable and suffering living mothers reply, if those already in their graves do not respond. In the case above referred to, the child was fed on improper food, which it was unable to digest: the bowels are irritated by the needless purgative; and, consequently, it dwindles away, until it is a mere skeleton, worrisome babe. The mother suffers from the unrelieved distension of her breasts, which terminates in acute inflammation, and the formation of an abscess. The child worries and cries under the artificial feeding system, until the machinery so admirably arranged in the outset by nature, gives out: it takes an early grave, and is relieved forever from the infliction of further evils to which, had it lived, it might have been subjected.

Should not mothers be instructed in reference to the indications of nature, as to the course to be pursued at this responsible period of their earthly career? If animals are governed by instinct, should not man be governed by his reason in caring for his young? Andrew Combe remarks that, "as soon as the mother has sufficiently recovered from her fatigue, generally within eight or ten hours, the infant, in compliance with its own earnest desire, should be put to the breast. At first, the milk is secreted in small quantities, and from its watery consistence, resembles whitish serum, or whey, more than milk; and it is only after the lapse of several days, that it gradually becomes copious, rich and nutritious. This arrangement is in admirable harmony with the state and wants of the infant. At birth, the bowels are loaded with the dark and slimy meconium; and the first step toward, the preparation of the digestive organs for their functions, is the expulsion of this useless, and probably hurtful matter. For this purpose, nothing is so suitable as the watery milk first secreted. It affords to the bowels the precise stimulus required to excite them to act, without the risk of undue irritation; consequently, when the infant is freely admitted to the mother's breast, the meconium is usually cleared out within a day or two; and almost in proportion as the milk becomes richer, and more nutritious, the stomach and bowels become fitted for its reception and easy digestion."

From ignorance of the general sufficiency of the means thus provided by nature for the expulsion of the meconium, it was long, and still is the practice with many nurses to refuse the breast, till after a purgative has been administered to the child, by way of preparing its stomach and bowels for the reception of its mother's milk. But in most instances, this proceeding is wholly unnecessary; and in many, it is injurious."

Is it to be supposed that mothers who have a thorough knowledge of the laws of dietetics, could readily submit to have their offspring immolated, one after the other, at the shrine of ignorance and self-conceit, without causing their influence to be felt, even from the time of birth, until they were fully recruited, and able to assume the entire charge of them?

How unpardonable, in our day, the ignorance of mothers in relation to the laws of the infantile state! The intelligent mother knows where lies the danger, and that it is oftener found in over-feeding and over-dosing with nostrums and anodynes, than in abstinence from food or medicine.

From being over-crammed, the child worries; and then laudanum or paregoric, or some prepared opiate, in the character of "cordial," must be administered, under the influence of which, thousands of infants are constantly kept until they are dead; or, surviving the trying ordeal, imbecile in body and mind, they finally outgrow the constant oversight of their parents and nurses, in reference to their food.

When mothers are educated as they should be then they will employ educated and wise nurses, and

frown with righteous and withering indignation on the whimsical and bigoted notions of the ignorant and uninformed. God speed the day.

THOUGHTS ON WATER-CURE.—NO. II.

BY DR. W. M. STEPHENS.

We remarked in our last that the Water-Cure as a system can make no permanent, sure progress, except by educating the masses of the people. This can only be effectually done with the rising generation. Very few of these advanced in life will become students. Their habits of life and modes of thought are fixed. It is the next generation that we are to look to for the true supporters of the truth—those who have in their youth learned the anatomy and physiology of their bodies, the laws of Hygiene, and not been in infancy prejudiced in favor of some particular plan of treating the sick.

The present belief in the curative agency of drugs is not founded upon any process of reasoning or upon any observation of facts. It is with most persons a matter of simple hereditary faith—it is the old plan, and has had the sanction of our fathers—it was recommended to us in our infancy, and was imbibed with our mother's milk.

Now if we are going to change the world from this faith, it must be by something more powerful than simple assertions. There must be a knowledge of the human system as a basis. Positive belief must take the place of a negative faith. We must show that all drugs are positively injurious, and that all human diseases in their incipency are curable by the human system, if curable at all.

During the past year it has been my lot to be actively engaged in the out-door practice of the Water-Cure. During this time I have treated all kinds of cases, acute and chronic, and with unvarying success, not losing a single case which I have undertaken to cure during the year's practice. Whilst the patients of the Allopathic physicians around me were constantly dying, one after another, mine invariably got well. All kinds of acute diseases, as Intermittent Fever, Inflammatory Rheumatism, Typhus Fever, Measles, Scarlatina, Erysipelas, Croup, and Diarrhoea, invariably recovered in a few days, and sometimes after two or three applications of the water. In no case was there any relapse, and in no case any lingering chronic disease in the train of the acute one. During this time I have relieved some and cured other desperate cases of chronic disease—cases which had been under the hands of physicians for years. Now what will the world do with this brief synopsis of a year's experience? It cannot say that these persons were not sick, for many of them had been given up by their physicians. It cannot be said that they would have recovered under drug treatment, for we do not know, but the probability, nay, the *certainty* is, that a great many of them would have died. I could report many of these cases in detail, but I am reminded that thousands of cases have already been reported, of a similar nature, and established by the highest testimony.

But how is it that every system of practice reports cases of diseases cured, and that every patent medicine is recommended by an abundance of testimony as to its curative virtues? All this is easily explained. The human system, as we before remarked, performs all cures—and all acute diseases are but the struggle of the system to recover health. Now the strong and rugged will generally recover from an acute attack of sickness in spite of medicines. If they are long sick, and much weakened by the sickness and the medicine, they will, however, never recover their former vigor,

but be subject to chronic ailments. Such cases are reported cured. Many cases of chronic disease, by bracing, harnessing, and stimulating, may be greatly relieved for a time, until the effects of the stimulants have worn off, when they are followed by still greater debility, because the stimulants have only called forth a greater exertion of the system to exhaust it the sooner. Such cases are reported as cured. Many other cases published in newspapers, handbills, and almanacs, are altogether fictitious, invented to deceive and delude. Let any one take the trouble to trace one of them to their source, and he will find them pure fabrications. It is in this manner that we have so many cases of reported cures, and it is by such cases that the supporters of quack systems and the venders of patent medicines palm off their wares.

To correct this imposition, we have again to resort to the education of the masses of the people. Medicine must be popularized. There is no other way for the people to protect themselves against charlatany and imposition. There is no other way for them to distinguish between the true physician and the impostor. In their ignorance they are as likely to accept the false as the true, the bad as the good.

A colored man in the West, who pretends to be an Indian, and who is so ignorant that he cannot read a sentence in the English language correctly, nor write his own name, has more practice, and is believed by the masses of the people to be more scientific, than any of the *Regulars* in that region. Having spelt out and committed some large words to memory, he repeats them before the ignorant and gazing multitude, who are astonished at his learning. He gives all kinds of drugs, and is believed by the people to be more successful in curing the sick than the regular physicians. This man calls himself Doctor Whitfield.

If we would have the profession of medicine freed from such practitioners; if we would abolish quackery, druggery, leeching, blistering, cupping, harnessing, and all other forms of barbarism, the masses of the people must be so instructed, that they can distinguish between the genuine and the false—between the ignorant pretender and the scientific physician.

This is the work in which the WATER-CURE JOURNAL is now engaged, and this is the work which every water-cure physician is aiding with all his energies. We do not fear the light. We court investigation. Our JOURNAL is published for the people as well as the physician. Our books are written so that all may read and understand. Is not this a glorious cause to be engaged in? It is nothing less than the suppression of all quackery, by enlightening the people; the promotion of health and virtue, by teaching obedience to physical laws. [Forest City Water-Cure.]

IRRITABILITY OF BRAIN.

BY S. O. GLEASON, M.D.

We do not intend to speak of inflammation of the brain, or of any of the changes which are begotten by chronic disease; but of the peculiar state so common in this age of mental activity, which does not amount to acute disease, but borders upon it.

There are grades of irritability, which in mucous surfaces do not amount to organic disease; so of any of the other structures, not excepting the brain. These conditions are marked by an increased vascularity of the parts. When an organ has been normally exercised, and obtains its natural rest, it maintains its equilibrium. The recuperative power is equal to the tax imposed by the exertion to which the organ has been exposed. When the *will power* has been too long applied in the production of thought, without intervals

of relaxation, the first result is increased vascularity; the symptoms of which will be increased heat in the scalp, quickness of the pulse—headache and general fever.

Bounds are more distinctly set to limit muscular power, exhaustion sooner compels rest—it becomes an absolute requirement; while it is not by any means so with the *brain*. Thought is so subtle, so varied and intense; such a source of pleasure, especially under the influence of powerfully exciting circumstances, that the *mind* will keep the *brain* on a stretch of excitement for days with scarcely a consciousness of excess of action.

The mind may be engaged in the contemplation of the more noble and elevating, of the sublime and beautiful, of the present and future of the human race, till it is lost to all knowledge of the severity of the task imposed upon the brain. For a series of years even the mind may be under the influence of an excessive stimulus, which works the mental machinery, day by day, beyond its natural capacity, till at last most fearful results ensue. All this while the other organs are neglected: digestion becomes impaired, bowels costive; free, open, and fresh air and exercise are not enjoyed. It is thus that an army of diseases are unwarily introduced, which ultimately break down the constitution and subject the violator of physical law to all the "indignation and wrath, tribulation and anguish" of an *irritable brain*.

The senses, especially of sight and hearing, often become painfully acute, when there is marked brain irritability. There will be great intolerance of light and sound, a restless temper, unstable will; the patient will become subject to his *feelings* and *impulses*; will be guided by them more than by his *judgment*. The mind will lose its capacity to fix itself for any length of time upon any object; cannot even endure the ordinary thought necessary to the common business transactions of life. This *very fact* becomes a source of irritation that aggravates the disease! Sleep becomes disturbed; finally, night after night passes and no rest is obtained for a poor, jaded and exhausted brain, till at last the patient finds himself thoroughly prostrated by some formidable disease. Such results are sure to come in some shape or other to torment the violator of God's unchanging laws.

Woe be unto him upon whom such "vials of wrath" are emptied. Numbers of such cases have come under my care. All the horrors that the human mind can conceive torment and harass them from "early morn till dewy eve;" from setting sun till opening day there is no rest, peace, or comfort for their troubled spirits. Insanity, with its dishevelled hair, haggard features, and distorted expression, stares them full in the face. Its open, glaring eyeballs rest upon them, while in its hand it holds *barbed arrows*, dipped in poison, pointed with lightning, ready to force them into the deepest depths of their burning sorrows.

The loss of sleep must ever be looked upon with alarm. If this power is suspended for any length of time, we must expect the most direful results. Every organ requires rest. Sleep is rest for the brain, and it cannot be obtained by any other means; it is the "great restorer" of brain equilibrium after cerebral action. Every organ requires rest; all vital organisms require it. The doctrine of the Sabbath is unfolded in human organization—nothing organized can operate perpetually. The sanity of a man cannot long be insured who has lost the power to sleep. Many who read this article will find a sad confirmation of their own history. The turmoil and strife in which society is engaged, the great stretch to which brain energy is exposed, is perfectly fearful to contemplate. Its results who can tell? They will most certainly be read in the history of excitable nervous systems, of idiocy, of insanity, as sad proofs of the cerebral condition of thousands of parents in these "fast" times. Some cases are already known to me where such re-

sults are now apparent. What sadder occurrence can happen to parents of intelligence and sensibility than to see an offspring come to their homes bereft of the use of its mental energies—blind to all the beauties of earth—shut out by necessity from sharing in the common sympathies of humanity? Some, too, I have known with their eyes forever closed by paralysis of the optic nerve; some with their hearing sealed from the sweet voices to which they have lovingly listened—from the sounds which have fell in soft music upon their hearts, carrying with them inspiration to noble deeds and manly effort.

The duties imposed by social life are neglected—the time for contemplation of "spiritual things" interfered with by the fearful—nay, maddening play of the intellect. In many of the amusements and relaxations of life there is even a dangerous excitement to which multitudes of the wealthy are exposed, that begets the same sad results of which we have spoken. There is scarce any repose taken by the mind devoted to art, science, literature, business; the church and the world mingle in the contest; passion, strife, mingle with one, and prolonged hosannas are heard in the other.

Now, we are called upon to treat many cases, whose habits have been such, in some department of activity, as to induce the state of brain under consideration. The results are extending through every grade of society.

From the House of Representatives "to the house of paupers," upon the workman, the clerk, house-servant, professional man, and statesman can the effects of this intellectual tension be traced. The will power, like a key, seems to have wound up all the intellectual machinery of the age to a pitch that is fearful in its results to the coming generation, as well as productive of untold misery to thousands in this age.

Now add to these evils, intemperance, gluttony, excess of the passions, and all kindred vices that swell the dark catalogue of violations of nature's inexorable laws, and will it be a matter of wonder or astonishment to any one who looks with a clear eye into the future, that millions yet to be born shall be ushered into existence, with a brood of evils, like a nest of scorpions attached to them by the law of hereditary descent, from which they can never be free?

[Elmira Water-Cure.]

A SAD ACCIDENT.—MESSRS. FOWLERS AND WELLS: I take this opportunity to inform you of the sudden decease of Dr. Allopath. There has been a great *freshest* in this town, and as the Doctor was gently gliding down his accustomed channel, before he was aware of the danger that awaited him, he was overwhelmed with the rush of water, and *sank, to rise no more*. Although it gives us *pain* to record the death of so aged and venerable a citizen, yet the consciousness that the people will have less *pain* to afflict them, sustains us in this trying time. Ah! little did the Doctor dream, years ago, that such an untimely end awaited him; but could he have beheld the radiant smile that glowed upon the countenances of the few who then received the "*welcome messenger of health*," he must have become conscious that such an event awaited him. But such is the fact; and for evidence to prove my assertion, I will refer you to the readers of the WATER-CURE JOURNAL. And the cry is, still they come; and will come, so long as I have a being in this sphere. I came in contact with a person today, who says, "if he were to be restricted to one meal per day, and the privilege of reading the WATER-CURE JOURNAL, or denied that privilege, and have three meals, he would say, good-bye two meals, and let me have the JOURNAL." H. D. H.

Carlton, N. Y.

Dietetics.

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

IN IDELITY VS. REFORM, AND THEOLOGY VS. VEGETARIANISM.

generally understood, that a medical journal is the place to discuss science, instead of theology; but a short article, "Flesh-pots of Egypt," by R. T. Trall, has set the readers of this JOURNAL to searching the Scriptures, in order to prove vegetarianism heretical, in reference to the faith of former times, and as has been the case in all ages.

Dr. Trall says that Water-Cure will not perform miracles; but he is mistaken, it has performed one—that of rising thus far in the face and eyes of prejudice, without one solitary passage of Scripture being brought to prove that it was unscientific. Not so with vegetarianism, for it has encountered a perfect torrent of theological objections in the outset, many from the Old Testament, one from the Saviour's example, and one or more from Paul's correspondence, especially 1st Timothy iv. 3. Now, brother "Water-Cures," don't get excited on my account; for to remove those, and all other theological objections that can be brought, is but an easy task; but though there is little grain, it is scattered in a large field, and brevity will compel me to make long strokes; so, if some things are not plain to the comprehension of all, rest assured that there is more powder left. It is unjust to require of man more than his present organization and surrounding circumstances will permit him to perform. And man was not sufficiently advanced under the old dispensation, to receive a perfect law to regulate the propensities; hence the selection of meats, and the permission of war, retaliation and polygamy, for though man was placed in connection with none of those evils in his Eden-state, had but one wife, was a strict vegetarian, &c., yet, when he went abroad to learn by experience good from evil, he first slew the beasts for food, then his enemy for his spoils, and multiplied his wives as wealth increased; at length the crisis came, and reform lit her torch cautiously at first, lest the sudden light should overcome, with its noontide blaze, those whose eyes had long been accustomed to darkness. But as their moral sight waxed stronger, her torch grew brighter, guiding him on to perfect day. Though polygamy was not prohibited by either Moses or Christ, yet it vanished like dew, before the light of modern civilization, as meat-eating has already commenced to do. And should any one with the noon-tide blaze that begins to pour upon mankind, attempt to follow in the footsteps of holy patriarchs and kings of olden time, he would be denounced as a barbarian, and excommunicated from the church for misdemeanor. Examine those points for yourselves. Thus much for Old Testament authority.

Christ conformed physically to the customs of society. Had he affected singularity in those points, it might have diverted attention from that which was the object of his mission, which was not to teach that which nature would teach when man became prepared to receive it, but to open up the way of salvation. Had his mission been without limit, had he taught man all that was useful and interesting in nature, the history of his teachings would be as limitless as the book of nature, progression in knowledge would have come to a halt, the work of eternity been accomplished, and human existence become a burden. But he accomplished his mission, and returned to his Father, leaving civilization and science to work such reforms as came within their legitimate sphere.

Now for the apostle Paul and the fourth of Timothy.

When we are fully convinced that Paul did condemn vegetarianism, we shall feel that we are committing no sin, if we differ with him in physiological matters, since he differed from his fellow apostle in theological points. And while we admit that he was a good preacher and faithful historian, we shall doubt his being a very good doctor. But I can find nothing in his correspondence to conflict with vegetarianism. He seems quite liberal, when he says, that "if eating meat would offend a weak brother, he would abstain." And also, after advising not to marry, he warns the brethren (1 Tim., 4th chapter, 3d verse) against that imperative class of teachers who should *forbid* to marry, or *command* to abstain from meats, thus making the wrong to consist in tyrannizing over the mind of man by force of command. But it matters little what the opinions of any of the apostles were on that subject; if they thought of it at all, they probably differed; for no one supposes that Christ gave them lessons on physiology; and if he did, Paul was not present, being at that time unconverted; so we shall be unable to gain any light on this subject, from that source; then let us not put our hand to the plough of reform, and then look back eighteen centuries for precedence, but rather go on to perfection. Let us hail every gleam of light that science sheds as a revelation from God, just as much as though it was heralded by the thunders of Sinai. Let the watchword be, "upward and onward," mounting higher and higher in the scale of being, towards the great embodiment of all perfection. So regulate our diet as to keep the propensities in check, and our bodies under "subjection," until wars shall cease, crime be treated as a malady, and man do nothing but good to his fellow-man. Eat the bread of honesty, with "singleness of heart," and say, with the hermit:—

"No flocks that range the valley free,
To slaughter I condemn;
Taught by that power that pities me,
I learn to pity them."

Lebanon, Ohio.

M. G. T.

OUR BIBLICAL OPPONENTS.—I desire to say, in reply to the writer who asks for a removal of the objections to vegetarianism, contained in the Old Testament, 1 Kings, xvii. c. 6 v.; also in the New Testament, Mark, vi. c. 41 v., and viii. c. 7 v., and John, xxi. c. 13 v., that if he construes every verse in the Bible in a literal sense, and intends to guide his life by it, he will first have to reconcile many apparently opposite passages.

On this very subject, how will he put together the verses above, and those of Genesis, i. c. 29 v., and ix. c. 3 and 4 v., and choose between vegetable and animal food for man? As to the parables of the New Testament, I think it was meant to be understood that Christ satisfied the spiritual hunger of the people, and that he did not always directly oppose error, but taught truths which would banish it.

Now, to save space, as Mr. Dunn is so good-natured about his differences, and I feel a kind of fellowship for him, because he acknowledges himself a vegetarian, I will impose upon him, by dividing my reply between him and the other gentleman (in anticipation of his permission) who feels himself so piqued at the remarks under the head of "Lusting for the Flesh-Pots," together with the offence which has been given him by articles opposing what he (Criticus) considers scriptural commands in favor of flesh-eating.

The directions given in Leviticus, by Moses, who states them as coming from God, would seem to me rather explicit commands for Deity to be supposed to give to man. And I do not doubt that Moses, in his day, gave them just as any philosophical patriot of ours might, with the understanding that the most unwholesome meats would be most contrary to the laws of life, and therefore to the laws of God, to partake of; and Moses, also knowing the habits and constitu-

tions of his people, may not have thought it best to denounce all animal food at that time.

In regard to permitting the people to do wrong, and then cursing them for acting according to permission, I do not understand that sending a plague for evil doing in these days, was any more inconsistent than in these, where we are all free agents, as far as having the power to do right or wrong, within us, the punishments for wrong, righteously following the wrong. The allusion to the fourth chapter of Isaiah, I suppose, is a mistake.

As for quoting scripture for authority in all our particular acts, I think, with Dr. Trall, that "the seeming varieties of the Scriptures may not always be correctly interpreted, and that it would be enough to rest all such questions upon evidence of a purely philosophical or scientific nature." What else did Christ mean by directing us, in the beautiful parable of the talents, but to put ours to the interest of use? And how else would it be feasible for us to discern our duties to our neighbors and to ourselves, which alone comprehends our duty to God? For my part, I depend solely on the teachings of Christ, the spirit of which, to me, nothing has equalled, or can transcend. And since I believe that they are based upon ineffable love, I do not understand how they can consist with cruelty.

FLOS.

MORE BIBLE ARGUMENTS.—As our numerous correspondents on vegetarianism and anti-vegetarianism still harp on the Bible argument, and, as by common consent, seem unable or unwilling to oppose the advocates of an exclusively vegetable diet, on scientific or philosophical grounds, we give place to several of a flood of communications which we have on hand, prefacing them, however, with the following extract from the *American Vegetarian* of April. It is from the pen of Rev. Wm. Metcalf, himself a practical abstainer from flesh for more than forty years. He is also one of the persons alluded to in the *Hydropathic Encyclopedia*, who have vigorous and intelligent children and grand-children, to whom the taste of flesh, fish or fowl, is unknown.

"A correspondent of the March number of the WATER-CURE JOURNAL makes an appeal to the Bible, and states the example of Christ as opposed to vegetarianism. He says:—

"It is the general belief that Jesus Christ was man, perfected, and that his life was one of perfect obedience to all the laws of God, *physical as well as moral*. Now, if we are right in believing you to hold that man's legitimate diet is simply vegetable, farinaceous or frugivorous, and that it is violating a fixed law of our physical constitution to eat flesh, then you certainly must allow Christ, in one particular at least, to have violated a law of his nature, and to have given all the world an example of disobeying a law established by himself—for Christ *did* subsist upon flesh partially. I should like to have you explain this matter."

"Now, with all due deference, we beg leave to say, the writer has assumed as a matter of fact, that which is beyond what is written. He has no Bible authority for saying Christ *did* subsist upon flesh partially. He cannot put his finger upon a single passage in the Bible which inculcates such a sentiment. We know well that some have supposed Christ ate fish, and that he gave it to others to eat; but even this latter is in a great measure conjectural, and the former without truth. Because on a certain occasion, it is said they set fish, &c., before him, and he did eat, it does not necessarily follow that he did eat fish. In crossing the Atlantic, about two years ago, in order to be present at the Vegetarian Banquet in Liverpool, on the anniversary of the English Vegetarian Society, we had set before us, daily, during the voyage, fish or flesh, or both at dinner, on board the steamer Arctic; the wine and the brandy were also frequently before us on the table, and we *took and did eat before the company present*; but does it therefore follow that we *took and eat* flesh or fish? or that we drank of the wine? Those who know our mode of life for the last forty-five years, would never come to such a conclusion.

"But we have said the supposition that Christ gave fish to others is in a great measure conjectural. Our reasons for such a remark, besides being satisfied that 'he was obedient to all the laws of God, *physical as well as moral*,' are founded on the descriptions of

Christ's miracle of feeding five thousand men with five barley loaves and two small fishes. *Opsarion* is the Greek term translated *fishes*, (John vi. 9, 11.) In his Greek Lexicon, Parkhurst says, "it seems not very natural to understand this word (*opsarion*) as signifying fish; it signifies some other kind of provision of a delicious sort, usually eaten with bread." (See also John xxi. 9, 10, 13.) Now, Parkhurst was no vegetarian, and yet he says *opsarion* does not mean *fish*. We have no disposition needlessly to bring forward the Bible in the cause of vegetarianism, but we feel called on to show the onward course of the principles, and to refer to this Bible appeal as indicative of its progress.

Although we cannot but view the conduct of flesh-eaters in appealing to the Bible to sustain a subject confessedly more philosophical than theological, yet we acknowledge our pleasure on seeing *agitation* kept up respecting vegetarian principles, in any kind of argumentative form. On the subject of the Bible testimony respecting vegetable and flesh diet, it often happens that what is plain and clear to the mental perception of a vegetarian, is obscure, if not wholly incomprehensible to the mind of the flesh-eater. Men see the truths of the Bible according to the purity of their states, and as they are obedient unto that which they do understand. "He that doeth the truth cometh to the light," is the law of spiritual illumination. Our mental visions are by no means similar; and our preconceived notions often prove distorting mediums, and sometimes make the most sublime truths of revelation appear absurd."

Dress Reform.

FASHION.—Dear WATER-CURE JOURNAL, and every body, and the universal Yankee Nation in particular, aren't we having a general waking up? Oh, Bloomerism, Bloomerism, how the battle thickens and the brave volunteers rush to the field. I guess Uncle Sam's girls know what's what, and if they don't turn *old Mrs. Fashion's* house up side down, and wrong side out, then I'm no where. She's done mischief enough hereabouts, and she'll soon have to ship for more favorable quarters, that's "sartin." I don't have anything to do with the "Women's" Rights Conventions, 'cause I ha'n't got much "larnin'," no how, nor am I "natterly" blest with the gift of speech, but that confounded old tyrant, Fashion, I'll help any day to give her just such a routing as she deserves, for she has shattered our constitutions, she has deformed our natural beauties, she has caused our people to go down to their graves full of infirmities, aches, and pains. She has governed the world with her tyrannical sway, until disease has become the general rule, and health the exception; in short, she is constantly making attacks upon us in the shape of tight, whaleboned waists, long heavy skirts, and the like, and last, though not least of all, picked our pockets, till, oh "marsy-sakes," we have hardly a dime left us; therefore, we shall hold her as an enemy so long as she continues to infringe on nature's laws.

Oh, how burdensome and extravagant the fashions are now-a-days to what they "used to was." Our old ladies say, when they were girls, that they didn't think of having more than few nice dresses at a time, made plain, loose, and not very long in the skirt, and they lasted them a long while; but now they say the girls must have a new dress for every party. And just so it is: we buy a thin flimsy material, then we gather, ruffle, cord, whalebone, flounce, and fix, or in other words, put more work on the dress than it is worth, and then only wear it a few times, till it is faded, worn out or torn out, then money, time and dress are all gone.

Oh, unremitting toll in the land of *needledom*, when shall we learn to make our clothing of some durable material, and quit this thing of changing the fashions so often, for we are not only wearing out our precious lives by doing so much sewing, but *sure* and it takes too much of *Uncle Sam's* "apple and tater money" to keep up with the fashions. I think we had better take our spare change to educate the people, make rail-

roads, and pay our expenses to the World's Fair, &c., &c. Oh, *hum*, how we hold up our heads and talk of freedom, when at the same time we are the complete slaves of fashion, not being even free to breathe, and why not? "Oh, 'cause my dress is *kinder tightish*, or at least it was when I first put it on, but somehow I don't feel it much now. I only feel *sorter uneasy*, and some slight headache and sideache, that's all." But, may we all hope that the day is not far distant, when our fair countrywomen shall attire themselves comfortably, neatly, and plainly, and each be her own dress-maker. Then look out for "*rosy cheeks and sparkling eyes*."

Well, I must close wishing you Water-Cure folks, Nogg's, Squoggs, Quoggs, and the rest of mankind, success and a long life of happiness. LITTLE SUE.

Marietta, Ohio.

AN APPEAL FOR THE NEW COSTUME.—The friends of reform are laboring to effect a change in female costume. The long, and truly inconvenient, skirts have been abridged, and the Bloomers substituted in their place.

And yet but few have adopted the "New Costume." And why is it? It is certainly more becoming to every one. Besides, it is neater, for what can be more disgusting than a drabbed skirt? and a long skirt can be kept clean only by carrying it in the hands. And unless carried very high, the body is kept in a stooping posture, which destroys entirely the gracefulness of the form, which can be maintained only by an erect position of the body.

But the chief superiority of the Bloomer costume over the old is, that it is more conducive to health. And what can be of more importance, than the preservation of the health? without it life is rendered a burden. And why is it that so few have adopted the "New Costume?" Why is it that so many, who really see the need of a reform, have not made the change? They fear the ridicule of the vulgar. But let that be no excuse for negligence. Let every one wear the new costume, and there can be no chance for ridicule.

Perhaps the first who break the bondage of Fashion may receive an occasional sneer, but be not discouraged. Maintain an unshaken firmness of purpose in spite of derision, and you will soon gain a host of advocates for the cause.

Parents, urge upon your daughters the importance of the change; they will not reject parental counsel. Husbands and brothers, encourage your wives and sisters in the reformation, and soon the Bloomer costume will be the reigning fashion of the day.

I have always admired the Bloomers, but for a time my youth and Approbativeness forbade me to oppose the sway of fashion. But I saw my duty, and have resolved to wear them, although I should bring upon myself the ridicule of the servants and slaves of fashion. But I have escaped derision. I have been in public several times, and have always been met with the highest civility and politeness. I trust others will follow my example. But do not wait for others. Some one must be first. Let each one strive to be foremost in the work of reformation, and soon the odious bondage of long skirts will have lost its sway, and the "Bloomer Costume" will be universally acknowledged as the costume of neatness and health.

I. G.

MALE COSTUME.—I wish some able writers of the JOURNAL would give us something more on male costume. I have often thought there might be a great improvement made in dress, and more especially a covering for the head. We want a dress that will suit the "ideal" as well as be healthy, and durable.

We look to you for aid in this matter. I saw an article on this subject in the last JOURNAL, and I hope there will be more. We look to the JOURNAL as the great "channel of the age," through which every im-

provement must flow. Let some kindred spirit arouse and put in motion the giant machinery of thought, conducted by Causality, Constructiveness, and Ideality, and let us adorn the human form in all that is beautiful, healthy and becoming.

Port Byron, Ill.

WESTERN FARMER.

DON'T READ THIS.—There has been a great deal said about the indecency of the American Costume, but I think the indecency all belongs to the present female dress.

I never put on one of these disfiguring, filthy, fettering petticoats, but for the curiosity of the thing I might try it had I a *dark room*; but to go out into daylight and on to a public street, especially in a windy day, that I never could do.

I saw two pretty girls on the hurricane deck of a steamboat—there came a slight whirlwind, and did I not pity those poor girls? Such twisting and squirming! Finally, they were obliged to seize their rebellious garments and actually hold them down.

Talk of the decency of a dress that a lady cannot appear in public in without the liability to such indecent exposure. This dress must be the legitimate offspring of lewdness and luxury.

My sisters, your dress is a living witness of your helpless, dependent condition. "Woman's rights!" You will not, and you could not, if you would, exercise those rights in your present dress. I never saw or listened to a female public speaker, and hope I never shall, attired as I commonly see women; as the beautiful (if not the sublime) and the ridiculous would once, I am sure, be personified and brought into close contact.

Voices from Home.

EXTRACTS FROM LETTERS.

FROM BEAVER DAM, IND.—I am in possession of the work published by you entitled "Education and Self-Improvement Complete." I consider it worth its weight in gold. This "flesh-gormandizing" I think you assign to its natural sphere, the brute creation. With the Bible in one hand and nature in the other, I cannot conceive how an intelligent person can contend that it is natural for "man to eat flesh." In adopting a diet strictly vegetable, I have much war and opposition to fight against, but courageously and with unflinching fortitude I battle on, rendered still more invincible by each new assault.

S. E. S.

FROM ——. — [We find neither town, county, State, nor date named on the sheet from which we make the following extract. We hear the "New Voice," but know not whence it comes. We must again beg our correspondents to give us *in all cases* their "local habitation and name!"]

It is a saying with which I have been familiar from boyhood, that "each-generation is becoming weaker and wiser." This appeared somewhat of a mystery to me, and in looking over the matter, I could see no reason for such destiny for man. Nevertheless, it seemed as if true, and in noticing those who were most instrumental in advancing this idea, I could see a fearful retrogression from the health and strength of their honored progenitors.

But I now have before me a key which unravels the whole mystery. In the teachings of the "JOURNAL," that information which is so valuable, so easily taught, and so plain, that "he who runs might read," that information of which mankind is so ignorant, is unfolded. These things, pure air, wholesome food, and a due proportion of work and play, seem never to have received a passing thought from mankind generally.

A NEW VOICE.

FROM CENTREVILLE, MICH.—[The writer of the following calls himself a plain Yankee farmer, and takes a leisure hour on a rainy day to tell us of his interest in the JOURNAL, and the reforms which it advocates. We like to hear from such. He says:]

In regard to the WATER-CURE JOURNAL, which I have had the pleasure of perusing during the last series of numbers,

I would respectfully say, that although I cannot attribute my all in the way of reform directly to its influence, as some perhaps can, yet I think I appreciate its benefits in my own family, and in society at large, as much as most of those who share with me the monthly banquet, however long or profitably they may have enjoyed its visits. Respecting some principles therein advanced, I can say with the rich man of old, "These have I observed from my youth up." As I have ever abhorred the use of tobacco and ardent spirits, but have not adopted the general vegetarian principles until being experimentally satisfied of the inefficiency and quackery of physicians in general; I sought it as the last and only resort for preserving life and happiness, and during the three or four years of unaided, and of course imperfect efforts to secure the great object, *Health*, I have accomplished so much towards gaining the point, that I hail the JOURNAL as a messenger of peace, hoping thereby to perfect the work and permanently secure the reward, feeling assured, from my imperfect experience, that a fair trial is all that is necessary to secure it.

O. W. W.

FROM SOUTH HANOVER, IND.—[A correspondent writing from this place, gives the following brief statement of an interesting cure of Chronic Rheumatism:]

If I had time, I could give you a list of cures which, perhaps, would not surprise you, but which did astonish me. Let one suffice. This was a case of the Chronic Rheumatism. My father had been afflicted with it as long as I can remember. During the summer he suffered but little for some years; but at last it took such a hold on him that he suffered continually. His left leg became almost useless, and shrank until nothing but the skin and bone remained. In this condition I found him on returning home after an absence of about a year and a half. I thought something must be done: but what could be done? He had tried all the *drugs* and *nostrums* he could hear of, but continued to grow worse.

One day I called on a friend, and after conversing on the merits of the Water-Cure for some time, he gave me Dr. Shew's Manual, saying, there is a book you ought to read. I did read some, at least enough to find directions for curing the rheumatism.

I went home, and got my father's consent to try it on him, fully persuaded that if it did no good it would do no harm. I commenced in February, and he is now a *Sound Man*.

J. C. M'K.

FROM UNION SPRINGS, N. Y.—[A remarkable cure is thus narrated by a correspondent:]

A remarkable water-cure was incidentally effected in this place, which it may be well to give the world the benefit of. A young man whose name is Almey, and who has for some years been a resident of this village, had for a long course of time been afflicted with that peculiar kind of convulsions, usually denominated falling sickness, *fits*. The young man was, as a general thing, liable to an attack once at least in each week; their frequency, however, depended much upon over exercise and exposure, and perhaps upon other causes not easily explained.

In the month of September, 1851, the man fell by accident into the Cayuga lake in one of those fits, and remained for several minutes under the water, before it was possible to rescue him: on taking him out of the water in an apparently lifeless state, means were used which soon restored him to consciousness, since which time he has never had an attack. To us here it seems difficult to attribute his cure to anything but the water. If your opinion coincides with the views of this community, you are at liberty to make whatever use of this you may think proper.

E. A.

FROM CEDARSBURG, WIS.—[An agent sending a list of subscribers from this place appends the following:]

Mr. B— was attacked with typhoid fever, was attended by an Allopath at a cost of about \$50, and about two months' severe illness. In the mean time Miss B— (his sister) was attacked in precisely the same way, was treated by my wife Hydropatically at a cost of only a few days' illness, and a *present* of one dollar. Our tea and coffee pots are only in the way, while our cups are filled with pure water. My tobacco reservoir is covered with dust, and my box is getting very rusty.

C. T.

FROM CHICAGO, ILL.—[J. W. thus closes a business letter:]

The feudal system of medicine is losing prop after prop of the sophistries which have heretofore supported it; and the mysticisms, which have magnified it too long in the

minds of a confiding people, are fast giving ground to the facts and sound reasoning which your Journal presents. The general mind (which is not acquainted with water) is desirous of a medical reform, and especially throughout the whole of this Western country. Gentlemen, please excuse the spinning out of a business letter thus.

J. W.

[From another letter dated at the same place we extract as follows:]

A short time since I was attacked with cold chills and fever, and suffered many days and nights with a severe head-ache, also a pain in the bowels, which terminated with the dysentery. My friends said I must take some medicine, that it would be impossible for me to recover without resorting to the use of drugs. But as I was determined to let the physic alone, my friends gave me over to hardness of heart. I grew worse rapidly, and was feeling somewhat alarmed for my safety. I could not rest night or day. My anxious friends advised me to immediately send to the drug store. I objected, and called for a pail of warm water, enjoyed the luxury of bathing my bowels and hips for half an hour, and felt an immediate relief, retired to bed, and awoke after a long and refreshing sleep, and in forty-eight hours I felt like a new man.

W. A.

FROM RICHLAND, N. Y.—[The following case, which is only one out of the hundreds of similar ones which are constantly coming to our notice, should open the eyes of those situated like our correspondent, and suffering from the combined evils of disease, drugs and doctors. It is the part of wise men to profit by the experience of others, and thus save the high price which *personal* experience is sure to cost:]

I have for a number of years been subject to Inflammatory Rheumatism. At one time I was confined to my bed for above three weeks, and for ten days I could not turn myself in bed. I was thoroughly drugged, and the doctor had the satisfaction of thinking that he had cured an unusually severe case of rheumatism, in the *very short* (?) period of three weeks, for which he pocketed a fee of about twenty dollars.

Last fall I was again taken down, with even more severity than before. The pain settled into my stomach (breast-bone) and back, and it was with difficulty that I could breathe. But I had become convinced of the curative properties of water, and instead of swallowing hundreds of doses of "blue pills," "Dover's powders," and other nostrums usually prescribed by an "Allopath," I had recourse to nothing but *pure soft water*, and in three days I was entirely well.

S. W. F.

Poetry.

STILL ADVANCING.

BY HORACE.

STILL advancing, still progressing
Is the cause we advocate;
Onward, upward, ever pressing,
For no "Stand-Still" can we wait:
Neither can the car of progress
By Old Fogs be delayed;
They cannot prevent our egress
From the Allopathic shade.

Who can stay the tide of ocean,
Who the giant wind can bind?
He it is can quell commotion,
Which is now arousing mind.
Heaving, tumbling, now is breaking,
Ice of wintry ages past,
And their mystic dogmas shaking,
Like a reed swept by the blast.

And this deep and wide convulsion,
Which ferments life's troubled sea,
Shall result in the expulsion
Of each base absurdity;
In whose mist mankind, enshrouded,
Long have groped their way in night,
By a mystic lore beclouded,
Falsied, on their hearts a blight.

Men begin to learn that Nature
Would have all her children blessed,
Clothed with health have ev'ry creature,
And have life enjoyed with zest.
Rent have been the gyves that bound them
To the follies of the past;
Light effulgent shines around them,
From their eyes the scales are cast.

Drugs no more, nor strong potations,
Shall life's temple desecrate;
Offer they no more oblations
To the gods that enervate.
There shall dawn a glorious era,
And its twilight now is seen,
Lighting up the brow of morning,
With its radiating sheen.

Slumber not, oh! brothers, never;
Toil we for the glorious day
Which shall bring all health and gladness,
Labor speeds it on its way,
When from appetite enfranchised,
And from fashion's iron sway,
Shall the race, in pristine vigor,
Go rejoicing on their way.

Oh! there is a true specific,
Free as air to all mankind,
Boundless as the vast Pacific,
To no land or caste confined.
Thousands wrecked upon life's ocean,
It hath rescued from the wave;
Thousands more from drugs and Doctors
Doth this panacea save.

Hear ye not the sound of waters,
Murm'ring "Come," as on they glide?
Ho! ye suffering sons and daughters,
Try the renovating tide.
I have tasted of that fountain,
And its wondrous virtues proved,
Gushing, sparkling, from the mountain,
By the healing angel moved.

Life is precious, worth preserving;
Though disease hath brought you low,
Turn to Nature, never swerving,
Joy shall take the place of woe.
Dash aside each vile potion,
And narcotics touch no more,
Sip of Nature's sweet libation,
Lave and be ye whole once more.

Then how changed in ev'ry feature
Will appear each scene ye view,
And the joyous voice of Nature
Charms untold will have for you.
Sweetly o'er life's ocean sailing,
Borne shall be your bark along,
Till the Heavenly portals hailing,
Ye with angels blend your song.

[Elmira Water-Cure.]

THE SERENADE.

FROM THE GERMAN.

"WHAT sounds so sweet awake me?
What fills me with delight?
O mother, look! who sings thus
So sweetly through the night!"

"I hear not, child, I see not;
O sleep thou softly on!
Come now to serenade thee,
Thou poor sick maiden, none!"

"It is not earthly music
That fills me with delight;
I hear the angels call me:
O mother dear, good night!"

[UNLUND.]

The Month.

NEW YORK, JULY, 1853.

TRULY, I see, he that will but stand to the TRUTH, it will carry him out.—GEORGE FOX.
By no other way can men approach nearer to the gods, than by conferring health on men.—CICERO.



JULY SENTIMENTS.

BY R. T. TRALL, M.D.

"THE DAY WE CELEBRATE."

There's a warfare where none but the morally brave
Stand nobly and firmly, their country to save.
'Tis the war of opinion, where few can be found,
On the mountain of principle, guarding the ground;
With vigilant eyes ever watching the foes
Who are prowling around them, and aiming their blows.

ON A FOURTH OF JULY, not many years after JEFFERSON had penned the immortal Declaration of Independence, a hero and patriot was extended on his peaceful couch, to sleep the sleep that knows no waking. Around was joy, and revelry, and martial music, and the tramp of soldiery. The shrill clarion's voice was heard far on the smooth waters of the Potomac; the drum's animating notes rattled along the streets of the Capital; and the cannon's thunder-tones were reverberated from the distant hills. Aroused for a moment, the dying ADAMS exclaimed, "'Tis a great and a glorious day!" It was "the last of earth" to him. He reclined on the pillow, and the emancipated spirit winged its flight "to the abodes of more than mortal freedom."

It was, indeed, a *glorious* day; as all days are glorious when men resolve on noble deeds. It was a *great* day; for all days are great which witness the consecration of the hearts of good

men to the enfranchisement of any portion of earth's inhabitants. Ever-memorable be the names, and ever-revered the virtues of WASHINGTON and his compatriots, who achieved for us political freedom.

But political freedom, though good, and great, and glorious, is not the *end*; it is the *means* of man's advancement. The iron trammels of despotic government, the brazen chains of spiritual tyranny, the mountain pressure of ancient customs, are the grand engines of oppression which pervert the best impulses of the heart, paralyze the noblest aspirations of the intellect, and crush and dwarf humanity itself. Remove these, and the universal soul, the *God-imagined being*, the MAN, rises up and asserts his dignity, develops his nature, and achieves his destiny. He is free, but he is not independent.

Independence is a much abused term. Freedom is not always well understood. Liberty is by some confounded with licentiousness. Law and order, by others, are synonymous with "established usages," and the buried creeds of dead men. How greatly the world hath yet need of wisdom!

Man is, and ever must be, entirely dependent of the constitution of things above him, the laws of being within him, the social relations around him, and the sources of existence below him. Within the limits of such laws—fixed though they be, as the Eternal Purpose—he may rightfully exercise all his powers and capacities. Herein is his "proper sphere;" and herein is "woman's sphere;" and herein is the proper sphere of all the vast variety of the human family, as much so now as in the beginning, when God created, in his own image, male and female, and called *their* name Adam.

Fourth-of-July orators are fond of expatiating on the liberties we enjoy, lauding our "model republic," and be-praising our "free institutions." Well, it is something to be in advance of all other nations in some respects. And our free institutions, though not perfect, are above all price. But let us not forget, that our privileges, and institutions, and government, were all given

us to improve, and not merely to enjoy. The moment we cease to improve them, that moment they begin to die.

Our forefathers were not content to live with the light their fathers had accumulated. Nor should we be content to rest on the achievements of our fathers. They have left us something better than even the boon of freedom. They have bequeathed us principles. And our duty is to apply, and extend, and magnify those principles for the generations yet unborn, as our fathers did for us. If there are social wrongs, political evils, erroneous usages, governmental abuses, oppressive creeds, or false doctrines now amongst us, "our lives, our fortunes, and our sacred honors," should be as earnestly pledged to their correction and overthrow, as were our fathers' to shake off the yoke of foreign misrule.

And have we not oppression everywhere amongst us? Are the freest of us exempt from slavery of some sort? Are we not all tyrannized over by false appetites, enslaved by wrong customs, ground down by the usurped authority of learned bigots and ignorant professors? Even the very form and fashion of our garments are the despotic mandates of Parisian fashionables. Before we boast of *perfect* freedom, let us be free of these evils.

And now, give ear, O ye heavens, whilst we record the fact, that in all the nations of the earth, where freedom holds her annual jubilee, and celebrates her victories, *woman* is still socially disfranchised, and politically outlawed. God made woman a citizen, one of the people, an equal in the scheme of creation, and equally entitled to all political and social rights and privileges. Man has reversed this order. He has assumed to himself rights, and dictated to her duties. We hold the truth to be self-evident, that all women have the same right to life, liberty, the pursuit of happiness, and all other pursuits for which their Creator has given them capacity, that is claimed by the other half of human kind.

And the reform of the world, the regeneration of society, the full success and final triumph of every Christian

and philanthropic enterprise, demands a recognition of this truth. Give our daughters an equal education with our sons, and the children of our country will no longer grow up in ignorance. Give to female labor the same compensation that male labor receives, and our sisters will be as able to protect themselves, and as independent as their brothers. Allow women to vote, if they will, and hold office, if the majority of all voters so determine, and our land will not be flooded with grog-shops and paupers made and provided by law, nor our deliberative assemblies and legislative bodies disgraced by rowdyism and dissipation, and bribery, and corruption. Grant her equal facilities to fill any of the learned professions, and her infants will not be poisoned continually in their cradles, because it is the interest of the male doctor to call and dose the family occasionally. Give her what God has given her—equal rights—and a race of *men*, tutored by her, will arise, who shall indeed be "worthy sons of noble sires," and exemplify that greatest lesson of patriotism and philanthropy,

"Real glory
Springs from the silent conquest of ourselves;
And without that, the conqueror is naught
But the first slave!

The man whom heaven appoints
To govern others, should himself first learn
To bend his passions to the sway of reason."

THE GREAT ALLOPATHIC GATHERING.—Several hundreds of our brethren of the ancient school, from all parts of the country, assembled in convention in this city in May last, to devise ways and means to keep a hold on the confidence and purses of the community. The learned Esculapians were in session two or three days, and never did a bigger mountain in labor bring forth a smaller mouse. The great drift of their deliberations ran upon some way of stopping the progress of irregular practice. But, haplessly, as usual, they couldn't agree upon anything. Some went for requiring a pledge of every graduate, that he would never desert the *regular* drug-shop system. Others thought the most efficacious bridle would be found in a resolution to deprive any doctor manufactured at their schools, of his diploma, if he should ever presume to dabble in irregular practice, in any shape, manner, or way. The discussion

on this point was extensively interesting, but didn't happen to amount to anything.

The next stirring point presented for the assembled wisdom of the faculty to consider, was a proposition to petition Congress and the different state legislatures to pass laws compelling all the irregular practitioners to print, on the labels of their nostrums, the ingredients of which they were composed. This was objected to, however, on the ground that it would tend to advertise the said irregular nostrums! And so this idea, although fervently discussed, was not able to arrive at any definite conclusion.

In fact, the only really important measure discussed, was the dinner. It was said to have cost \$10,000, or about \$15 per head. We give the bill of fare complete, that our readers may see how immensely the cause of medical science can be promoted by good eating and drinking. In fact, the gastronomic part of the performance threw the intellectual entirely in the shade.

DINNER

TO THE

American Medical Association,

BY THE

PHYSICIANS OF NEW YORK CITY,

AT

METROPOLITAN HALL,

MAY 5, 1863.

BILL OF FARE.

SOUPS.

Turtle, Oyster, Potage a la Reine.

FISH.

Boiled Salmon, *Anchovy Sauce*. Baked Black Fish.
" Cod, *Oyster Sauce*. " Sheephead.

BOILED.

Westphalia Hams, *Champagne Sauce*, Capons, *Celery Sauce*,
Spiced Beef, Tongues,
Calves' Head, Mutton, *Caper Sauce*.

ROAST.

Beef, Mutton, *Saddles*, *Currant Jelly*, Veal,
Turkeys, Lamb, *Mini Sauce*, Chickens,
Ducks, Capons.

COLD DISHES.

Boned Turkey, Boar's Head.

ENTREES.

Stewed Terrapin, Sweetbreads, *a la St. Cloud*,
Game Patties, Lamb Chops, *Peas*,
Oyster " Lobster Salad,
Oysters, Fried, Chicken "
" *au Gratin*, Maccaroni, *a l'Italiane*,
Pigeon Patties, *Artificial*, Chicken Liver, *en Caisse*,
Salmis of Chicken, Pigeons, *a la Jardiniere*,
Veal Cutlets, *Tomato Sauce*, Filet de Bœuf, *with Mushrooms*.

GAME.

Grouse, Red Heads, Brandt, Squabs, Broad Bills.

VEGETABLES.

Asparagus, Spinach, Lima Beans,
Tomatoes, Turnips, Beets,
Cucumbers, Lettuce, Celery,
Potatoes, *in variety*, Peas, Pickles, *Assorted*,
Olives.

PASTRY AND CONFECTIONERY.

Plum Pudding, Ginger Pudding,
Coburg " Pudding *a la Glace*,
Cabinet " Meringues, *a la Creme*,
Lemon " Pies and Tarts, *Assorted*,
American " Charlotte Russe,
Jellies, Blanc Mange,
Ornamental Pyramids of National and Professional Designs, of Nougat, Oranges, &c.

ICES.

Vanilla Cream, Lemon Cream, Strawberry Cream,
Roman Punch, Orange Sherbet.

FRUITS.

Strawberries, Apples, Pineapples,
Bananas, Oranges, Grapes,
Crystallized and Dried Fruits, &c., &c.

COFFEE.

There was one feature connected with the dinner transcendently beautiful. *The ladies were permitted to sit in the gallery and look on!* O, it was a grand sight, to see those learned M.D.'s—and one of our city papers says there was never before so much learning got together in one city—eat and drink, and stuff, and gorge, and swell, and groan, on calves' head, and sheep's head, and boar's head, and red heads, and grouse, and squabs, and broad bills, and chicken livers, and hams, and patties, and spiced beef, and oysters, *au Gratin*, and *potage a la reine*, and Roman punch, and champagne, &c., &c., and ever and anon drinking toasts to the fair lookers-on. Wasn't it a glorious privilege for the ladies to be allowed to see such prodigies of learning feast themselves? At all the travelling caravan exhibitions, it is advertised that the animals will be fed at such an hour. And, gracious, how they do eat! The lion devours a young lamb; the hyena crouches down a couple of rabbits, the tiger makes mince-meat of a small calf, and the white bear goes into rare beef like an alderman. But how insignificant is the display of half a dozen engaged beasts of prey, masticating half a dozen kinds of flesh, to the animating spectacle of seven hundred and fifty doctors devouring nearly a hundred dishes, with five hundred fashionably dressed ladies looking on in unspeakable admiration!

And then, again, the lesson those ladies must have learned. How the philosophy of life and health, the laws of hygiene, the rules of temperance, the prevention of disease, &c., were illustrated in that gourmandizing on terrapins and turtles, and that guzzling of sherbet! The regular orthodox ideas of "woman's sphere" were also made manifest to the world. The sphere of woman is up stairs during dinner-time, and her right is to look on while the men eat!

One of our city papers says, after the company had departed, the following waif was picked up on the floor of the banquet room:

"Pliny informs us that Rome was five hundred years without physicians. Her rules forbade the practice of medicine, and banished its professors. It is stated that the health of Rome was never better than at that period."

THROAT AND UTERINE DISEASES.—The *Boston Medical and Surgical Journal* has the following :

"How is it to be accounted for that so many people have ulcerated throats? Practitioners in former times were rarely consulted upon any difficulty in that region, beyond enlargements of the tonsils in young persons. But now-a-days, throat patients are numerous indeed—so much so, that the treatment of them has become a distinct branch of professional business. They are perpetually hurrying here and there over the railroads, for the advice of somebody they have heard of who has gained particular distinction on account of his successful treatment of such cases. There must be a direct cause for this wide-spread and increasing malady. Anthracite fires, high-seasoned food, bad water, imperfectly ventilated houses, close sleeping rooms, thin shoes, tobacco, coffee, artificial wines, and numerous other instrumentalities, have been by turns accused, but finally exonerated from having anything to do with the generation of these various conditions of the throat. Therefore the field is open for further investigation.

"But another equally perplexing difficulty has arisen in the domain of medical practice, quite as anomalous, viz, variously diseased conditions of the uterus. Has the climate undergone any changes within the last half century, to have affected the health of women in this manner? Either this class of sufferers were entirely overlooked formerly in New England, by the generality of practitioners, or some new cause is operating. From the multiplication of these cases, the treatment of them, to some extent, has become a speciality. Ladies go great distances for the assistance of those whose names are abroad as successful in restoring unfortunate female sufferers to health. A close study of distinct classes of disease, is fast leading to a subdivision of professional labor. In cities, fifty years hence, the ancient Egyptian system will probably be established—and there will be physicians, as the historian expresses it, for the eye, for the ear, for the mouth, and so on.

"A discovery of the cause or causes of the increased prevalence of these two diseases, would lead to happy results. While no satisfactory explanation can be given of their origin, uncertainty in regard to the proper method of medication must characterize the best directed efforts."

We can hardly refrain from applying the epithet, stupidity, to the inquiry, "Has the climate undergone any changes?" in view of the increasing prevalence of female com-

plaints. The editor of a medical periodical ought to know that the unhealthful personal habits of our females are fast multiplying their maladies and infirmities, without charging anything whatever to climate. If the aforesaid editor will teach his readers the same doctrines we teach ours, we will both work together in bringing back those habits to truth and nature.

AN ACCIDENTAL MISFORTUNE.—The *London Lancet* gives the following account of a death from chloroform, which it denominates "purely accidental." The chloroform was given to a woman twenty-eight years of age, for the purpose of producing insensibility to pain during the application of caustic to an ulcerated surface.

"The chloroform, supposed in the first instance to be about a drachm, was poured on lint about five inches square, and folded four or five times over. After a short time, the patient became restless, talked loudly, and threw about her arms. Soon afterwards, a partial relaxation of the limbs took place, and she became insensible and pulseless. Witness, fearing a fatal result, sent for Mr. Clover, the resident medical officer. Artificial respiration was kept up, galvanism applied, and everything done to resuscitate her, but in vain, as she sank and died.

"Mr. Clover corroborated the previous witness, and stated that, although not a qualified practitioner, Mr. White was fully capable of administering chloroform, and that he had only followed the usual practice on such occasions. During four years, chloroform had been applied in sixteen hundred instances in University College Hospital, with but one fatal case occurring. The quantity of chloroform administered was at the option of the operator, and generally averaged from half a drachm to a drachm at the commencement. Professor Erichsen performed the autopsy, and found a fatty degeneration of the heart, and also that death was produced by a paralysis of the heart, from the influence of chloroform. The unfortunate affair was purely an accident, for which no one was to blame.

"Dr. R. Quain concurred in Professor Erichsen's opinion, and added, that portions of the heart having been handed to him by that gentleman, for examination under the microscope, he had found that organ, particularly on the right side, in a state of fatty degeneration.

"The coroner summed up, and commented on the great caution that should be used in the administration of chloroform. The jury retired, and, after a brief deliberation, returned a verdict, 'that death was caused by paralysis of the heart, produced by the influence of chloroform, casually, accidentally, and by misfortune.'"

BLEEDING.—We extract the following from a late journal of the Allopathic school :

"Among the strong cases brought forward by the anti-phlebotomists, is that of the celebrated Madame Malibran, the inimitable queen of song. She was playing upon the stage when last seen in public—entering with all her soul into the character, and giving intense interest to the piece, before an immense audience. At the point in which all her powers were taxed to the utmost stretch of a naturally delicate organization, she fainted, from extreme physical exhaustion. A physician, seated in front, leaped instantly to her assistance; and instead of administering a cordial, he bled the already debilitated woman. She never rallied.

"Lord Byron, in his last sickness, said to the medical attendants, 'do with me what you like, but bleed me, you shall not.' After much reasoning, and repeated entreaties, says the narrative, Mr. Millingen at length succeeded in obtaining from him a promise, that should he feel his fever increase at night, he would allow Dr. Bruno to bleed him. They drew about twenty ounces. On the following morning, April 17th, the bleeding was twice repeated. On the 19th, the poet died.

"John Hunter proved, continue the opponents of bloodletting, that the blood lives;—every drop, therefore, that is abstracted by artificial or other means, is actually a drop of life irrecoverably lost. The Jews cautiously avoided the loss of this precious fluid; and hence another argument has been drawn against the practice of bleeding."

THE SCARLET FEVER IN WALTHAM.—In the March number of the *JOURNAL*, in the remarks upon the unusual (not very, I think,) and uncommon number of deaths of children in the town of Waltham, in this State, by scarlet fever, if I recollect rightly, you accidentally stated the number of inhabitants, in brackets, at 10,000, which amount makes it appear in a light altogether too favorable, as the inhabitants of that town do not number above 5,000, the last census showing but 4,500, leaving 500 for the gain since that time. I like to see justice done even to the humbuggery of Allopathism in the statements made by Hydropaths about the injurious means which they (the Allopaths) resort to, to make still more disease in the human system; and it is for this reason that I wish to have this seemingly trifling error corrected, for I am willing to confess that I am no believer in that health-destroying sentiment which is abroad in the community, viz.: that drugs, physic, pills, poisons, animal, mineral, and vegetable, bleeding, and all the rest of the tormenting practices and means used by the Allopaths, is beneficial, to the least degree, for diseased humanity.

It seems to me as though a large majority of the people do not care if they are humbugged, but rather prefer to grope their way through life in blissful ignorance of all medical knowledge.

I firmly believe that the Allopathic troops are destined to be thoroughly and totally routed by Hydropathic truth. Give us the facts, and the cogent and powerful reasons deducible therefrom, so shall light go forth, to physically, morally, and intellectually bless one and all.

T. W. S.

Miscellany.

A DISAPPOINTED SUBSCRIBER.—Although we have been in the habit of congratulating ourselves, and testifying to our patrons, that the WATER-CURE JOURNAL gave unmingled satisfaction to its fifty thousand subscribers, we are now bound, in honesty, to give the people notice that there is *one* exception. Although the newspaper press, all over the civilized world, has been almost unanimous in the expression, that our periodical is "worthy of notice," there is, it seems, *one* dissenter. And as his *argument* may come as a hint from what manner of men to expect disappointed subscribers, we give his eloquent communication entire, meanwhile commending the schoolmaster to "them diggings."

"Behold the night dawneth wherein is no light Mr. Fowler & Wells Gentlemen of the Water Cure for it has come at Last Something greate Expected But I must Say of a truth but little received we Was looking out for Something as we thought Worthy of notice or that would attract in all Probability Some publick attention but Wee find it to be a gross mistak in Sted Of attracting publick attention and meeting general approbation it is hardly read by the Most Elitrat Class of the people you think to drench us no doubt as people that never Heard of humbuery let alone being fooled with Its beguiling assertions we doe without any Sort of PedJudes believe it unworthy and beneath the Dignaty of quacks of a low order from the fact that you have Snaatcht their game from their hands about whoos mesanes you talk Somutch So wee think it both dishonest and unfair for You to try to promote your Self by villifying others And at the Same time beat them at their own gam I will Say to you if you Ever intend to Promote yourself you must occupy a higher and honorable point of ground than you now Stand upon you must not belch out your Spureous fetted Stench so abruptly aganet the long tried Sistemaic mode of dotership that has proved Its Efficacia in so many Meracales cases, So we invite you up a Step higher from the low pitiful ground upon which you now Stand to a more Comendable Emanence

We have ben bornd raised and lived Whare Medicen has allways bin in constant use And have bin Sharers of the Happy results of the same So you need not Say anything more in the way of assailing medical drugs I have Sean felt and witness the glorious affects of medicen All my life as well might you undertake to doe mericals you say you doe not believe the providence of god has any thing to doo with the blind Workings of man,s afflictions you say that he brings It upon himself by his own volentary acts of Disobedience but that is left to your blind PredJudeses I Say that our afflictions was wisely And benefoently mixed as one of the Engrediences that make up the great compound of humon sufferings in this ouer mortal life So it is Worse than folly for you to try to controvert the Word of god to proove your absudetes it is greatly to be feard that you have not taken a close and scrutenizing Examination of the scriptures wee Will invite your more close attention to the scripture than this I have sean the providence of god Mannifested in the form of blessings in almost all practises that Ever I have becqm aquainted With we see that it is not confined to no Pretiocular Exclusive practis we have sean it plainly And gloriously maifested in all we doe not denie but what their is virtue in cold water for we have often Experients the happy results after being Worred with the labours of the day and almost famisht with thirst by drinking down a cool draught Well might it be called water cure We hope that the Elements of sience may brighten over You and Expell the gloom of your blind pedJudeses In which Cloud you are Enveloped [Mississippi] WW

DEATH OF DR. BUTLER WILMARTH.—The readers of the JOURNAL have already been apprised of the death of Dr. Butler Wilmarth, of Westboro', Mass., by the fatal accident at Norwalk, Ct. He was President of the American Association of Hydropathic physicians, and among the first to appear at the place of meeting. During the whole of the discussions, which were uncommonly interesting, and which continued two days, he took part with interest and even enthusiasm. He frequently expressed his great sympathy with the views of others who spoke, and his satisfaction that he had been able to attend this meeting, which he thought gave evidence of new interest in our cause. After the adjournment many of the members went to Dr. Wellington's establishment, No. 184, 12th-st., to supper, and a very spirited conversation was continued till late at night. We well remember with what interest he sought for new ideas, and went through Dr. W.'s establishment to see the fixtures, and inquire about the arrangements and management, that he might incorporate every good idea in his arrangements at home.

He passed the night at Dr. W.'s, and rose very early to go to the lower part of the city for a valise. It was his intention, if he did not find it, to go to Raritan Bay, that day. And as his name was not reported in the papers, nor any description answering to him, it was not known that he was there until Dr. W. wrote Mr. Whistler, the superintendent, giving a description of his person, and he came in on Sunday, and expressed his conviction that the body was there. Early Monday morning Dr. Wellington telegraphed his friends and then went to Norwalk, and finding it was his body, proceeded at once to Westboro'. At New Haven he telegraphed again to Westboro', and also to the conductor of the train from the east, to have him inquire for friends of Dr. Wilmarth in the cars.

Notwithstanding all these precautions, he arrived with the body at Westboro' before any intimation of the facts had reached the friends. All too suddenly broke the sad truth upon the friends whom he had left in health and hope, and who had scarcely begun to fear lest he, also, might have been in that fatal train.

We subjoin the following, from the *New York Tribune* :—

The corpse of Butler Wilmarth, M.D., arrived at Westboro', Mass., on the 9th inst. Dr. W. was a victim of the Norwalk slaughter of the 6th. He left home for New York on Tuesday preceding the calamity, to attend the third anniversary of the Association of Hydropathic Physicians and Surgeons, of which he was President. His friends expected his return on the memorable Friday, or Saturday at latest. By a sad mistake in printing his name "B. W. Opedeok," "Opedenk," and the like, (possibly originating in some illegible "B. W. Hopedale," found upon his person or effects,) no intelligence was received of the Doctor till Monday, when the anxiety of his family, friends and townsmen, reached a painful height—relieved first and terribly by the sight of his coffin! It was accompanied by Dr. Wellington, of New York, by whose generous efforts the body of Dr. W. was finally identified, and to whom the afflicted family (a bereaved wife, son and daughter) feel the deepest gratitude.

The body was interred on Tuesday at the Cemetery of the Hopedale Community, of which Dr. W. was a member. As one of its founders, he was a practical supporter of true Socialism. He was eminently a reformer in religion, morals, and in his profession; not one of those "eminent physicians" who stumble on to a "remarkable cure" of a single case, and thus secure a remarkable reputation; but he was one of the humble, successful practitioners whom the people love, and who now weep over his sad fate: one of those invisible corner-stones on which invaluable reforms find a permanent basis.

In company with Dr. J. H. Hero he had just purchased a beautiful residence in Westboro', and has been most sedulously laboring to fit it up for a Water-Cure establishment. It would have been opened for patients in a few days, but for his sad fate. Thus are the interests of reform, the hopes of the friends, and the welfare of two families hazarded by a single stroke of sordid recklessness!

Dr. W. was 51 years of age, and a native of Massachusetts. Two or three slight bruises only were found on his person, which, with the still wet condition of his garment that accompanied the coffin, warrant the conjecture of death by drowning.

HYGIENE OF NURSING.—You who reside in the country—as, indeed, most of you do—can hardly credit me when I tell you that it is getting to be quite fashionable in our large cities for a woman *not to nurse her own child*.

There is in some cases policy on the part of the physician, which lies at the root of this matter. "Why, madam, you are too weak," the fashionable pill-monger sagely says. "It will injure your constitution, and you cannot raise your child; you must have a wet-nurse."

Now, all this is very easy for a man to declare. Some say it from ignorance, no doubt, and some from other motives; for physicians, although as a body of men they are as honest as any other, are yet sometimes selfish, and do that which is dishonest and wrong. The selfish doctor knows, of course, very well where his money comes from. He knows—if he is not an ignoramus—that the mother, if she does not nurse her child, is more apt to become sick, so that she will need his services; and, what is more, she is more apt to become pregnant, in which case he will look for another job at midwifery, which pays well.

I would have every one of you to understand that the health of the unnatural mother, who will not nurse her child, suffers from her not fulfilling the order of nature in giving suck. Her system must inevitably get harm from not allowing it to go through the period of lactation naturally. Her life of dissipation, too, is poorly calculated to contribute to health, compared with staying at home and fulfilling the order of nature, as God designed she should do. But she gets her reward even here. There is no period of woman's life in which she has so great enjoyment, such perfect physical health, as when she is nursing the offspring of her own blood. Her shattered nerves and broken health are poor pay for the so-called enjoyments of a dissipated life.

But it will be said, there are cases in which it is impossible for a mother to fulfil the office of nursing. She may be physically unable; that is, she may not have any milk to give it; her health may be so feeble, and her constitution so much deprived, that it would not be admissible to do so. All this I admit; but such cases are the exception and not the rule.

What are we to think of the mother who voluntarily permits her child to nurse at another breast? How are we to regard the morals of such a mother—one who willingly allows another person to gain the affections of her child—for it always becomes more attached to the one who nurses it than to its own parent? Besides, too, the character of the one who suckles the child is, to a great degree, stamped upon it, and that indelibly, too. Is a mother, then, willing that the child shall take on the character of another, and of one whose disposition and mental peculiarities she probably knows nothing? For one, I cannot envy the man who has a wife that can willingly resign her child to another to nurse.*—*Dr. Shaw*.

HOME PRACTICE IN CALIFORNIA.—[We shall be glad to hear again from our correspondent "California."]

MESSRS. EDITORS: Having been a reader of your valuable JOURNALS for two years past, and to a certain extent a practitioner of the principles there laid down, particularly those of the Water-Cure, we can no longer withhold our testimony from a cause involving the physical welfare of the human family.

* From "MIDWIFERY and the Diseases of Women. By JOHN SHAW, M.D." Published by Fowlers and Wells, 131 Nassau street, New York. Price, pre-paid by mail, \$1.25.

In the month of April, 1851, I had a severe attack of pleurisy, and having been attacked before and treated botanically, I was still inclined to hold on to the old treatment, my wife at the same time urging me to treat myself Hydropathically. But I must try the vapor-bath, and emetic of lobelia. Well, I tried it, but it did me no good. I then yielded to my wife's prescriptions, the first and most prominent of which was the wet sheet pack. My attack was very severe, but notwithstanding the first pack broke the violence of the symptoms but left my side quite sore, for which my wife suggested a wet jacket which I wore at night, and it really operated like a charm in removing the soreness, for in a very few days I was well. A couple of packs, the wet jacket at night, and a tub bath twice a day, was the treatment, and in six days from the commencement of the attack I was able to attend to my business.

In the spring of 1852, our little girl, then about two years old, was suddenly and violently attacked with croup just as we were retiring to bed, and having had no premonitory symptoms save a very slight cold we were not on the alert for the thief, for it most generally comes in the night. My wife had gone to sleep, and I was rapidly closing my eyes in slumber, when suddenly my attention was arrested by that peculiar shrill cough which always attends that affection. I then spoke to my wife, she aroused, and I told her the babe had the croup, and in a few moments she coughed again, which satisfied her on the subject.

We immediately arose, and my wife took a linen cloth, folded so as to make four thicknesses, completely covering its chest, then wet it with cold water and placed it so that it reached from one shoulder to the other, extending upwards as high as the collar-bone. She then placed a wet bandage round the neck and gave her a mouthful of water to drink as often as she would take it, and in fifteen minutes from the time the application was made she was breathing comparatively easy. I said her attack was violent: well, it was certainly, for not more than five minutes elapsed from the first intimation until the application was made, at which time she could not utter a vocal sound. Now, had the affection continued to progress at the same rapid rate, it would have been impossible to have got a physician there in time to do anything for the little sufferer.

But hold! Do our good allopaths always succeed in conquering that enemy to our tender offspring? Alas! let the silent marble of every church-yard in the country testify. Let the oceans of tears that have been caused to flow in consequence of scientific infanticide but speak. Yes, let the sighs that have escaped the lips of bereaved parents, be collected into one vast body, and it would be sufficient to sweep from the earth, them, and all their science, from the days of Galen down to the present time.

I am now at the house of an old school-mate, by the name of Fitch, whose health has been poor for some six or eight months, having been troubled with chills more or less all the time during that period, and consequently his system has become generally deranged. He doctored considerably, as a matter of course, and as usual received no benefit. I asked him to permit me to prescribe for him, which he did. His chills came on every other day, about one o'clock, and at about half-past eleven I placed him in a good blanket pack, kept him in about two hours, then removed the blankets, gave him a tub bath with considerable hand-friction, then rubbed him thoroughly with a coarse towel. He then dressed himself, took a walk for exercise, which constituted the first course. The same treatment he observes every other day, being those on which his chills would occur, but strange to tell, they have disappeared, and he feels himself better in every respect. Yours for truth, CALIFORNIA.

Near Sacramento City.

REPORT OF A CASE BY DR. TAYLOR.—The following case illustrates well the comparative results of the treatment of acute disease, *with and without* medicine: Mr. D. applied to me in Sept., 1852, with an attack of fever of the nervous kind. He had been subject to attacks precisely similar, till they seemed unavoidable—having had, by his own statement, fifteen, in the last twelve years—confining him from six weeks to four months at each time. He had been in the habit of employing the Thomsonian botanic mode of medical practice, and as he narrowly escaped with his life, he drew the common, though erroneous inference, that the slender remnant that he at each time escaped with, he owed entirely to the doctor. If he came so near death's door in spite of the doctor's struggles assisting his own, what would have been his case without him? At last he very reasonably concluded that he could never survive another siege as hard as the previous ones, and, perhaps, cherishing the reputation of his darling theories so, that, though insufficient to meet his case, it, at least, should not suffer from a failure, he resorted to water as a *dernier resort*. It had been near a week since the attack of chills, and I found him in a burning general fever, great prostration, an intense pain in the head, also in the back of the neck, extending down the spinal axis, tongue red and clean, and a tense hard pulse.

The first thing to do was to confer a sense of comparative comfort by abstracting the surplus heat—which we did with the wet sheet pack, slightly enveloped, the patient remaining in it only till the warmth began to accumulate. Afterwards, the general prescription for his treatment was a pack twice a day, with the sitz bath, followed by general ablu-tion, once in three or four hours, in water of the temperature of about 72°. This, without exciting, would quietly bring down the pulse to the normal standard, and by its derivative influence, give great relief to the head, which was the principal seat of pain.

The success of the treatment was such that in six days my patient was taking *equestrian* exercise, being wholly relieved of his disease, and only suffering from weakness. On my first attendance he would have given all he was worth to be warranted as well in as many weeks.

The just inference from the above case is very plain, viz., that aggravating the diseased organism with substances foreign to its constitution, in the shape of medicine, infinitely retards and lessens the chances of recovery. When a man is sick it is the very poorest time to throw such things into his stomach; the system has then plenty to do to battle with disease.

No. 2, 11th-st., cor. 4th Avenue, N. Y.

A RAP ON THE KNUCKLES.—[When renewing his subscription for the JOURNAL, a subscriber asks a question, and offers a criticism, as follows:]

CARROLTON, GEORGIA.—MESSRS. FOWLERS AND WELLS:—1st. I am ignorant of the principles and practice. Where may I soonest learn? I know enough about books to be satisfied that every book does not teach and *post up*, that professes to. I suppose you are better read in this department, and are better posted up, and can say which and what authorities and Water-Cure works are reliable, &c.

2d. Will you permit me, stranger as I am, to respectfully ask you, as editors and proprietors of the WATER-CURE JOURNAL, "if the cause of truth and science is in the least promoted by the insertion of opprobrious epithets, &c., in relation to the doctor of medicine properly so called? Or, do you class all who profess the "healing art," under the head of empiricism, who do not strictly conform to your notions? Why the words "the doctors," "the allopathic," &c., in their connection indicating fraud, corruption, &c., (I may say) sheer ignorance? Would it not be well enough to look to *facts*, rational principles, truth and science, wherever found, rather than to *party, sects, or pathies*?

I see many of your correspondents deal in these things; do you not encourage it in them, and at the same time injure yourself, and the cause of truth, by suffering it to appear in your columns?

W. P. F., M.D.

[In reply to the foregoing, we may say, the Hydropathic Encyclopædia contains the *gist* of the system, and is the best single work yet written. But it would be absurd to suppose that a subject so vast could be covered in any *one* work. After the Encyclopædia, which was designed as a work of reference, the Water-Cure Library will be found most valuable, containing as it does more than a dozen of the most popular, practical, and philosophical works, all comprised in seven handsome 12mo. volumes. See List of Books on another page, for particulars.

In regard to the second question, as to the promotion of the "cause of truth and science," we reply,—Error must be exposed before it can be corrected. "Moral suasion" has, doubtless, restrained many from evil doing, but all civilized nations rely on the strong arm of the law to enforce their views, and the law, in a republic, is backed up by the majority of the people, by the militia and the artillery. Thus we fall back on our backers, and pursue the *usual* course of reforming the world. It is all very well to feed milk to babes, but those of older growth, especially those who have dealt out doses of death, and have drawn floods of the vital liquid, need something more potent than moral suasion. As for "facts," we have a world full of them—enough, we think, to justify us in our pretensions to superiority. When our opponents lay down their arms, retreat from the field, and ask for quarter, we shall pursue them no farther, and devote ourselves exclusively to the welfare of the living, guarding them against disease, drugs, doctors, and the whole paraphernalia of medical slop-shops, blister-plasters, blood-suckers, and body-braces, fashion-mongers, man mid-wives, and every unclean thing. Till then, we must fight, as did the reformers of old, but when light and knowledge obtain the ascendancy over darkness and evil, then shall our swords be beaten into ploughshares and pruning-hooks, and mankind learn war no more; nor swallow pills, pukers, nor sarsaparawindlum.]

OUR CAUSE IN OREGON.—By the last steamer *via* San Francisco, we received our regular mail from Oregon and Utah Territories. Many of our enterprising young friends from the States have emigrated thither, and now seek to re-establish the communication which formerly existed between them and us, by means of the JOURNALS and our other publications.

To show our readers to what extent our works are being read and circulated in the new territories, we will state the amount of postage pre-paid by us (the publishers) at the New York Post-office, for books to go by one mail steamer, with the mail for California, Oregon and Utah, amounted to the sum of SIXTY-FIVE DOLLARS. Besides those sent by mail, we forward by almost every vessel packages, trunks, and boxes of our books, to our patrons on the Pacific. Thus the cause progresses.

We quote from an Oregon correspondent the following:

Marysville, O. T.

MESSRS. FOWLERS AND WELLS:—I hasten to acknowledge the receipt of the package of books by last State's mail. Permit me to thank you for the prompt and favorable manner in which you have attended to my request. And permit me, also, to assure you, that no pains shall be spared on my part, to be equally prompt towards you, in our mutual business. I was well pleased with the amount and kind of books you sent me. I find ready sale for them, and have disposed of a large number of them already, in my school. I can find sale for ten times the amount, in this section. * * * * I herewith send you \$50, for which I wish you to forward to me immediately, by mail, the amount in books, post-paid, a list of which I herewith send you. I think I can obtain fifteen or twenty more subscribers for the JOURNALS, and shall attend to it as soon as they arrive. * * * *

WM. WILSON.

OUR WORKS IN GERMANY.—[We make the following extract from a letter from a good friend and co-worker in Germany. Our cause is spreading in Europe and Asia, as well as in America. The whole world shall yet witness the triumphs of Hydropathy.]

MESSRS. FOWLERS AND WELLS:—I have to acknowledge the receipt of your esteemed letter of the 3d December last, and the chest of books per steamer Hermann. I have found all in good order, and thank you for your kind liberality in sending me the double worth of my remittance. I endeavor to diffuse by these interesting scriptures, the knowledge of this system amongst my countrymen, showing them the progress of it in the land of real liberty. I will do my best to fulfil your benevolent intentions, and I hope for as good a success as legislative restrictions will allow. My bookseller promised me to procure me the WATER-CURE JOURNAL more regularly than formerly. Should he not keep his word, I will send you the amount, and take it directly, to continue to be instructed with the progress of the cause. I remain, respectfully and truly, yours,

Hamburg, Germany.

D. F. E.

WATER-CURE IN CALIFORNIA, AGAIN.—[Dr. Bourne seems to be doing much to awaken an interest in Hydropathy in the Eldorado of the West. We make the following extract from a late communication from him. Water-Cure books seem to be in great demand. That is a good sign, and shows that the leaven which will yet diffuse itself through the whole mass of California society, is already operating with much energy and effect. Dr. Bourne says:]

There will not be a Water-Cure work here in a few days. So well assured am I of the sales which may be effected throughout the State, that I am not misleading any person who has funds to invest, and is smart and shrewd, when I say they may make a rich harvest by coming out with a heavy stock. The practical works are most needed. Experience, Introduction, Practice, Philosophy, Shew's Manual, Encyclopædia. The latter will sell by hundreds at from \$6 to \$10 per copy in the mines, and large quantities at that; especially after my lecturing tour. I riddle medicine and drugs, and lay it out so plain to them that what with doubts created, and dawning disgust and abhorrence, you may depend on it not many of my auditors will even go to drugs or drug doctors. The only helps they have there are the Water-Cure books, and the water doctor. *Let them come.* I am armed with an invincible determination to destroy allopathic supremacy in this State, and I will. I can, I believe, and that has much to do with it. I had their scheme knocked endwise out of the Legislature, and here, in public opinion, as to fair play, even among drug consumers and some of the fraternity.

The following capital lines from Goethe's *Faust*, I put into the mouth of an allopath, as addressed to an allopathic conclave in California—and so very appropriate they are—

"Thus with our hellish drugs, Death's ceaseless fountains,
In these bright vales, o'er these green mountains,
Worse than the very plague we raged,
I have myself to thousands poison given,
And hear their murderer praised as blest of Heaven,
Because with Nature, strife he waged."

You may judge San Francisco by the following statement: In the city are *thirty-four* druggists, mostly with heavy stocks, and some seventy to eighty physicians, against sixteen bakers, about ninety groceries, thirty-seven dry goods dealers, wholesale and retail, and about sixty clothiers—population about 30,000.

Quinine and calomel are even ticketed at commission houses, and are the sole hope of the stupid multitude, while my greatest difficulty is in overcoming their effects.

Generalities.

SWIMMING.

ENTERING THE WATER—STRIKING OUT.

We now come to the most important directions. As the pupil must gradually acquire confidence in this new element, he should not be urged to plunge in against his inclination. After wetting his head, he may wade in until the water is up to his breast, then turning towards the shore, inflate his lungs, and incline forward, until the water covers his chin. The head should be thrown backward, and the back hollowed, and the chest as much as possible expanded. In swimming, the feet should be about two feet below the surface.

The hands should be placed just in front of the breast, pointing forward, the fingers kept close together, and the thumb to the fingers, so as to form a slightly hollow paddle. Now strike the hands forward as far as possible, but not bringing them to the surface; then make a sweep backward to the hips, the hands being turned downward and outward; then bring them back under the body, and with as little resistance as may be, to their former position, and continue as before.

The hands have three motions—first, from their position at the breast, they are pushed straight forward; second, the sweep round to the hips, like an oar, the closed and hollowed hands being the paddle portion, and their position in the water and descent, serving both to propel and sustain the body; and, third, they are brought back under the body to the first position.

Having learned these motions by practicing them slowly, the pupil should proceed to learn the still more important motions of the legs. These are likewise three in number, one of preparation, and two of propulsion. First, the legs are drawn up as far as possible, by bending the knees, and keeping the feet widely separated; second, they are pushed with force backward and outward, so that they spread as far as possible; and, third, the legs are brought together, thus acting powerfully upon the wedge of water which they enclosed.

THRUSTING.

This is a beautiful variety of this exercise, and much used by accomplished swimmers. The legs and feet are worked as in ordinary swimming, but the hands and arms



very differently. One arm—say the right—should be lifted wholly out of the water, thrust forward to its utmost reaching, and then dropped upon the water with the hand hollowed, and then brought back by a powerful movement, pulling the water toward the opposite arm-pit. At the same time the body must be sustained and steadied by the left hand, working in a small circle, and as the right arm comes back from its far reach to the arm-pit, the left is carrying in an easy sweep from the breast to the hip. The left arm is thrust forward alternately with the right, and by these varied movements, great rapidity is combined with much ease.

FLOATING.

This is so useful a part of the art of swimming, that it cannot be too soon obtained. In salt water, nothing is



easier, and in fresh, to most persons, it requires but the slightest exertion. The feet should be stretched out, and the arms extended upward, so as to be at least as high as the top of the head, and under the water. The head must be held back, the chin raised, and the chest expanded. The hands will easily keep the body in this horizontal position, and by breathing carefully, a person may float at ease for hours. Could a person, unable to swim, but have the presence of mind to take this position, he could never drown.

The above extracts and cuts are from an exceedingly useful little work, entitled,

THE SCIENCE OF SWIMMING, as Taught and Practised in Civilized and Savage Nations, with Particular Instructions to Learners: Also showing its Importance in the Preservation of Health and Life. Illustrated with Engravings. By AN EXPERIENCED SWIMMER. New York: Fowlers and Wells, 131 Nassau street. Price, pre-paid by mail, 15 cents.

A new edition of this book is just out of the press. Every man in the country, who wishes to learn to swim (and all ought to learn), should have a copy of it. So, also, should every man who neglected to acquire this most important art

in his boyhood. And the ladies need not be left out of the list. It is said that there are not less than three thousand ladies in the city of New York who are good swimmers. They have learned in the swimming-baths. If three thousand ladies have learned to swim, why may not all learn?

Talk and Topics.

We feel that our readers, however distant, are not STRANGERS, but FRIENDS, with whom we may sit down and have a quiet familiar TALK, and to whom we may suggest TOPICS for CONVERSATION, DISCUSSION and INVESTIGATION.

READ THIS.—In the Twelfth Annual Report of Dr. Kirkbride, Physician of the Pennsylvania Hospital for the Insane, he says (of the patients), there were five deaths from acute mania, within ten days of their admission. *Acute mania*, and pray, what are we to understand by that? I would like to know what course was pursued with these unfortunate ones while in the hospital. Will Dr. K. give us a detailed account of their cases? Please answer these questions: Did they take any medicine? What was it? Was there any force used in order to get them to take it? Were the leather waistband and mittens you speak of, used on them?—if so, for what purpose? I do hope that Dr. K. will give the above desired information, through the WATER-CURE JOURNAL, for some of us are very desirous to know the *modus operandi* in these cases. I have been told, that at the State Insane Asylum, near Harrisburgh, if patients refuse to take medicine when ordered, they are seized and held down by main force, and the poison actually poured down their throats! And perhaps they find it convenient to use the mittens and waistband too! Will some one tell us who knows? No patient or assistant is allowed to wear their hair or beard full, though they may be ever so neat and orderly. I was told there, that it was characteristic of the insane to allow the beard to grow naturally. Rather a sharp cut at my long locks, and shaggy, full, red beard; but as the cutting was only with the tongue, I didn't care much. Whew! Evidence of insanity! Well, now, ar'n't there Solonism for you? Why, little one, perhaps you will have the kindness to tell us precisely what the beard was allowed to grow for, if not to wear. You probably think that God made a botch of man. Open your eyes wide once, and gaze around upon nature, and dare you lay your sacrilegious hands upon his works, and undertake to IMPROVE what he has PERFECTED? A CORRESPONDENT.

WATER-CURE REPORTS.—We have received a copy of a "REPORT of over Two Hundred Interesting Cases, selected from those who have been under Treatment at Dr. Robert Wessellhaef's Water-Cure Establishment at Brattleboro, Vermont."

Also, "A REPORT of Two Hundred and Four Interesting Cases, Treated with Water, by E. Fellerer, M. D., Resident Physician of the Orange Mountain Water-Cure Institution, South Orange, New Jersey."

Many of the cases reported in these pamphlets are truly remarkable ones, and show very clearly the wonderful curative effects of a scientific application of the great hygienic agencies—water, air, exercise, and diet, in all forms, and in almost all stages of disease.

But the most remarkable thing about these two Reports, is their close resemblance. It is more than "a family likeness." With the exception of the title-pages, we might almost suppose that the two were printed from the same types.

On page 36 of the Brattleboro pamphlet, for instance, we read of a "Mrs. —, 35 years old, of a feeble constitution, pale yellow complexion, brown eyes, black hair, and spare body," who "has suffered many years from enlargement of the liver," &c. On page 36 of the Orange Mountain pamphlet, "Mrs. —, 35 years old, of feeble constitution," &c., "has suffered" in precisely the same way, and received exactly the same treatment. These are what may very appropriately be called "Remarkable Coincidences." When will wonders cease?

Either of these Reports may be obtained by addressing, post-paid, with postage stamp enclosed, the proprietors of the respective establishments, Mrs. R. Wessellhaef, Brattle-

boro, Vermont, and C. C. Sellers and Brother, South Orange, New Jersey.

RATS AND MICE.—A NEW REMEDY.—One of the best methods of destroying these pests, that I remember to have heard of, is the following :

Take a large kettle, or barrel : fill it nearly full of anything that is most convenient, as waste grain, chaff, beans, earth, etc. ; set it in the barn, or other place infested with rats ; place a board for them to run up on ; throw over the mass a quantity of meal, and let them feed several nights without interruption. Now empty the vessel, and fill it with water up to about six inches of the top ; throw over the surface a little chaff, sufficient to cover it, and **strew** over this a little meal, and arrange it as before. The rats will detect the trick when too late to profit by it. Scores have thus been taken in a single night.

[We have seen this admirable remedy applied with the most wonderful success. It is much better than the application of drug poisons. But it must be properly done, and the above instruction carried out to the letter. Water is a great remedy, aint it ?]

AGUE AND FEVER.—We are reluctantly compelled to defer till August an excellent article on this subject, by Dr. Shew. Our readers will look for it with interest. We are sure it will fully meet their expectations. There is scarcely a disease in the treatment of which there is a greater abuse of poor human nature, by the "regular" doctors, or in which there is a more useless, not to say destructive, prescribing of "poisons ;" nor is there one in which the Water-Cure is more signally and triumphantly efficacious.

WHAT HAS become of the great Patent Pill Graefenberg Company, formerly doing such a physicking business in New York? Has it taken some of its own patent medicine, and kinder gin out?

DRUGGING IN INDIA.—WHAT IT COSTS.—MESSRS. EDITORS.—Perhaps the following report of a case under Allopathic treatment will be worthy a place in your JOURNAL. It is taken from a paper published in Calcutta, where the transaction took place. I know of no reason to doubt the strict accuracy of the report, I have seen it in three or four different newspapers. I suppress, for the most part, the comments made by the editor who first placed the case on record, for comments appear to be unnecessary.

Yours sincerely,

E. B.

Satara, India.

"We have been favored with a sight and a copy of the apothecary's bill of a man, not in the service of government, and as an entertaining and instructive instance of what the human constitution will bear, even when damaged by disease. We beg to append the list of medicines and their prices for one year, in the case we refer to, premising that we can entirely vouch for the authenticity of the whole, and for every item of the details, having inspected the receipt for payment.

	RS. A. P.	RS. A. P.
5 blisters for the chest, at 1 8 0 each	7 8 0
19 plasters " " " "	1 4 0	23 12 0
30 boxes ointment, " " " "	1 8 0	45 0 0
14 ounces lint, " " " "	1 0 6	14 0 0
400 bottles mixture, " " " "	2 0 0	800 0 0
60 do cough mixture " " " "	1 8 0	90 0 0
51 do tonic do " " " "	1 0 0	51 0 0
14 do chalk do " " " "	2 0 0	28 0 0
48 do cod liver oil, " " " "	3 0 0	144 0 0
26 do embrocation, " " " "	2 0 0	52 0 0
131 boxes pills, " " " "	1 8 0	198 8 0
272 draughts, " " " "	1 0 0	272 0 0
Total,	RS. 1,793	8 0

That is, one thousand seven hundred and ninety-three rupees and a half, or about \$896.37, (the rupee being a trifle less than 50 cents), for medicines for one year !

It is needless to say the man is dead. He was suffering from a disease of the chest. The payment of the above bill, and of the doctors who invented the prescriptions, has left nothing but about seventeen camel loads of bottles, gallipots, pill boxes, plaster leathers and old lint.

PERUVIAN BARK.—The following account of the discovery of the medicinal properties of Peruvian bark will not be without interest to students in medicine, especially the Allopaths. Can as good an account be given of all Allopathic medicines ?

"Peruvian Bark is one of the most useful drugs in our medical pharmacy. The following story is told of its discovery : An Indian, while on a journey, was left by his companions near a small pool in a forest, a raging fever preying upon his system. This water was immediately over the roots of one of those trees, and was therefore strongly impregnated with its medicinal properties. As he continued to drink the water to quench his raging thirst, he

felt that the fever was leaving him. He survived, and returned home, to the wonder and dismay of his friends. He told his story, and the 'holy water,' as it was called, was thenceforth greatly resorted to. It was soon discovered to what source it owed its healing properties. It became known to Europeans about 1640."

Now, Mr. Editors, as you are much occupied in studying the properties of water, perhaps you can tell how much *healing power* the pool above mentioned received from the roots of the tree, and whether the water would not probably have been equally efficacious in curing the fever, had it flowed over the roots of a maple or hemlock.

Satara, India.

E. B.

Ca Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Waste no words.

Professional Matters.

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

DISEASED RECTUM.—M. T. F., Lasalle. Your complaint is evidently hemorrhoidal tumors in some shape, aggravated by the calomel and other drugs you have taken. The case requires a strict vegetable diet ; frequent hip-baths, and cool or cold injections ; with such attention to general bathing as the general condition of health indicates.

GRAVEL, &c.—W. R. B., Union Grove. The complaint you call a kind of diabetes, &c., is probably occasioned by gravelly concretions, and may be relieved by the general treatment to invigorate the skin as much as possible, and the strict avoidance of all alkaline, saline, or earthy matter in the food. Even common salt is bad for you.

NEURALGIA.—S. F., Columbia Roads, Pa. "Please prescribe a course of home-treatment for neuralgia in the hip." This is probably what is called "Sciatica." A tepid half-bath daily, the wet sheet pack for an hour every other day, and the dry pack an hour and a half on the alternate day, each followed by the tepid half-bath, a dripping-sheet, are the leading bathing appliances we have found most successful. But all this will fail without a rigidly plain and simple diet.

STRUCTURE OF THE RECTUM.—A. S., Iowa. The case you describe as having terminated fatally, could, no doubt, have been radically cured in a good Water-cure establishment in a few months.

SORE THROAT.—D. M., Andover. Tell your friend to quit his nitrate of silver cauterizings, and all other druggery, if he does not wish to have the inflammation of the larynx terminate in fatal consumption of the lungs. The proper treatment is given in the Encyclopædia, under the head of Bronchitis.

DEAFNESS WITH MISMENSTRUATION.—M. S. B., Mass. Treat the latter disease especially, and with its cure the former will probably disappear. Half-baths at 80°, hip-baths about 70°, and foot-baths about 60°, are the best water appliances. Wear the wet girdle also, and adopt the coarsest kind of a plain vegetable diet.

HOARSENESS AND SORE THROAT.—"A Sufferer," Orange, N. Y. Your symptoms indicate a severe bronchitis ; and as that requires the most careful and yet strict management, and you are conveniently located, we advise you to go to an establishment, at least for a personal medical examination.

CHRONIC RHEUMATISM.—R. A. Griffin, Ga. You did wrong in allowing the drug doctor to apply external medicines while your boy was under water-treatment. Treat the doctors hereafter as gentlemen, but consider all and every kind of druggery as of the Evil One. A short pack daily, just long enough for the patient to get comfortably warmed, followed by a sponging or towel wash, in water about 70°, and a daily half-bath, at 75°, with thorough rubbing both during the bath, and after, are the best appliances. The shower is not advisable. The wet girdle compress should be worn a part of each day, so as to avoid making the skin tender.

AN OLD HURT.—J. H. L. "What is good for an old hurt in the right side, in the epigastric region?" We would like to know what sort of a hurt it was in its youth ; and what qualities distinguish its old age. Probably, however, the wet girdle is the local appliance, and the half-bath the general one.

DIABETIS.—M. K., Shelbyville, Tenn. You profess to have discovered a cure for this disease ; but you seem to have tried the remedy only in a single case. You are mistaken in supposing diabetes incurable by any known means. Allopathic authors pronounce it incurable by their system, but hydropaths consider it almost always curable by their system.

CORN BREAD AND FERRUGINOUS BLOOD.—T. H. A., Pine Bluff, Ark. "Is corn as well adapted for food as the other cereals? In this part of the country we are obliged to make it our staple article of sustenance. It is said to be deficient in calcareous and ferruginous matter. Would not the vegetables we use supply that deficiency, if there is any? These vegetables are, sweet potatoes, Irish potatoes, cabbages, onions, peas, beans, melons, cucumbers, &c. Allopathists give iron to thicken the blood : Is there any need of it for a person living on such diet as I have described? Give me your opinion. I would not ask these questions if I had the Hydro-pathic Encyclopædia." Corn, if properly cooked, is as healthful food as grows on the face of the earth. The talk about its deficiency in earthy and metallic matter, is the rankest kind of nonsense ; for the physiological law of diet is—the less of such ingredients in all food, the better. Giving iron to thicken the blood, is about the silliest notion that ever found its way into a medical man's pericranium.

SKIN DISEASE.—P. J. C., Brandywine. "The patient is sixteen years of age. The summer he was three years old, he came near dying with summer complaint. Ever since then, he has been troubled with a kind of skin disease ; no place on his body is free from it, I believe, except his breast, the insides of the elbows and under the knee-joints, his stomach, back, &c., being thickly covered ; at first, there will be a breaking out, which will be immediately covered with a thick, hard, dark, scurfy, scaly crust ; cannot bear any thing woollen to come in contact with this scurf. I have known him to lay and scratch two hours together after going to bed."

The wet-sheet pack daily for an hour, followed by the half-bath at 70°, and a very plain vegetable diet—abstemious also in quantity—will cure him over as smooth as a pumpkin.

LIVER COMPLAINT FROM MERCURY.—S. P., Terre Haute. The difficulty your mother now labors under is probably the effects of calomel, blue pill, &c., given for the original ailment. Being aged, feeble, and sensitive, she should depend on a simple, plain diet, a morning sponging in tepid water, and one or two hip-baths daily, ten minutes each, temperature not below 75°.

APPARENT DEATH.—P. M., Cedarville, N. Y. "By what means can it be ascertained that death has actually taken place or not, in persons that drop down dead instantly, or are supposed to be dead, as many do from diseases of the heart, fits, &c. ? Such persons always retain more of a life-like expression when dead, than those that die of a lingering disease, and oft times the friends of the deceased flatter themselves that life is not extinct till tested by time."

There are many tests, but most of them are attended with difficulty and some with uncertainty. A proper test in all doubtful cases, and one of universal applicability, is to abstain from interring the body until decomposition has actually commenced ; or in other words, the body has become *tainted*.

DEAFNESS FROM SUGAR OF LEAD.—D. W. C., Homer. I am 28 years of age ; have been more or less deaf since I was 12 ; cannot trace the cause—first taken when asleep. There always are noises in my ears, like hissing of steam, falling of water, &c. ; but I have the power to make it correspond to any tune in music in perfect time. Am a musician, with a good ear for music. Right ear totally deaf, left partly ; also, right eye partly blind. Hearing best when in high

spirits! but very dull when low-spirited Also affected with dizziness after sunset. Have no disease about me. Used strong coffee when young. Have been under care of all sorts of doctors, who have given mercury, blue pills, calomel, opium, blisters: also have used all the patent medicines for deafness—get no better. I have the Hydropathic Encyclopædia, but do not find my case quite described. I have hopes, seeing my hearing is better sometimes than others. Occupation, shoemaker. Please describe the mode of treatment in the next No. W. C. JOURNAL. Health always good. My right arm swelled (before deaf) so that a man could not reach his hand around my wrist. Doctors prescribed sugar of lead, which drove it off.

The difficulty is undoubtedly a sub-paralysis of the auditory nerves, induced by the mineral wash. You should use the wet sheet pack, followed by the tepid half-bath, for a long time, and live on a very plain, coarse, vegetable and fruit diet.

MERCURIAL RHEUMATISM.—L. S., Wyandott, O. You will find the treatment of the case of your wife fully explained in the Encyclopædia published by Fowlers and Wells. Price prepaid by mail, \$3.

FLATULENT DYSPEPSIA.—W. H. M., Chester Co., Pa. "Minute pudding" is a very bad article in your diet. Throw the doctor's purgatives, and tonics, and stimulants to the dogs—that is, if you wish to kill the dogs—and adopt a simple vegetable diet, with a towel wash every morning, and one or two hip-baths daily.

RATTLESNAKE BITES.—One correspondent has lately written inquiringly, as to water treatment in this affection; and another—H. F., of Hastings, Mich.—sends the following paragraph, which will do for an answer: "One of my daughters, having been bitten, was very sick for a week under Allopathic medication, when my son was bitten also. We immediately commenced pouring water on the wound, and after two hours' application of the remedy, the swelling partially subsided; nothing else was done, and although it remained slightly swelled for several days, it was not painful, and no evil consequences have followed!"

PRURIGINOUS RASH.—H. W. G., Brockport. Very probably your skin affection originates from the opium, antimony, and mercury, with which you were peppered, by your drug-dogmatic mediciner during your late sickness. Be patient, live plain, lath daily, take a pack occasionally, and trust more in Providence and less to doctors in future.

FEVER SORES.—W. M. Butler, O. "What is a 'fever sore,' and what is its proper treatment?" An ulceration affecting the bone or its investing membrane. Attend to the general health in all ways, and keep the part covered with the wet compress.

CHRONIC CATARRH, WITH CHILLS AND FEVER.—S. V. M., Pittston. A diseased and probably enlarged liver is the cause of most of your symptoms. Treat the general system as recommended in the Encyclopædia for dyspepsia and liver complaint, adopting also the very strict diet there advised. The dry pack in the cold stage of the fever, and the wet pack in the hot, are advisable.

Business Matters.

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

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

THE WATER-CURE JOURNAL.—Fowlers and Wells, 131 Nassau St. New York, Publishers.

The May number of this sterling publication has been received and thoroughly read entirely through. We can only say to the public that the work is an elegantly printed, ably edited and most judiciously filled 8mo. monthly journal, the very best and neatest in that style of journalism that we ever saw or heard of. Only one dollar a year! Only think of it, ye weak and wounded, sick and sore. Send on your dollars to Fowlers and Wells and get \$5.00 worth of good advice and information. You'll do it.

We hope never to be under the necessity of patronizing any sort of a curative establishment; but as at present ad-

vised through the columns of this same Journal, should we ever get to feeling deathly, we should trip our anchor and make sail for some Water-cure harbor.

AMERICAN PHRENOLOGICAL JOURNAL.—This is a most valuable work, published in the same style and under the same management, as the WATER-CURE JOURNAL. The number for May is in our opinion an unusually good one, containing a great amount of reading matter valuable to every man, woman and child having sense and education enough to read a spelling book, in America.

We have no hesitation in saying that Messrs. Fowlers and Wells, by the high tone of their lectures and all their publications, have done more to elevate the moral standard of the American people than all other influences combined.

We will just whisper to our particular friends, in strict confidence, that a few years since, only a very few words from the lips of Mr. O. S. Fowler changed the whole direction and aim of our life. We were a gainer by the change, too; as we have little doubt you will be by subscribing to the *Phrenological Journal*—only \$1.00 per year.—*The Northern Light, (Hallowell, Me.)*

A COMMUNICATION from Mr. C. O. Read, on the death of Dr. Butler Wilmarth, was received after the article in another column, furnished by Mr. Wellington, was already in type. This will account for its non-appearance.

MERCER WATER-CURE ESTABLISHMENT.—The proprietors of this "Cure," Messrs. Hanna and Stephenson, have engaged the services of Dr. James Collin and lady, in the management of the establishment, and they have already taken up their residence there. They solicit and will receive, we trust, a fair share of public patronage.

A. H. C.—Louis Kossuth resides in London, England, at present.

THE COST OF MANIKINS.—For the benefit of prospective lecturers on Physiology, who may be desirous of obtaining suitable apparatus, with which to illustrate the subject, we have obtained the following particulars with regard to the cost of a suitable cabinet.

Manikins of the best quality can only be obtained from France. They are no where else manufactured with any thing like the same degree of perfection. The different sizes and prices are as follows. The smallest size, about eighteen inches high, may be had at \$90.00.

The second size, four feet high, with seventeen hundred objects, at \$350.00.

Same size, with twelve hundred objects, for \$200.

The third size, six feet high, with twelve hundred objects, \$400.

Same size, with seventeen hundred objects, \$950.

French skeletons, wired, ready for use, may be had at prices ranging from \$26 to \$60.

The time usually required to import these articles by steamer from Paris, is usually from six to eight weeks. Payment is always required at the time of purchase.

Besides the manikin, and skeleton, a set of Anatomical Drawings, the size of life, representing every part of the human body, colored and mounted, may be had in New York at \$25. A complete set is composed of eleven figures, and, in the absence of other specimens, will serve well, in the lecture-room, to illustrate physiology and anatomy.

These drawings should be placed in the office of every physician, of whatever faith or practice. Schools and colleges should also be supplied. If it be interesting to consult a map of a state, or the world, it surely cannot be less useful to study a map of the human body, with all its bones, muscles, nerves, arteries, veins, fibres, and other organs. Let us study the geography of ourselves.

THE postage on this Journal to any Post Office in the United States is six cents a year, or half a cent a number.

OUR new Hydropathic Cook Book is not yet quite ready. It will be sent to those who have ordered it, the moment it comes from the press.

PREMIUMS.—Our friends will please instruct us how, and what to send them, for the premiums to which they may be entitled. When books are sent by mail, the postage should be prepaid. Packages of large size may be sent cheaper by express.

THE new Water-Cure Almanac for 1854 will soon be published. A notice of its contents will be given in the next number of the WATER-CURE JOURNAL. Orders from book-

lers, agents, and others, solicited. They will be sold by the dozen, by the hundred, and by the thousand.

A COMPLETE catalogue of all works published at the office of this Journal will be forwarded, on post-paid applications. See abridged list of HYDROPATHIC WORKS, with prices, in the present number.

TOBACCO.—THE PRIZE ESSAY.—Our readers will remember the proposal, under this title, which was published in the April number of the WATER-CURE JOURNAL. Since then, a large accession to the number of our readers has been made, and we republish the proposal, and solicit *Our Exchanges* to copy the same, in order to give it the widest possible publicity. This is made by a gentleman residing in Saratoga county, N. Y., who is a reformer, not only in the matter of tobacco, but in many other matters.

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

[On meeting the cashier of a city bank, a few days ago, he remarked that the PRIZE should have been five times larger, and that he would induce others to subscribe a sum for other essays, on the same subject, when this shall have been decided. We replied, "The more the merrier." But that *Sixteen Tract Pages* could be well afforded by any philanthropist for \$50, \$30, or \$20.

Literary Notices.

Books which quicken the intelligence of youth, delight age, decorate prosperity, shelter and solace us in adversity, bring enjoyment at home, befriend us out of doors, pass the night with us, travel with us, go into the country with us.—CICERO.

THE PROGRESSIVE FARMER.—A scientific Treatise on Agricultural Chemistry, the Geology of Agriculture, on Plants, Animals, Manures, and Soils. Applied to practical agriculture. By J. A. NASH. 12mo. pp. 254. Price 62 cts. New York: C. M. SAXTON.

Let our occupation or profession in life be what it may, we should not be ignorant on this great subject. Fortunately, the most of our successful merchants, mechanics, physicians, lawyers, and clergymen, were "bro't up" by farmers, and they know something about it. It was there they developed their bodies, and obtained a hold on physical life, enabling them to withstand or endure the confinement of a city, or the sedentary pursuit of a profession. It was on the farm that our statesmen were developed, and it is to the farm they return when exhausted. Let us not undervalue the blessings derived from a life on a farm.

The book under notice was written by a veteran farmer, and a veteran teacher. He has produced a book which every man and boy should read. Practical, brief, and to the point. A book well calculated to encourage all honest sons of toil and useful labor, and to endear the farmer to his calling. A pursuit more natural, more healthful, and more independent than that of any other.

Just as soon as we can get the world on the right track, we shall stop publishing books and go to farming. That we shall.

DISCOVERIES among the Ruins of Nineveh and Babylon, with Travels in Armenia, Kurdistan and the Desert: Being the Result of a Second Expedition undertaken for the Trustees of the British Museum. By AUSTIN H. LAYARD, M. P., Author of "Nineveh and its Remains," abridged from the larger work. New York: G. P. Putnam. 1853.

The interest and value of Mr. Layard's works are too well known and appreciated to require at our hands any extended notice. The only question likely to arise with any one

who feels an interest in the antiquarian researches which Mr. Layard has so successfully prosecuted, and so well recorded, is, "can I afford to purchase the work?" The size and expensiveness of the large work, from which this has been abridged, placed it beyond the reach of many who desired to possess it. This edition contains all the most interesting and important portions of the other, in the author's own language. The abridgment has been made by omitting the greater part of the minute details of descriptions of sculpture and remains, and several tables of cuneiform characters, with elaborate examinations of various matters by scientific men. At the same time everything relating to the Bible, and illustrating the fulfilment of prophecy, as well as the genial and life-like portraiture of Arab habits and customs, and the pleasant adventures of the author in regions which seem to most men like fairy land, has been retained. It contains twenty-five illustrations, and is handsomely printed and bound. We trust that it will be widely circulated and extensively read.

HOME LIFE IN GERMANY. By CHARLES LORING BRACE, Author of "Hungary in 1851." New York: Charles Scribner. 1853.

Books of travel in Europe are sufficiently numerous. Many of them are exceedingly interesting and useful, in their way, but they usually describe cities, churches, monuments, ruins, statues, paintings, lakes, rivers, waterfalls, mountains, rather than men and manners. And when attempts are made to picture social life, they often prove utter failures, from the fact that those who make them did not see things from a favorable stand-point. They have seen only the outside of society, and perhaps not the most distinctive and characteristic aspects of that. This leaves many things, as Mr. Brace very justly observes, which we want to know about foreign countries, which we never do know from books. The work before us is an attempt—and a very successful one too, to supply this lack, as far as German society is concerned. Mr. Brace has left the beaten track of observation, and, mingling freely and on the most friendly and familiar terms with the middle classes, at their tables and firesides, has given us a true and faithful picture of German home life, as he saw it. From his book we learn what the Germans eat and drink, how they amuse themselves, what their habits are at home, and how they talk and think—things which we all desire to know, but which we seek in vain to learn from the volumes of other travellers. Mr. Brace writes in an unpretending, simple, clear, familiar and lively style, and his book is an exceedingly interesting one. We can heartily commend its tone and spirit, as well as its general plan and execution.

THE LIBERTIES OF AMERICA. By H. W. WARNER, of New York. New York: G. P. Putnam. 1853.

This is a popular treatise on the principles of civil and religious liberty, as they exist in the United States, and will prove a useful book. Among the topics discussed are, Liberty of Pleasure Seeking, Liberty of Place, Liberty of Business, Liberty of Conscience, Political Liberty, &c.

THE NEW ROME; or, the United States of the World. By THEODORE POSNER and CHARLES GOFF. New York: G. P. Putnam. 1853.

This is a somewhat extravagant, but earnest and hopeful book. It is the joint production of two Germans of the Progressive School, and bears the impress of the German mind, quickened perhaps and utilized by American ideas. Its object seems to be to show that the Republic of the United States contains the germ of a Universal Republic—a New Rome, which shall exceed the Old Rome in extent, power, splendor, as the lands known to us exceed the narrow limits of ancient geography. The authors evidently believe in the doctrine of "Manifest Destiny," in its widest significance.

SUMMER RAMBLES in the West. By MRS. ELLET, Author of "The Pioneer Women of the West," etc. New York: J. C. Riker. 1853.

Mrs. Ellet is extensively and favorably known as an author; and a new book from her pen will be hailed with pleasure by her numerous friends. Those who have read her "Pioneer Women of the West," will find much in the present volume bearing upon the same topic, and illustrating still further the life of those who lead the advance guard of empire and of civilization westward, though the leading object of the work is a narration of the author's

rambles, adventures, observations, and reflections during a summer spent in the West. It is truly a very readable book—pleasant, familiar, and lively in its style, and full of vigor and freshness. It is just the thing for summer reading.

Our Exchanges.

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

THE WATER-CURE JOURNAL.—We have received the Water-Cure Journal—a work which we esteem more than any monthly publication we are favored with from the east; it certainly ought to be read by every man, woman and boy in the country [why not include the girls? EDITORS.] and its precepts practised by them; if they were, the overflowing channel of patent nostrums, with which the country is flooded at an enormous annual tax to our people, would be shut up—closed forever! The principles of life, health and happiness would be better understood, and the cheeks of our young men and lasses that now look pale, would bloom like the rose! The terms for single copies of the Journal are \$1.00 per annum. Address (post paid) Fowlers and Wells, Clinton Hall, 131 Nassau St. New York. We have a prospectus to which we would be glad to get a list of names. How many persons value health sufficiently to pay 50 cents, the club price, for the Journal?—*Kosciusco (Indiana) Republican*.

[OUR THANKS to the good EDITOR, for his co-operation in the good cause. May he also receive the thanks of those whom he induces to read the JOURNAL, and to practise its precepts.]

LECTURES IN SAN FRANCISCO.—Dr. Bourne delivered another of his water-cure lectures to a very large audience last night, in Armory Hall. All the seats were filled, and quite a number of people remained standing. His discourse was on the benefits of water-cure, medical practice and mercurial poisons. He handled his subject with a tact and power of language that bespoke him a good logician and an eloquent speaker. He does not declaim, but talks to his audience in an easy, affable manner, that is quite captivating. He illustrates his argument by anecdotes and examples of eminent cases, and their modes of treatment as published in the medical journals. He is unmercifully severe on medical practitioners, and boldly asserts that a few pails of pure water are worth more than the stock in trade of all the apothecary shops in the country, nearly every bottle of which could be safely labelled "poison." He was listened to with the greatest attention, and loudly applauded during the delivery of his discourse.—*Alta California*.

OBSCURE BIRTH.—It appears from the biographies of the Duke of Wellington, that the exact time and place of his birth is not known, there being no record and no evidence to fix it with precision.

[Who knows, then, but what it was somebody else?]

AN OLD OFFENDER.—Owen Duffy, of Monaghan county, Ireland, is 122 years old. When 116, he lost his second wife, and subsequently married a third, by whom he had a son and daughter. His youngest son is 2 years old, his eldest 90. He still retains in much vigor his mental and corporeal faculties, and frequently walks to the county town, a distance of eight miles.—*Dublin Freeman*.

SYRACUSE is generally ahead in "reforms," as the following item from Saturday's *Journal* evinces:

"Miss Phebe Davis will preach to-morrow at two o'clock, at the police office. Admittance free, but a collection will be taken up after the service, for her benefit."

The Prudential Committee of the town of Ware, Mass., declined the application of a young lady of acknowledged high character and ability, for the situation of teacher of one of their common schools, on account of the Bloomer cut of her dress.

PARIS FASHIONS.—It is said that a young lady of fashion in Paris, Md'le Virginie de T., having died very suddenly, her friends decided upon a post-mortem examination. It was found that three of the ribs had encroached upon the liver to such an extent as to produce death. The young lady perished of tight laces.—*N. Y. Evening Post*.

[And these are "modities" after which our magazines copy, and weak-minded females shape their dresses and their bodies. They turn up their noses at the NEW COSTUME, and call it "vulgar." But if they will squeeze themselves to death, who's a right to interfere? We only pity the unfortunate "offspring" of such silly women. It is about as bad as drunkenness, licentiousness, murder and other crimes.]

LECTURES TO LADIES.—Mrs. Helen C. Markham proposes to give a course of Lectures to the Ladies of this city on the science of Anatomy and Physiology, during the present week. Her references are of the most satisfactory kind, and from a brief conversation with Mrs. Markham we are led to expect a series of more than ordinary interest.—*Cayuga Chief*.

[The same, we presume, who has lectured with such acceptance to the women in Michigan. We wish her, and others, who are engaged in the dissemination of Physiological principles, great success.]

Varieties.

HOW TO DISPERSE A MON.—Pass round a hat, soliciting contributions. They'll scatter in double quick time.

PURITAN QUAINNESS.—The Old South Church of Boston has a library composed principally of works published during the early settlement of the country. The following are the quaint titles of a few of them:

A Short Cut to Great Quiet; The Mourner's Cordial; Meat out of the Eater; The Prime Pattern of Christian Piety; The Muzzled Ox; New England Tears or Old England Fears; Irenicum—a Weapon Saive for the Church's Wounds; A Christian Warning Himself by the Fire; A Zeal for the House of God blown up in a Sermon; Cordial Comforts for a Fainting Soul; Whigs truly Christians; The Exact Constable; Holy Oil for the Lamps for the Sanctuary; Woe to Sleepy Sinners; Milk and Honey, 10th edition; Spiritual Milk Drawn out of the Breasts of both Testaments; Snake in the Grass; General Dennison's Saive for New England Sores; Works of a Son of Thunder and Consolation.

MATRIMONIAL.—The *Memphis Eagle and Enquirer* gratifies a lady's wish by giving the following one assertion. We copy it for the benefit of elderly gentlemen, who have an income of "not less than \$5,000." The lady, who, it appears, has a very bad opinion of young men, fixes on that income as the lowest for which she would consent to become an "old man's darling." Here is a chance for bashful elderly gentlemen. They owe us something for bringing it to their notice:

A young lady of respectable family, agreeable manners, handsome person and easy fortune, who desires to form a matrimonial connection, and who "would rather be an old man's darling than a young man's slave," takes this method of informing elderly gentlemen of easy fortune who may be similarly inclined, that communications addressed to V. J. G. through the post office, will receive prompt attention, and a confidential interview will be granted or daguerreotypes exchanged, as may be agreed upon. No gentleman possessing an income less than \$5,000 need apply. The utter worthlessness of young men, and the extreme bashfulness of elderly gentlemen, is the young lady's excuse for taking this step.

THE MERCHANT.—The following lines were written by a contributor to *The Cashier*, a paper edited by the ladies of St. Anthony, Minnesota—away on the verge of civilization—and read each week during the winter months before the St. Anthony Lyceum. The piece needs but to be read in order that its aptness may be appreciated.

Tare and tret,
Gross and net,
Box and hogshead, dry and wet:
Ready made,
Of every grade,
Wholesale, retail, will you trade?

Goods for sale,
Roll or bale,
Ell or quarter, yard or nail;
Every dye,
Will you buy?
None can sell as cheap as I!

Thus each day
Wears away,
And his hair is turning gray!
O'er his books
He nightly looks,
Counts his gains and bolts his locks.

By and by
He will die—
But the Ledger book on high
Shall unfold
How he sold,
How he got and used his gold!

MODERN DICTIONARY.

Cigar.—A slender yellow speckled tube, formed of the dried and folded leaves of a nasty weed, discovered by Raleigh. When women turn false, and men selfish—when your creditor duns you like a fiend, and your debtor takes the *stay*—when the future looks dark, and the present dreary, by the fragrance of this little instrument, extracted by means of fire, you are for a brief period rendered insensible to every sorrow, and lulled into delusive dreams.

Satirical Poems.—Harmless impertinence in verse.

Marriage.—The gate through which the happy lover leaves his enchanted regions and returns to earth.

Death.—An ill-bred fellow who visits people at all seasons, and insists upon their returning his call.

Author.—A dealer in words, who gets paid in his own coin.

Friend.—A person who will not assist you, because he knows your love will excuse him.

Bargain.—A ludicrous transaction, in which each party thinks he has cheated the other.

Doctor.—A man who kills you to-day, to save you from dying to-morrow.

Lunatic Asylum.—A kind of hospital, where detected lunatics are sent by those who have had the adroitness to conceal their own infirmity.

Tragedian.—A fellow with a tin pot on his head, who stalks about the stage, and gets into a violent passion, at so much a night.

Critic.—A large dog that goes unchained, and barks at every thing he does not comprehend.

A CORRESPONDENT to the *Nashville Gazette*, who signs herself "Sophia," says that woman is twice as good as man, and proves it by the very orthography—W-O-M-A-N—double you, Oh, man!

JAW-CRACKERS.—Byron speaks of Cossacks killed in battle, whose names of twelve consonants apiece, would be immortalized if anybody could pronounce them. When Zuma-caraguy died, *The London Times* said, "Thank God, we shall now have some rest." The particular orthography of the present diplomatic hero of the Russian bully-raggery, called diplomacy in the Turkish "difficulty," is not less provoking than some of the other *spells* to which the press is subject. The song says: "There is a spell;" now which one it is in, the reader may choose. It is *or*-thography, for we find seven different ways of giving the name in question, the simplest knotty enough, as for instance: Menzikoff, or Mentzikoff, or Menschikoff, or Mentchikoff, or Mentschikoff, or Menczikoff, or Menchikoff.—*Tribune*.

A WONDERFUL CHARACTER.—It is reported that there now lives an old man away down in the swamps of Little Pedeey, who never owned but one pair of shoes in his life, and he says they were so d——d hot he never wore them but once. He never cultivated the soil, nevertheless he has accumulated a considerable sum of money, which he deposits in hollow trees in the most unfrequented parts of the swamps. He affects extreme poverty, and when applied to for the loan of money, declares he has none; but if the security and premium offered please him, and the borrower promises to repay in specie, he will appoint a day when he will try to get a little, which he never fails to do. He has made his fortune by the sale of fish, the finest of which he knows exactly where to fish for, and honey which he raises in large quantities, having his bees hived in the swamps for miles around. No music is so charming to his ears as the boing of the bull-frogs, and the bellowing of the alligators; for these sang his lullaby when in his cradle, and have been harbingers of his harvest from his boyhood until the present day. He never uses any other weapon to kill snakes with, than his heel; and there never was but one known to attempt to bite him, and that one broke off its teeth without penetrating the skin of the heel. He has never taken any doctors' stuff, nor let them come near enough to feel his pulse or to look at his tongue; and he is now about seventy years of age. Strange it may seem, that such a character should find a mate of similar tastes and fancies. Yet, such is the case, only that she is a little more like him than he is like himself. Has any of our contemporaries as singular a character in their neighborhood? If so, let's hear about him.—*Cheraw Gazette*.

Breivities.

"Brevity is the soul of wit."

LAUGHTER.—A hearty laugh occasionally is an act of wisdom. It shakes the cobwebs out of a man's brains, and the hypochoiria from ribs, far more effectually than either champagne or blue pills. One of the Emperors of Japan is said to have killed himself by immoderately laughing, on being told that the Americans were governed without a king.

MILLENIUM STORY.—The following story from the *Knickerbocker* should be read in a melancholy mood:

A matter-of-fact old gentleman in New England, whose wife was a thorough "Destructionist," was awakened out of sleep by his possessed rib, one stormy night, with—
"Husband! did you hear the noise? It's Gabriel a coming! It's the sound of the chariot wheels!"

"Oh, pshaw, you old fool!" replied the good old man. "Do you s'pose Gabriel is such an ass as to come on wheels in such good sleighing as this? I tell you it's not him—turn over and go to sleep."

A MAN died in Arkansas last week, who sported the name of Martin Van Buren Swartwout. Our only wonder is that he ever lived to be a man,—at any rate, he was a lucky fellow to live so long with "such a name."

DOES it follow that a man raised on ginger must be ginger-bread? Let some of your lycceums discuss this. The warmth of the subject will admit of a spicy debate.—*Post*.

WHEN an Irish girl was asked, a few days since, where her mistress was, who had gone to a water-cure establishment, she replied, "She had gone to soak."

AN EPIGRAPH.—There is an Italian epitaph which reads thus—"I was well—wanted to be better—and here I am."

SICSEM, as the student said, when asked if he was ill.

A SUMMARY EPIGRAM.—Theodore Hook once, upon seeing a tax collector, whose name was Winter, approach the party he was with, got off the following impromptu:

Here comes Mr. Winter, collector of taxes,
I advise you to give him whatever he asks;
I advise you to give it without any flummery,
For though his name's Winter his actions are SUMMARY.

"LOOK here, ma!" said a Yankee young lady, just commencing to take lessons in painting, holding up a sample of her skill to her mother—"see my painting. Can you tell me what it is?"

Ma, after looking at it some time, answered—
"Well, I reckon it's a cow or a rose-bug; but I don't know which."

"YOU'RE from the country, are you not, sir?" said a dandy clerk in a book store to a homely dressed Quaker, who had given him some trouble. "Yes." "Well, here's an essay on the rearing of calves." "That," said Aminidab, as he turned to leave the store, "thee had better present to thy mother."

"ARRAR, be my faith," said Pat, as he essayed to open the door of his shanty in order that he might get into it, "it's regularly locked in I am." "In," said a listener, who thought to detect the son of the Emerald Isle in a bull, "in where?" "Why, in the street, to be sure!" The cave-dropper marvelled.

A ROWDY, intending to be witty; thus accosted a lady in the street:—"Madam, can you inform me where I can see the elephant?"

"No," was the reply: "but if I had a looking-glass, I'd show you a very large monkey!" The rowdy vanished.

A BOY in Ohio licked in 18 minutes two deputy-sheriffs, four constables, and a gallon of molasses. He expects soon to have a set-to with a threshing-machine. We await the result with some anxiety, as the fellow said when a three-story house was falling on him.

CRUIOS FACT.—A modern philosopher, taking the motion of the earth on its axis at seventeen miles a second, says that if you take off your hat in the street to bow to a friend, you go seventeen miles bareheaded without taking cold.

THE WATER-CURE JOURNAL,

AND

HERALD OF REFORMS.

PROSPECTUS OF VOL. XVI., Commencing July, 1853.

HEALTH—the normal and harmonious Action of all the Elements of our Being, Physical, Intellectual, Affectional, and Social, is the Great Want and Demand of the Age. This Want finds its Satisfaction, and this Demand its Supply, in a Knowledge of the LAWS OF LIFE, or a true PHYSIOLOGY; the NATURE and CAUSES OF DISEASE, or a true PATHOLOGY; the modes of PURIFICATION and INVIGORATION, or a TRUE SYSTEM OF MEDICAL PRACTICE.

These and kindred subjects, constituting the PHILOSOPHY OF HEALTH, and comprising the LAWS OF PHYSICAL, MORAL and INTELLECTUAL DEVELOPMENT, are the especial Sphere of the WATER-CURE JOURNAL; but all that can promote the great design of human happiness, may be included under its subtitle of HERALD OF REFORMS.

Our Platform is a broad one, and our Plan of Operations comprehensive. All subjects connected with the PHILOSOPHY OF HEALTH—Diet, Exercise, Cleanliness, Ventilation, Dwellings, Clothing, Education, Occupations, Amusements and Social Relations—all that makes that complex thing called Life.

HYDROPATHY will be fully unfolded, and so explained that all may apply it in various diseases, even those not curable by any other means. The Water-Cure is not equalled by any other mode of treatment in those peculiar complaints common only to WOMEN. The JOURNAL will contain such advice and instruction as may be considered most important in all these critical, yet unavoidable cases.

Without HEALTH, even life is not desirable, unless a remedy can be found. To preserve health, no other mode of living can compare with this system. In fact, were its rules observed and carried out, many of our ills would be forever banished, and succeeding generations grow up in all the vigor of true manhood. It will be part of our duty to teach the world how to preserve health, as well as cure disease.

REFORMS in all our modes of life will be pointed out, and made so plain that "he who runs may read." We believe fully, that man may prolong his life much beyond the number of years usually attained. We propose to show how.

Particular directions will be given for the treatment of ordinary cases at Home, which will enable all who have occasion to apply it without the aid of a physician.

Let it be borne in mind, that the WATER-CURE JOURNAL is a thoroughly POPULAR WORK, and not the Organ of a Profession or Sect. Its aim is to make every reader acquainted with the Structure, Functions, and Relations of his own Body; and to be to every one an unerring Guide in the Preservation of Health, or its Restoration.

While the achievements of the PAST are the best promise of the FUTURE, we may intimate, that it is our intention to give in our own works, an example of the PROGRESS, REFORM, AND IMPROVEMENT, which we would promote in the most vital interests of men and of society, endeavoring to make our progress correspond with that of the WONDERFUL AGE in which we live.

Believing the HEALTH REFORM to be the needed basis of all Reforms; believing that the PREVENTION OF DISEASE is easier and better than its CURE; believing that HYDROPATHY, for these ends, is destined to take the place of all other systems; believing, also, that no agency can be more efficient in extending a knowledge of its principles, than the WATER-CURE JOURNAL, we rely upon the FRIENDS OF THE CAUSE OF HUMAN ELEVATION to continue their exertions until a copy is within the reach of EVERY FAMILY in the UNITED STATES.

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

TERMS IN ADVANCE:

Single Copy, one year, \$1 00 | Ten Copies, one year, \$7 00
Five Copies, one year, 4 00 | Twenty Copies, 1 year, 10 00

Please address all letters, POST-PAID, to

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

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, \$50. For half a column, \$12. For less than half a column, twenty-five cents a line.

All Advertisements for this Journal should be sent to the publishers by the first of the month preceding that in which they are expected to appear.

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTE.—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.

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

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.

YELLOW SPRINGS WATER-CURE ESTABLISHMENT, Green County, Ohio. The public are respectfully informed that the above establishment now in full operation, 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.

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 \$17 per week, according to room and station required.

CINCINNATI WATER-CURE, five miles from the City, on the Cincinnati & Dayton Rail Road, near the New York and Erie Railroad. The house is new, commodious, and the rooms pleasant and airy. Every facility will be afforded the patient to make the stay pleasant, and favor the restoration of lost health.

WORCESTER WATER-CURE INSTITUTE, No. 1 GLEN STREET.—This building was erected expressly for Hydrophobic purposes, and embraces all the conveniences necessary for the improvement and enjoyment of patients.

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 equaled.

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 superior advantages for treatment. The building is undergoing improvements, and the Dr. will spare no pains for the health and comfort of his patients.

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 Hydrophobic treatment.

WILLOW-GROVE WATER-CURE, near Philadelphia, Pa., is open for the reception of Patients. All business letters addressed to Dr. WELLS, No. 30 North Eleventh st., or Willow-Grove Water-Cure, will receive attention.

DR. WEBER has returned to Philadelphia. Office No. 50 North 11th Street. June 4th.

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.

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 Hydrophobic 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 good steamboat landing, and telegraph office, &c.

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