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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."

CONGESTIVE FEVER.

BY JOEL SHEW, M.D.

THERE is one form of miasmatic fever which, in some parts of our country, is called *congestive fever*. This name is not given to all cases of dangerous intermittent or remittent fever, but to a particular form of the disease, which also is usually attended with symptoms of more or less danger. Some writers have objected to any such distinction of a disease which is evidently miasmatic in its origin; but others maintain that, although congestive fever is essentially intermittent or remittent, accordingly as the case may be, yet a separate description and classification of the disease will tend to aid the young practitioner in gaining a knowledge of its true nature, and the proper treatment to be employed in curing it.

This form of miasmatic fever may be either intermittent, remittent, or continued. It is more commonly, however, one of the former; if the fever is of two or three days' duration, it may be said to be of the continued form; but in the large majority of cases it takes on the paroxysmal form. Its *type* is more commonly *tertian*; although it is not unfrequently *quotidian*.

Symptoms.—Congestive fever comes on usually like an ordinary attack of miasmatic fever, and frequently it is not until two or three more paroxysms have taken place that the pernicious symptoms present themselves. Sometimes, however, "the first symptoms are chilliness, severe pains in the back, limbs, and head, frequency and irregularity of pulse, flashes of heat alternating with slight perspirations, as if a remittent were endeavoring to form itself; when gradually, or suddenly, as the case may be, an alarming change becomes obvious, and the patient is seen to be in the greatest danger." So, too, after an intermittent or remittent has gone on for several days, it may suddenly, especially if badly treated, take on the congestive or pernicious form.

Congestive fever is evidently attended with a great prostration of the vital powers. When the disease is fully formed, and exists primarily in the organic functions, symptoms like the following present themselves, not all of them, but more or less in a given case.

"The face, hands, and feet are of a livid paleness; the features shrunk and impassive, or singularly expressive of an amazement or alarm which the patient does not feel; the eyes often sunken in their sockets, though still clear and even bright; the skin contracted, and the fingers shriveled as if long soaked, like those of a washerwoman, in soap and water; the extremities, and sometimes even the trunk, chillingly cold, though not sensibly so to the patient; the surface either partially moistened with a clammy perspiration, standing sometimes in large isolated drops, or universally bathed in a profuse cold sweat. In some cases, the surface of the chest and abdomen is morbidly hot, while the extremities are cold."

The pulse is variable in this disease, though generally frequent, amounting to 120 or 130, and in some cases over 160 in the minute, and usually weak; in some cases it becomes intermittent, which is to be considered an unfavorable though not necessarily a fatal omen. Sometimes the pulse is nearly or quite absent at the wrist, while at the carotids it is plainly perceptible, and the action of the heart "loud, strong, and tumultuous;" but in other cases the heart's action is found to be very feeble.

The respiration varies in several respects from a state of health. Sometimes it is "irregular, hurried, and panting." As in other cases where the vital powers have been suddenly depressed in a great degree, the patient complains often of great difficulty of breathing, craving to be fanned, and longing for the windows and doors to be opened, that he may have as much as possible of fresh air.

The appearance of the tongue is also quite variable. In some cases it is but little altered from its natural state; in some it is dry; in others moist, pale, and cold.

One of the most striking among the symptoms of this disease, is the feeling of burning, internal heat, notwithstanding the coldness of the extremities and surface, attended with a most violent and apparently unquenchable thirst. "Oh, that I could lie in the river!" "Oh, that I could have a stream of cold water to flow through me!" patients have often exclaimed, when suffering from this disease. At the same time the water he drinks is almost certain to be rejected, so that vomiting is one of the more prominent and troublesome of the symptoms. Not only the articles swallowed are thrown off, but bilious, mucous, and sometimes bloody matters are vomited. Sometimes, also, as in Asiatic cholera, there is much retching and attempt at throwing up, with little or no discharge.

The state of the bowels is variable. Oftener, how-

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ever, they are loose, rather than otherwise. In some cases the discharges are very frequent, amounting to several in a single hour. In such cases, the dejections are watery, tinged with blood, often having the appearance of the washings of flesh. Sometimes the blood is quite pale, and of a bright color; at other times it is dark-colored, and clotted or otherwise. If the discharges change to a bilious character in this disease, the circumstance is to be looked upon as a favorable one, the same as in cholera.

The nervous system frequently partakes of the general disturbance that is going on in the vital domain. There is great restlessness and uneasiness, the patient feeling it impossible to get into any position in which he can remain either quiet or comfortable, and he will sometimes rise and walk to the window or the door, if allowed, even after the pulse has become extinct at the wrist, and death having, as it were, already seized upon the vital organs.

The course of the symptoms in congestive fever, like the symptoms themselves, is very various. After the state of prostration above described has continued for a time, longer or shorter, according to the case, there is an effort on the part of nature to produce reaction, the same as happens in cholera. This stage of prostration may continue only a few hours, or it may last one, two three, or more days. If reaction does not occur, death must of course be the result. "The coldness increases, invading sometimes the whole body, except a small portion near the heart: the respiration becomes slower and more sighing, with lengthening intervals between the acts; the pulse gradually sinks, and often quite ceases in the extremities for several hours before death; the cerebral functions at last fail; the countenance assumes the Hippocratic expression; and the patient usually dies tranquilly, as if falling into a sleep."

In the greater number of cases, however, symptoms of reaction begin to show themselves in the course of a few hours. The pulse becomes more natural, fuller, and stronger, and the skin warmer, so that a sort of febrile exacerbation may be said to take place. But this is not at all in proportion to the degree of the preceding prostration. This reaction, which does in fact consist in an improvement of the unfavorable symptoms generally, is in many cases slow, and accomplished apparently only by repeated efforts on the part of nature.

If the disease is not arrested either by the natural efforts of the system or by artificial means, the same train of symptoms as before described set in, either the following day or the day after, and usually with increased violence. In some cases, however, the force of nature is so great, that each succeeding attack becomes milder, the disease gradually wearing itself out. In other cases, it may run on into a continued or a typhus fever, at last wearing the system out and ending in death. Owing to peculiarities of constitution, and to the different modes of treatment adopted, the course of the disease assumes a great variety of aspects and forms.

Treatment.—Congestive fever, which in many respects resembles Asiatic cholera, has been treated in perhaps as many various and contradictory ways. And is it for a moment to be doubted that multitudes have been sacrificed by the heterogeneous and destructive methods that have for so long a time been in vogue? "Not long since," says Dr. Wood, "under the notion that congestion was the evil to be encountered, copious bleeding and large doses of calomel were the remedies most relied on by many practitioners. Experience, however, has proved the frequent inefficacy and even danger of this practice; and the profession generally are rapidly abandoning it. In some of the cerebral cases, with a full and tolerably strong pulse, it is proper to abstract blood from the arm, and also to take it locally from the temples; but in all others the remedy is much worse than useless.

While the whole organic actions of the system are prostrate under the vast nervous depression, and life is running out with the serous discharges from the alimentary canal, to open another outlet in the arm seems as contrary to sound pathological principles as it is opposed by multiplied experience. Exactly the opposite course should be pursued. Efforts should be made to rouse the nervous system from its lethargy, and to restore the organic actions; while further exhaustion is prevented by checking the profuse exhalation from the inner and outer surfaces of the body."

Here, then, we have it. Dr. Wood is as good authority as this or any other country affords in the allopathic ranks, and according to his own assertions as well as reasoning, multitudes have been injured, to which we may add, *killed outright*, by the barbarous modes of practice that have been followed. How incomparably better is it to use a remedy which, even if it can not save life, can not, unless egregiously abused, harm the system! A practitioner of water, though he may mistake the true pathological state of the case, must yet be a most consummate blunderhead to injure his patient. This, then, is a great recommendation of water, while at the same time we see the danger of tampering, in such a disease, with the lancet, calomel, opium, and other poisonous drugs.

Congestive fever, like all other diseases, must be treated according to the nature and severity of the case. In many instances the patient would get along well enough without any treatment other than good nursing. In other cases much suffering may be saved the patient, and in still others, life may be preserved by artificial means.

The great thing to be done in severe cases of this disease—and it is these that demand more particular consideration—is to *arouse the prostrated vital energies as quickly as possible*. All practitioners agree as to this principle; but how strange it is to find writers of great eminence recommending artificial heat as one of the first and most important of remedial means in such a case! Warmth, to be sure, is a very good thing in its place; but as for *hot* applications, they only tend to disturb the vital actions, and, consequently, in the end do harm. The terms, heat and cold, I use here in the same sense as in the case of baths. If we do not go above the natural warmth of the body we do no violence; but if we make applications of a higher temperature than 98° Fahr., we in the end do harm, and generally at the time also.

Coldness and friction constitute the great remedy in all cases of severe prostration. In another place I have spoken of the Persian treatment of cholera, which consists of a great deal of friction with the hands wet in cold water—for the water is of a moderate temperature in that country—and water is also freely poured upon the patient. This is in effect the half or shallow bath of Priesnitz, which can be well enough imitated by using a good-sized wash-tub, there being two or more persons to aid in the operations. When the patient is even too weak to be held up, he can be laid upon a couch, cot, or straw bed, and the frictions may thus be practiced, with wet-sheets placed upon and about him, and frequently renewed. At the same time the freest circulation of air should be allowed in the room, and if the weather is not decidedly inclement, it would be of great benefit to have the patient in the open air. Fresh air and coolness, generally, are what he most desires, and his feelings should be gratified to the fullest extent while the fever is upon him. Nor is it scarcely within the range of possibility to give a patient a cold under such circumstances—a fact which it is of the greatest importance to remember. These frictions, besides, are to be continued as frequently and as long as may be necessary to produce the desired result. A great advantage of the treatment is, that if it is not possible to cure the patient, which I think can seldom happen if the case is taken in season—it renders the sufferings much less

than they would otherwise be. The water need never be so cold as to do much violence to the patient's feelings. From 60° to 70° would be safe in the generality of cases.

One of the most remarkable effects of water is its power, when applied in this way, of arresting the vomiting and purging that attend such cases. This it does by its effect, in connection with the friction, of promoting the circulation outward, and thus relieving the oppressed internal organs. Besides, also, a considerable portion of the water is absorbed by the system, especially if the process is prolonged somewhat.

The patient should at all times be allowed what drink he craves; and, singular as it may appear, warm water is found to quell the thirst and vomiting better than cold. The reason of this is that warm water is more readily absorbed than cold, is not so liable to be rejected by the stomach, and passes more quickly into the circulation, which is a desirable object, since the tendency is for the serum of the blood to pass off at the bowels to a dangerous extent. The same rule applies to clysters as to drinking, and which should be used with the utmost freedom, according to the exigencies of the case.

The cold sitting-bath should not be neglected in these cases, especially after the violence of the disease has somewhat passed off. The wet girdle should also be used all, or nearly all of the time, and a semi-daily pack, followed by the rubbing wet-sheet, or the shallow bath would aid the patient much in his recovery.

In treating these cases, when the reaction becomes established, we are, all along, to treat the febrile symptoms according to their degree or violence. The reader will understand that in this disease, when severe, as in cholera, reaction, which is the only road to cure, consists in an increase of circulation and calorific power. When such reaction fortunately takes place, all we have to do is, to see that it does not become too violent.

As in all other cases of severe disease, the greatest caution is necessary in diet. Many a patient in congestive fever, as in cholera, has been killed by following out the foolish whims of those who seem to look upon starvation as the only means of death, and plying the sufferer well with food as the only means of cure in such cases. Now, it should be forever remembered, that when a patient's vital powers have been prostrated to the very brink of dissolution, it requires time before his stomach can digest strong food, or much of it. Gruels, the lightest broths, if such are used, farinaceous articles, in small quantity, and the judicious use of fruits, are the proper dietetic means.

In conclusion, I remark, that when Water-Cure shall have been made to take its proper place in medical practice, it will be found that its virtues are nowhere more conspicuous than in the treatment of these dreadful forms of fever that occur in so many parts of our country. At present, however, the timid will not dare to use water in the way it should be used; and if a patient should happen to die under its effects, there are always enough ready to raise the bugbear cry of DEATH BY COLD WATER. So it is, and for a long time it must be in the new practice. We treat a patient the best he can be treated, and make his death as easy as possible, and yet are accused of killing him. And ignorant doctors, prejudiced and unfair as they are foolish, are too often found aiding in these misrepresentations. But these things shall not always be.*

* I am glad, however, to find that water is getting into more note in some quarters as a remedy in this disease. Dr. Wood, in his late work on the Practice of Medicine, speaking of congestive fever, observes that some practitioners in the West and Southwest habitually employ cold affusion in treating it. Dr. Gustin, of Natchez, informed Dr. Wood that he had once immersed a patient, while in the lowest stage of a pernicious paroxysm, with a cold skin, and nearly or quite pulseless, but complaining bitterly of the burning heat which was consuming him, in a bath of cold

MEDICAL CREDULITY.

BY DR. G. H. TAYLOR.

HITHERTO the medical profession has arrogated to itself all knowledge having important relation to health—virtually saying, we, and we alone, are the conservators of the bodies of men. When life is in its greatest peril from sickness, our reverence for the doctor compels us to feel that the issues of life reside with him, and he is supposed to have control almost supernatural over our mortal destiny. No matter how useful a general diffusion of so important knowledge as relates to our very existence, and the means of influencing and developing the forces concerned therein might be considered; yet it was to remain to the behoof of the faculty—too sacred, or too occult for the common understanding—which was to take cognizance of it only by its paraphernalia of drugs. Their prescriptions being supposed of a character to defy the scrutiny of popular inquiry, demanded a confidence almost unqualified.

No inquiry was instituted whether a person *ought* or *ought not* to be sick under given circumstances; that he ought to keep from getting sicker while he is trying to get well was never dreamed of; the enchantment of the magical dose was—*nolens volens*—to charm him into a condition of fresh vigor and manliness; and as recovery, in the great majority of cases, succeeds an attack of disease; and as a remedy, or a supposed one, was always given, the inference continued to be drawn that there was a useful connection between them; both physician and patient laboring for ages under a semi-delusion from not understanding fully enough the true relations of things regarding these matters.

Undoubtedly the idea of the value of medicinal specifics has operated very disastrously, indirectly inviting the cause of disease by the immunity it holds out in the idea of medicinal absolution. The *causes* of disease are disregarded so long as people think they can dodge the result under the shield of medicine, and just in proportion as freedom from peril is offered is the inducement to sever the lines of law, whereby organic existence is bounded.

In ancient times war was ten times more sanguinary than in modern; the increased certainty of destruction from the improved means of murder being the most powerful of peace arguments. So a knowledge of the real nature of those substances used for medicines, and their relations to organized and vitalized matter, is the most that is needed to cause men to let them alone.

At present, both physician and patient are over ignorant of the quality of the medical service rendered; a kind of oblivion, except in case of the most palpable mistake, steps in and enshrouds from observation the interference; but good nature, while her forces remain superior, is ever working to perpetuate organized existence in her best possible manner; she gradually overcomes those conditions that conflict with her aim, whether spontaneously or artificially induced. Thus

water, with the happiest effects. The remedy was agreeable to the patient, and he was allowed to remain until he began to feel somewhat chilly, when he was removed, wiped dry, and placed in bed. Reaction came on delightfully, and his life was saved. Dr. Richmond, an old and experienced practitioner of Indianapolis, according to Dr. Wood, is in the habit of causing his patients in this disease to lie naked at full length, and of pouring cold water, from a pitcher, upon him, from head to foot, until he begins to shiver, after which he is wrapped in blankets and plied with stimulants diligently, internally and externally. Dr. Barbour of St. Louis, we are also informed by Dr. Wood, esteems the affusion of cold water above all other means in the treatment of this disease.

the sick as well as their advisers, constantly labor under the fallacy that it is some potency of the prescription that effects the desired object; while really, in the great majority of cases, its only merit is that of coincidence in time. Hence arises the popular credulity in reference to medical means—a magnified importance having been for ages attached to measures of no use or importance. Hence, also, the ever-readiness with which the public resign themselves to the physician. It is no matter whether he be stupid or clever—the grossest empiric, or a philosopher—he generally soon discovers that his bread and butter come of qualifications quite different from this latter; and his inclinations take the direction of his interest.

A large amount of the popular delusion in this matter is soon to end. The exact and demonstrable method pursued in other sciences is demanded in this of medicine. The antagonizing precepts taught in the schools are seen to neutralize each other in theory, while the results are quite identical, so as scarce to indicate a preference; and are quite unsatisfactory to the thinking community.

The people are awake in this matter. There is seen to exist in matter relations constituting laws—permanent, eternal—upon which practical inferences and duties may be safely based; working a revolution of ideas and actions in the natural and civil world, wherever investigation is carried. This improved habit of thought is being carried into the subject of physiology and medicine; and we may venture to hope that the day is not far distant when *empiricism*—the prescribing without a knowledge of the relations upon which life and health subsist—will be done away.

WATER-CURE A REMEDY FOR EMPIRICISM.

BY DR. W. M. STEPHENS.

THIS is no new disease. It has for many long ages degraded the profession of medicine, and trifled with the life and health of the human family. Various efforts have been used in the world at different times and by different nations to eradicate it. Systems of medicine have been established by state authority. Priestnitz was brought before an Austrian court, had his sponges examined and spies appointed to watch over his course. On the first trial his system was condemned as quackery, and stopped. On appeal to a higher court the decision was changed, on the ground that no medicine was used. When the State could no longer be used to deprive the individual of the right of private judgment by establishing some mode of "curing," or "killing," medical societies were constituted by individuals who voted themselves the "salt of the earth," the regulars, &c. These were intended to act upon public opinion, and to let the world know who were *regulars* and who were quacks or empirics. Medical colleges, by conferring the title of M.D., have endeavored to suppress all empiricism, and medical journals and physicians have spoken, written and declaimed against quackery until the very word has become odious, and *quack* has become a synonym for a knave or a fool.

All this has been done to suppress quackery; yet never at any age of the world was there more unauthorized and irregular practice than at the present day. In no previous age of the world were such vast fortunes built from the sale of pills, syrups, ointments and salves. The patent medicine business is comparatively new—the product of our own age. No previous era of the world's history has witnessed the birth of so many new plans of medication, all of them an invasion upon and a deviation from the regular system. Indeed, almost the entire body of the regulars have deserted the old paths and gone over to quackery.

The regular now declaims against bleeding, calomel, and *too much* drugging. He even admits that water is good in some cases, and does actually venture to recommend a *shower bath* occasionally.

These *remedies* have failed to cure the disease, and they have failed in the same way that Allopathy has failed to cure every other disease. Instead of curing empiricism, it has made it *chronic*. The disease has not been understood, and of course the agents of cure could not be used. The establishment of a mode of medication by the State would be an infringement upon one of our most precious rights, an injury to the cause of truth and the progress of science. It never has and never can suppress empiricism; for when all other systems, have been suppressed, it will flourish in the one allowed. Medical societies have mistaken their function when they endeavor to put down all plans of medication but their own. When assembled for the purpose of free discussion of medical subjects, for the collection of facts, the establishment of principles and the investigation of new truth, they became useful auxiliaries to the cause of progress. At present they do little more than regulate the rates according to which each member will bleed, blister, purge and tax, and the particular courtesy that shall be extended towards each other and the outside "barbarians." As far as Medical Colleges have taught science, they have had an influence in the right direction. But they have travelled out of this sphere, and taught an empiric method of cure. They have aided in giving to the art of medicine a mystery in the eyes of the people. Diseases have been named in two or three ancient languages, and the learning of these have been substituted for true science. Prescriptions are made out in a language which none but physicians and apothecaries can understand. To all these things medical colleges have to the present time given their countenance. If they had confined themselves to the teaching of the *sciences* connected with medicine and to the advancement of those sciences, they would have been blessings to mankind, and done much to abolish the empiric practice of medicine. But whilst they mystify diseases and teach that they can be cured by poisons, they aid to sustain the manufacture and sale of patent medicines, and give countenance to the superstition that drugs have a curative power.

Whilst all these agents have been in full operation in society, empiricism has been increasing. It is evident then that we must look to some other source for a remedy of the evil. That source is the Water-Cure. It proposes and makes it one object, to remove that great terror of allopathy from off the earth. Its mode of operation is, 1st. To define precisely what is understood by the words quackery and empiricism, so that no one may mistake the remedy. It defines Quackery to be the practice of medicine by persons ignorant of the science of medicine, and unskillfulness in the art of using that science to restore health. Empiricism is unguided by principles. Its mode of practice is experiment. 2d. Its remedy for this condition is the general prevalence of knowledge among all classes of people of the sciences of Anatomy, Physiology, Hygiene, and the nature of disease and its cure.

Wherever the Water-Cure is known it has already carried with it so much intelligence upon these subjects that empiricism has died out. It makes its way by intelligence. It is received upon investigation. The enthusiasm of its advocates is founded upon knowledge. Wherever it is practised the people get rational conceptions of diseases, they also see the error and evil of subduing it by poison. It enables every one to judge of the merits of systems of medication and of the pretensions of physicians. It lives in the light, and courts investigation. It will in the end abolish all quackery and empiricism, and prepare the human race for higher physical and moral development.

HEALTH THE NATURAL CONDITION OF
M. A. N.

BY DR. H. FREASE.

THERE is no truth in nature more positive than that the normal condition of man is one of health. That all the organs of the body are adapted to produce this result, would appear to be a proposition so self-evident that to argue it would seem to be a work of supererogation. Yet upon no subject is agitation more necessary than on this. Line upon line, precept upon precept, and volume upon volume are needed to arouse and convince mankind of the grand truth,—that the natural condition of all organized beings is one of health and not of disease.

So long has man lived in violation of the laws of his being—so long has he suffered disease and its consequences, that he has come to forget, or lose sight of the fact, that instead of the sickly, deformed creature he is, with body and mind dwarfed in conformity to those false conditions; that he might and should be a healthy and well-developed being, in the enjoyment of all the resulting consequences of such a condition.

Those of us who read Water-Cure books look upon this subject from an elevated stand-point, taking a comprehensive view of it and living within the beauties of our own system, are hardly aware of the prejudice to be combated, the ignorance to be removed, before mankind will be brought to see that it is better, from every point of view, to live in a state of health than in a state of disease—in a state of happiness than one of suffering and misery. The WATER-CURE JOURNAL is doing nobly for humanity in the work of enlightenment, and has enlisted a glorious army for the combat of "truth against error." With its 65,000 subscribers, circulating in all quarters of the world, uttering the sublimest truths on the most important subjects that can engage human attention, its influence for good can hardly be estimated. Yet there is much to do before the physical redemption of the race is secured. It was only last winter that I picked up a religious newspaper in Cincinnati, where it was published, in which the editor was arguing with a brother Christian against the truths of Phrenology, and among other reasons for disbelieving them was that its leading advocate in the United States was an infidel. Ah! how, think you, he sustained his position? I will tell you. He quoted from a work on religion, written by the aforesaid phrenologist, a passage advocating doctrines similar to those broached in this letter, "that it was the birthright of every individual to have health—that disease was brought on by violating the laws of nature, consequently it was a sin to be sick." I do not remember the words, but this is the substance of it. This wonderfully shocked the tender sensibilities of the pious editor, and made him characterize the author as a great infidel. This circumstance is related here to show the deplorable ignorance of those even who set themselves up as teachers of righteousness in the world, and to remind us of the magnitude of the work yet to be done, before mankind can have health.

But we are not to despair of the ultimate triumph of truth, even though pious editors and ministers think that men sicken and die prematurely without a cause, or by the providence of God. Such blasphemies, though revolting to the enlightened understanding, will continue to be uttered for a time, and it is the part of wisdom to bear it patiently, and labor on with all the more energy and zeal because of the ignorance or prejudice, or both: and the magnitude of the results, in the increased energy and healthfulness and goodness of the race, will be ample compensation.

The Water-Cure system embraces within itself, or underlies every other reform. Give men health, and goodness will flow from that condition as a natural

consequence. What avail the labors of our peace societies, with a nation of flesh eaters and brandy drinkers? The first sound of the drum overturns the labor of years? Ministers of the Gospel may preach, philanthropists may labor, social reformers may speculate, legislators may enact prohibitory laws, all will avail but little so long as mankind are sick. They must first be healed, and instructed how to remain well, and all other reforms will be easy of accomplishment. I am grieved to see men eternally dabbling with effects,—lopping off the branches of the great tree of evil, while the roots are nourished with appropriate food to produce new and more unsightly ones as soon as room is made by the removal of the older branches.

The way to attain health and preserve it is pointed out in the WATER-CURE JOURNAL, and publications of a similar nature. Let the people read, believe and act, and a physical and moral regeneration will be brought about, mighty in its results for good. But says an opposer, the Water-Cure system will soon go down and be numbered among the things that were. Never, until the laws of nature are changed, which will not be likely to be done soon to accommodate opposers. These laws have always been the same, and will very probably always continue to be, and the only reason that mankind have not had health, the same as the inferior animals, is because those laws have been lost sight of or misunderstood. It has always been known that poison would kill; yet, under certain circumstances, and in certain proportions, it was found to change the nature and seat of disease; and this has led to a delusion which carries in its train disease, immorality, crime, suffering—death. Food, air, water, light, &c., in proper proportions, are the cause of life and health; improperly used they produce disease. The right regulation of these agencies will cure all curable cases, and herein consists the science of medicine. Not in the administration of arsenic, strychnine, mercury, belladonna, quinine, opium, &c. But I have not time to carry out this idea farther at present. The intelligent reader will not fail to do so.

[Sugar Creek Falls Water-Cure, O.]

WATER-CURE IN WESTERN NEW YORK.

BY CHARLES PARKER, M.D.

I DO not recollect to have seen in the JOURNAL any communication showing the onward progress of this system of cure in this western portion of the State. Chataque County is not without its interest in all the great reformatory movements of the day. The number of the WATER-CURE JOURNAL circulated here, which must be several hundred, indicates that the people are disposed to inform themselves upon a subject so important as the principles and laws of health.

For many years there have occasionally invalids in a most hopeful state made their way to some cure at a distance; and so successful has been the practice upon cases of this class, that much confidence has been inspired. Some, by the aid of the JOURNAL alone, have succeeded in doing for themselves at home, what the boasted regular practitioner had not been able to do; or, rather, they with water had been able to undo the burdens which he had imposed upon them. There are very many families who have become quite familiar with health laws, resorting to the wet sheet, &c., in attacks of fever and inflammation, with perfect success; and in nearly every case, so far as my acquaintance extends, the more the thing is used under ordinary discretion, the more confidence is inspired in the system.

Of course, to my mind and feelings, the change from the lancet and diseasing ratios of poisonous drugs, in which I was engaged for many years, to a cure effected not only in chronic, but in acute disease,

with a means so simple, and so much in accordance with natural laws, as the application of water, must be very great indeed. The first favorable impression made upon my mind, was in perusing Bulwer's letter on the Water Cure. From that time I allowed myself to investigate the system. To this last remark many doubtless will reply: It is no system.

We would ask such, if medical skeptics, to adopt my course; though I were driven to it from my own diseased state.

Go to a well-conducted Water Cure, under the management of a scientific and judicious physician, examine the cases, make a report of them as minute as you please. Do not be particular to embrace the most trifling, for nearly all in the cures are cast-offs. Stay by week after week, and month after month. Renew your examinations weekly, or from time to time, so as to keep pace with the changes nature is effecting under this aiding process. Sift and analyze them as close as your judgment will enable you to do: the result will be, you will find the majority of those that you must, in the exercise of candid judgment, pronounce incurable, to get well; provided they persevere and give the means a fair test. It may puzzle you to tell how the thing has been done; and if you have no confidence in the means at your introduction, cases will suggest to your mind the means where your confidence has been placed; but talk to them of emetics and cathartics, tonics and alteratives, and you will learn that all these means have been liberally patronized, with no other effect than going from bad to worse. Diet has been instituted almost to starvation; journeying advised, and finally the poor drug smitten organism is pronounced incurable, or laboring under nothing but debility. This state of suffering is generally met for a greater or less time, by patent remedies, cod liver oil, &c., until it is quite sure that the patient cannot recover, and then the poor wreck of humanity is thrown into a Water-Cure, and, as I have stated, by far the majority of such cases get well; and living, they and their friends publish the simple truth: and so the fire spreads from hamlet to hamlet, and I trust will continue to do so until the rejuvenating effect of water and correct living shall restore our sickly and enfeebled race, and bring it up again to appreciate and enjoy the blessings of life.

In hydropathy, as well as in every thing else, there will be found a great deal of blubber and froth, as well as the true sperm.

There are many cures pure and genuine, which have won laurels by the cures they have effected, as well as the change they have produced upon public sentiment. Many others professing to be water-cures, mingle drug poisons in their practice, and present to both the diseased body and mind, a corrupt treatment and an impure moral atmosphere. Many water-cures have been got up for the express object of making money, having no heart or soul in them, more noble, or holy, than the filching spirit of the miser. Upon the walls of such, may we not expect to see written the inscription of olden times: *Mene Tekle Uphasin*. From an observation somewhat extensive, I would caution speculators against running too wildly in this direction. This injudicious course of some visionary man, or men, in converting some out-of-the-way tavern into a Water-Cure, or even of building new, and not doing business to make the thing pay well, in my mind has nothing to do with the merits and efficacy of this system of cure. The truth is, no man should go into a business of this kind unless he has implicit confidence in it, and then he must not expect to reap laurels without earning them. The road to health is often a thorny one, and at times the most discouraging; and nothing short of a frank, open-hearted physician meets the wants of the invalid in a Water-Cure.

There are other serious objections to be overcome in this system. Many are inclined to go to a Water-Cure and try the treatment. They know, or have

heard of some one who went to a "cold water-cure and got help." And so they are encouraged to pack up, and go and try it, two or three weeks; and now the journey being made, an interview with the doctor brings them to the pivot upon which hang all their earthly hopes, and the question is propounded of, "Doctor, can you cure me?" An examination of the case shows it to be one of hereditary descent, mingled with and modified by drug poisons, that have been taken into the system, in hopes of getting up a new phase of disease, or of jogging nature in the direction of a cure.

The Cure cannot close its doors upon invalids who resort to stop but for a week only, and nothing is more essential to the advancement of this heaven-born system of cure than that its principles should be better understood; and nothing can be more trying to the physician, than to have a patient leave his Cure, who might under a course of treatment come up to the enjoyment of life and its blessings. And who that has charge of a Cure, but meets these trials often? And what renders the fact more painful is, that many such patients are not poor, but penurious, and soon imbibe the idea that home treatment will save the expense and carry out the cure. Were I to volunteer a word of advice to the invalid on this point, it would be that an experienced hydropathic physician must be a better judge than any one else can be of the length of time that a patient should remain in a Cure. And while you may consider him interested in keeping the patient as long as possible, is it not policy to cure the patient as soon as possible, that the Cure may induce others to resort to the same healing fountain? We are all well aware that the world is getting pretty well stocked with invalids. The invalid who has for a long time been groaning over diseases both real and imaginary, should make up his mind that health is better capital than money, if but one can be had; and he will next learn that health will bring money.

[Forrestville Water-Cure.]

WATER-CURE AND THE TEMPERANCE REFORM,

versus

DRUGS, TOBACCO, AND LIQUORS.

BY H. C. F.

THE Temperance cause is making rapid progress. Commencing in the most moral portion of the United States—New England, and followed by sympathizing swarms from the same hive—Michigan and Minnesota. The Water-Cure is most intimately connected with the Temperance cause. There is a strong affinity between drugs, medicines, and tobacco and liquors. They all belong to the same class of substances—foreign, exciting stimulants; and when the system becomes habituated to the use of one, it craves for all. The Water-Cure is one of the greatest levers in the Temperance movement, because its processes purify the system of all foreign substances and clogged excretions, and leaves nature to act free, in harmony with herself. It restores a natural, healthy appetite, which will of itself instinctively reject all stimulating and narcotic substances, the same as a child rejects rum or tobacco. That is, many articles which to us, now in our hereditary and acquired depravity, seem grateful to the taste, will in time, after sufficient application of Hydropathic (or Nature-pathic) principles, become positively distasteful. Such articles as tea, coffee, pork, and in fact all kinds of meat, mince-pies, old cheese, pepper, mustard, tobacco in all its shapes, liquors of all sorts and degrees of strength, down even to small beer, which is nothing but sweetened dish-water tinged with alcohol.

If there were no lies on the fourth page of newspapers, generally quack-nostrum advertisements, then indeed there are very many compounders in possession of the "Philosopher's Stone" and the "Elixir Vita," and there would be no need of looking any farther; no necessity for the Water-Cure, and disease would soon be banished from the face of the earth. But the true "Elixir Vita," or Elixir of Life, is in reality found, consisting of eighty-nine parts hydrogen and eleven of oxygen. It is manufactured on such an extensive scale by Dame Nature that it can be afforded at very considerable less than "one dollar a bottle;" its name—water—pure sparkling water! Now the principle I have endeavored to elucidate (without any pretension to originality, for such truths bear repetition, and ought to be kept briskly moving like shot and water in an old dirty bottle) is one of vast importance, when considered in all its connections and ramifications, physical, mental and moral; national and individual; social and political. The amount of it is, the Water-Cure is the "open sesame" to Temperance, progression and human improvement; the forerunner to sound health and elevated morals. It is in reality shaking hands with nature. It is the hope of the million. The "Balm of Gilead" for all sick or well, rich or poor, high or low, bond or free, white or black. The purifying element is spread over two thirds of the earth's surface. Vast seas of Sarsaparillas, oceans of All-Healing Ointments, rivers of Ready Relief and Renovating Resolvents, bays of Balsam and Broad-Brimmed Bolusses, gulfs of Reverend Dr. Gumptions' Gullible Gulpes, ponds of Pepsin and Professor Purgative's Pills and Potions, lakes of Looming Lasso Liniments and Laxative Lotions, floods of Funny Fluids, and any quantity of Nervous Antidote and Cod-Liver Oil. "Wash and be clean." [Huron, Ohio, July 22, 1853.]

Practical Hydropathy.

CASE OF CONSERVATIVE SURGERY.

BY G. H. TAYLOR, M.D.

NOTWITHSTANDING the constant evidence of our senses that nature is capable of, and does maintain an organism in health during its existence, it is very difficult for some persons to believe that she has any power to restore lost functions or heal an organic lesion without some artificial spur or aid; something positive and decided must be done to meet adequately the emergency. Operations are performed and medicines given to impress most potently the vital domain with the idea that there is the most absolute and stringent necessity therefor—while perhaps a little discretion, that better part of valor, would have done more service by letting alone. Life, health, nature is constantly working for; interference of any decided character may be hazardous. The following case illustrates well this point in its surgical application, by showing the ability and the probability of grave lesions being overcome by the vital force inherent in the organism.

The child of Mr. W., about one year old, and just able to creep about the floor, was precipitated through a door inadvertently left open down to the bottom of the cellar, striking the side of its head directly upon a stone. The child seemed to recover from the severe concussion by the ordinary appliances; and after the pain was allayed seemed comparatively quiet and comfortable. A soft tumor immediately arose between the dermoid tissue and skull bone, apparently consisting of a serous effusion. A piece of the parietal bone, about two inches in its longest diameter, was very evidently depressed fully its thickness, leaving the rough and prominent edge from which it was sep-

arated distinctly to be felt in the circumference of the soft tumor. Now this was a condition of things from which might be anticipated the gravest consequences, demanding the prompt aid of scientific skill; but so long as symptoms of compression were, quite absent, our advice was to maintain the comfort of the child without the interference of a severe and hazardous operation, the wet compress only being applied to the wounded part. The child remained without alteration, quite comfortable, and even disposed to play, for about ten days, when the tumor was noticed to grow less; febrile symptoms and evidences of pain became apparent; and it became a question if something more was not to be done. Nothing, however, was done, and in a day or two it became evidently much better, and upon examination the fragment of bone was found to have assumed its place; the skull in that part showing its natural smooth contour. The doctor, however, who had been previously called for advice—thought he saw abundant reason for the exhibition of a dose of calomel to insure its safety—the good mother, however, found a more suitable place for it than the stomach of her little one, and it convalesced kindly with only the water dressing. An abscess probably formed beneath the bone—for very fetid matter found its way out at the ear, but it very soon healed, leaving the patient in ordinary good health.

WATER-CURE versus ALLOPATHY.

BY J. P. H. B.

THE superiority of the Water-Cure over all other systems of the healing art, is beyond all civil and controversy. Facts showing its efficacy and applicability in the treatment of disease can be produced in any amount.

Last June, my mother, Mrs. B——, contracted a violent cold, which settled on the lungs. Here it did not long remain idle; but commenced to pave the way for, and to lead on with a rapid pace that fell-destroyer, consumption. Beside this attack on the lungs, she was also at the same time laboring under a chronic derangement of the liver. For this latter disease she had been scientifically drugged by three regular Allopaths, barely escaping from entering the gate of the silent valley of the shadow of death. I now determined that these Allopathic Pandora boxes should keep their distance, and that I would try Hydropathy.

Patient possessing rather a predominance of the nervous temperament, great care was taken to adapt the treatment to her strength and power of reaction. In the morning came the wet sheet pack, followed immediately by the sponge bath—these soon restored the cutaneous circulation and the action of the skin, that great outlet of morbid matter from the system—in the afternoon, the sitz bath and sponge. The chest wrapper and wet girdle were also worn. From the first of the treatment, her violent coughing spells grew less frequent and severe; though the expectoration from the lungs increased, until their lacerated vessels began to heal, and the inflammation to subside.

Her strength increased as the cure advanced, until she is now restored to, and once more in the possession of that noblest of temporal blessings, health. Her diet consisted of bran bread, cracked wheat, fruit, &c.—Her drink, the pure cold water.

Here, kind reader, is the beauty of the Water-Cure—it does no patch-work—it strengthens no part of the human system to the injury of the other parts; but fortifies, invigorates, and builds up the whole. Health consists in the proper development, balance and harmonious action of every portion of our corporal system. Hydropathy is in accordance with this definition

of health—it brings about the balance of every organ, and the concerted action of every function; therefore, is it not nature's twin-sister and handmaid?

Disease is the opposite of health—it consists in a want of development and balance—a want of harmony in the action of the different organs of the animal economy. Now, Allopathy is in direct agreement with this meaning of the term, disease. Says Dr. Noah Webster, who is considered the standard of lexicology, "allopathy is that method of medical practice, in which there is an attempt to cure disease by the production of a condition of the system either different from, opposite to, or incompatible with, the condition essential to be cured." Hence, it is a temporary patching up of one part to the neglect of the rest—a prevention of that agreement of function which constitutes health—therefore, is it not the handmaid of disease? and does it not frustrate the attainment of the very object sought? If these conclusions be just, then away with "physic to the dogs."

[Pomona, Md.]

RAILROAD ACCIDENTS AND WATER-CURE.

BY ISAAC TABOR, M.D.

MESSES. EDITORS:—The readers of your JOURNAL in this vicinity wish me to report to you the general treatment of the wounded in the recent railroad disaster near this city, and the special treatment of one with water.

While waiting, on the morning of the 12th of August, at the Pawtucket depot, for the downward train for Providence, the news of the frightful collision reached me. I hastened towards the scene of the disaster, but before reaching it met the Boston train returning with the wounded. I stepped aboard, examined the sufferers, and administered all the consolation in my power—other means of comfort were not at hand.

All of the mangled and bruised were able to talk and describe their sufferings but one—Stewart Winslow. He was lying over one of the seats—his face swollen and livid, head fallen back, mouth open, eyes closed, blood issuing from nose and ears and top of his head, breathing laboriously—to all appearance life seemed nearly extinct.

Having examined the rest of the wounded, I returned to Winslow and examined him more particularly: found that he was suffering mostly from a violent concussion of the brain, and as he was past by as beyond human aid and sympathy, I felt a strong desire to give him the benefits of water treatment.

Being a stranger in this community, and knowing the prejudice of the medical profession and the people to water, I did not expect to have an opportunity. But, upon arriving at the Pawtucket depot, and seeing he was passed as hopeless, I took the responsibility of attending to his case. I had him taken from the car, laid upon straw, and commenced applying water to his head. Soon he showed signs of returning animation by struggling and screaming violently; this I thought favorable, and was encouraged to persevere. But the sympathizing and excited doctors and spectators were horribly shocked at his cries and treatment; and came with brandy, rum, camphor, laudanum, chloroform, to save the poor sufferer of his pains; but believing such means not calculated to relieve concussion of the brain (except by death), I gently, but firmly, put their nostrums aside; telling them such remedies were contra-indicated in the case. One of the old learned doctors, who had been most persevering in trying to give him brandy, became very much excited, and in loud and angry tones pointed me out to the spectators, and said he had tried three or four times to relieve that poor

man, but that water doctor wouldn't let him nor any one else do anything for him. Seeing that the prejudice and excitement against water was rising to a crisis—which I feared would prove fatal to my patient, if not to me—I arose from the straw (where I was holding my patient and guarding his mouth), and stepping forward to the excited doctor, stated to him firmly, but coolly, that I had a license to kill as well as himself, that I had taken charge of that patient, and I wished him to mind his own business and let mine alone; the doctor took me at my word, so did the bystanders, and in all the crowd I could get no one to assist, hold, and nurse the struggling man but two women, who came forward and said they would stand by me; and they did, nobly and faithfully.

I soon got him removed to the temporary hospital, and commenced treatment, which I will state as briefly as possible. Attempted first to give him half-bath, but tub being small and his struggles powerful, could not succeed; next packed him in double wet sheet—from arm-pit down, having arms out; kept ice-water and pounded ice to head; gradually he became more tranquil, his body was in a free perspiration in half an hour, color came to his lips and face, he breathed more freely. In two hours he was perfectly quiet and in a deep sleep; took him from pack, washed him in cold water, put him into dry bed, continued ice-water and ice to head, gave cold sitz-bath half hour; twelve hours after injury the pupils answered slightly to light; pulse improving, slower and softer; continued ice-water to head all night; several sitz-baths, half hour each; twenty-four hours after injury could recognize his mother. Reaction having fully taken place, treatment consisted of cold application to head; sitz-baths and packs and injections; continued steadily to improve; expressed much relief from sitz-baths. Fifth day, suffered from pain in the head, region of the ears; some fever. Pack subdued the fever; one ear commenced discharging bloody water; less painful. Sixth day, the other ear is discharging bloody water; no pain in the head; dull of hearing; otherwise comfortable; good appetite. From the sixth day till the thirteenth, the day he left for home, he gained rapidly; some fifty small boils came on his back and hips; his ears discharged bloody matter. Treatment from sixth to thirteenth dripping sheet three times per day; pack every other day; wet bandages to abdomen and head; and injections.

Now I will give a little Regular treatment. Thomas Bolton—one leg below the knee very much torn and fractured, the other bruised, not much injured otherwise, was perfectly rational, could sit up and converse; begged for water. Treatment, brandy, laudanum, morphine, chloroform until totally prostrated; nothing done for wounds. Doctors said they were waiting for reaction, to dress them; twelve hours relieved him from doctors and pains by death.

George Bolton—brother of Thomas—one leg broken below the knee, concussion of brain. Treatment, brandy, laudanum, camphor, morphine, chloroform, valerian, nitre, oil-blisters, and leeches; has had much fever; constantly delirious, though gradually improving. The doctors object to water on the wounded limbs, saying it will blister the surface and keep the limb so cool that it cannot heal; they tell the patients who are anxious for water dressings on account of the comfort derived from them, that inflammation is necessary for the healing process to take place.

My patient, Winslow, was bruised and cut all over his body and head; all his cuts healed by the first intention under ice-water; and there is not a scar nor discoloration of skin on his body.

[Providence, August 25, 1853.]

To a true and healthful development of the Man, I deem a constant participation in Manual Labor indispensable.—Greeley's Hints Toward Reform.

ANTIQUITY OF ALLOPATHY.

THE ground on which Allopathy has heretofore rested its claims to popular favor so securely, namely, its great antiquity, seems likely not only to avail itself nothing in future, but even assist in its destruction. "Why," it is asked on every hand, "should we blindly adhere to a system inherited from the dark ages?" "May it not be a relic of barbarism?" And relic of barbarism it is soon perceived to be, in substance, and that of no comely aspect, however its surface may appear beautified with Cod-Liver Oil, and such like contributions from the medical science of the nineteenth century.

Although claiming but little skill in applying water for the cure of disease, I have assisted in treating several cases of different kinds within a few years past, and always with success.

The first of much severity, was a case of congestive fever—the patient my father. The neighbors declared him to be very sick, and that we ought to call a doctor. One old lady, with the best intentions, warned us to use no "wet sheet," as it would certainly kill so old a person. But it did no such thing, for the fever was subdued in three or four days, and he still survives, although the occurrence was some seven or eight years ago. The last—a case of typhoid fever—the patient a boy of fourteen. His mother being necessarily from home during the first days of the attack, but little was done until he became delirious—the pupils of the eyes dilated—tongue thickly coated, and of a dark color—breath extremely fetid—&c., &c. Such was his condition when the free use of water was commenced—in three days he was considered out of danger, and now, four days later, he continues to improve. Such is the success of tyros in Hydropathy, while four members of one family have died with the same disease a few miles from here, although under the care of an allopath of ten or fifteen years experience. I will close by giving the opinion of said allopath on the comparative merits of injections and cathartics. Nothing personal is intended—"Principles, not men," my motto. A discussion having sprung up between us on the above subject, I ventured the opinion that injections of simple water were quite as efficacious as cathartics in procuring the alvine discharge, and therefore far preferable, for the reason that instead of irritating and enervating the stomach and intestinal canal and thereby the whole system, as all cathartics must necessarily do to a greater or less extent, water tends to soothe and strengthen the bowels, and consequently the entire system.

All this the doctor disputed, declaring cases to be of frequent occurrence, in which injections could by no possibility move the bowels, and, furthermore, that though it were otherwise, it would be a matter of no importance, as the irritation of the system is not a whit less under the effects of injections, than if the same results were to be obtained by cathartics!

As the Journal circulates pretty freely in this section, will Dr. Trall, for the benefit of our good people, endorse these views of this guardian of the public health, if he deems them correct, or show their absurdities if wrong? [Poplar Ridge, N. Y.]

[The notions of your allopathic friend are ridiculously absurd. It is not common sense that simple water will irritate the bowels the same as poisonous drugs. If he will give any reason for his notion we will controvert it, otherwise the game is not worth the powder. R. T. T.]

COLLEGE SMOKE.—According to the University Commissioners, a student's tobacco bill often amounts to forty pounds a year! No wonder that the fortunes of so many young men vanish in smoke.—Phonetic Journal.

General Articles.

DIARY OF A NEW ENGLAND PHYSICIAN.

NO. 10.

BY NOGGS.

MISS JEMIMA was—as I have said before—often sick, and, being the deacon's "only darter," they invariably posted some one for "Dr. Pillicody," as soon as she began to complain.

How sick she was when the messenger started I can't tell, but this much I know—she appeared almost well, generally, in a few moments after I got there!

"Jef.," who lived next door, used to cook up that terrible knowing eye of his, whenever he saw me drive up, and ask me what I was taking in my saddle-bags for,—“guessed Jemima didn't want much physic,” and when I, after a rather long visit, came out, he would, with a great deal of mock solemnity, ask if I thought she would “make a live of it?”—and how many such attacks a person could sustain and yet not die?

Jemima somehow had conceived as great a dislike for my medicine as she had a regard for my person. The former she was very loath indeed to take—the latter, not a bit so; at least I couldn't help thinking so.

Nothing suited Jemima better than to engage me in a controversy concerning the philosophy of medicine, and truly I must confess that she was at times a thorn in the side of my good nature in pertinaciously insisting upon my giving reasons, for giving such and such drugs at such and such times. I of course had to give 'em, but woe unto me, if they were unsound, as I confess they were rather apt to be, for no eagle ever pounced upon his prey more eagerly than she would upon my incongruities, &c. Sometimes I could give no evidence for the hope I had in me, that certain drugs would cure certain phases of disease, and then I would evade her by telling her that it was my business to give medicines, not reasons! and the patients to swallow 'em without questioning!

"Oh yes," said she, one day, "I know you doctors don't like to have your patients too inquisitive, but I do so want to know how it is that arsenic, prussic acid, lunar caustic, and other terrible poisons, can possibly mend the matter when any one has got sick by living in false conditions! it seems so funny that I can't help laughing! Now, Doctor, don't be angry with me, for you know I am *only* a woman, and of course aren't to be minded much; we ain't allowed to vote, you know, or anything of that sort; though Mary Gove says that we have *some* rights, and if we had spunk enough to assert 'em we might be somebody yet! but she's only a woman too, and her opinion, of course, is good for nothing; but I can't help thinking, Doctor, how very like casting out devils with the prince of devils, this way of poisoning out diseased action is! What would you say, Dr., if one of your patients, who happened to get stung badly with wasps, should get a rattle-snake to bite him in order to 'change the action'! and thereby effect a cure?"

"I am not disposed to joke on such matters, Miss Peppercorn."

"Oh, I assure you, Dr., I was never more serious in my life," she replied. "I think the cases parallel. Let us look at it: In the one case a person over-eats, lives in a state of uncleanness, and neglects to take proper exercise, &c. &c., consequently gets sick; the Dr. comes, says nothing about his wrong living, but goes to giving all sorts of poisonous drugs!!! just as if the morbid matter retained in the system wasn't poison enough."

"Yes, ma'am," said I, triumphantly, "we do give 'em, but it is to drive out the morbid poisons generated in the system!"

"But, good Doctor," she cried, "do you mean to say that nature wants driving with a whip of scorpions? Does not the recuperative power know how to rid herself of this morbid matter? Or is God's great scheme of human healthiness and endurance a failure?"

"Why not let nature have her perfect work?"

"In the cases of the wasps and snake you would say at once, let the poor fellow alone serenely, and he'll get over it, nature will overcome the sting without any aid—don't run the risk of killing him under the fancied necessity of helping nature.

"Well, why not apply the same logic in the other case? The ills and pains which rack our poor humanity, are only the stings of the exasperated wasps within, telling of the unhallowed interference which our indulgences have made with the order and harmony of the organic system. Let them alone serenely, and they will cease to sting. Wasps within, like those without, are generally made more furious, by being meddled with!"

"If you should find a wasp's nest in your pocket, Doctor, what would be your first movement?"

"Would you wait till somebody run for a chemist who was skilful in concocting speedy poisons, warranted to kill in 'no time,' but who perchance might not be at home, or so engaged that he could not come, and who not knowing exactly perhaps what particular kind of wasps were stinging you, wouldn't dare to send a remedy for fear of getting the wrong one!"

"Or would you unbutton your pocket and let them scamper!?"

"Now, Doctor, own up; have I not made out a case? Are not the morbid particles so many wasps, and would they not as gladly escape from the system if you would let 'em, as the others would from your pocket? Then why not open the seven millions of little pockets by washing off the dirt that shuts them so effectually up, and not smother them with sulphurous vapors, and poisonous herbs, leaving their carcasses to rot in the system!"

"Your remarks, Miss Peppercorn, are very stinging, but more waspish than convincing. I am sorry that you do not better appreciate the glorious system, which can boast, of a Boerhave, a Cullen, an Esculapius; and thousands of others, the most scientific and learned the world ever knew, but you are blinded by your prejudices, madam, I fear, and I find it but of little use to try to convince one thus blinded, so I will take my leave."

"Stop a little while Doctor, if you are not to busy, while I give you a short history of my acquaintance with the operations of drugs on the persons of myself and friends; then you shall judge whether I am prejudiced without cause.

"Years ago, I had a darling brother who had lived to that interesting period of four years, when the intellectual begins to assert its supremacy, and the innocence is yet uncontaminated—Oh, he was a cherub, and I loved him as only a sister can love an only brother, such a brother. Well, a healthier child I never knew up to the time he was taken sick with the measles, just after he had reached his fourth birth day. We sent the moment he appeared any ways sick for Dr. M——, who was considered, and deservedly so, the most intelligent and skilful physician in the county. He came at once, said it was a simple case, and would soon terminate favorably; but from the commencement of his taking the powders which he left, the dear creature began to grow worse, and continued to do so incessantly, for four and twenty hours. We then sent again for the Doctor, and he said 'there was no danger; his medicine would bring the eruption out if we would only give it time.' Well, we waited as patiently as we could another day and night, but alas, the eruption appeared not, and the dear little sufferer seemed burning up literally, and cried incessantly for cold water; but that we were forbidden to give him, as the Doctor said it would check the determination to the surface!

"The next time the Doctor came, he brought another

physician with him, and they both agreed that nothing more could be done, that 'congestion of the lungs had already taken place, and the case was utterly hopeless.'

"O my God, why hast thou forsaken me," cried my mother. 'My son, my son, my only son.'

"Mother was taken with a severe fit of hysterics, and for twenty-four hours didn't know anything.

"In the mean time, blisters and cupping were applied to the chest of the poor suffering child, but they only augmented his suffering. Before mother returned to consciousness, he had 'gone to that bourne from whence there is no return.'

"Perhaps nothing could have saved the darling cherub, but I never can believe, that it was right to deny him water, and from what I have seen and heard since, I can't help thinking that he might have been restored.

"The year following, my little sister, then just turned of two, this was April, and she was two in March, was taken down, with what the Doctor called 'acute bronchitis,' but she didn't seem much sick till the third day, when she began to suck in her breath in a manner terrible to behold. The doctor who attended her, saw her the very first morning of the attack, and assured us there was no danger; but we all of us felt there was, notwithstanding, for we remembered the other Doctor gave the same assurance when little Willie was sick, the one who died the year before with measles.

"This doctor, who was also one of the most skilful of any to be found in the country, did all apparently, that mortal could do with the appliances peculiar to his school. But nothing that he did seemed to relieve it at all, but on the contrary, she grew worse and worse steadily, and towards the last rapidly, Oh, how rapidly. Oh how the little angel one did suffer with the terrible fever, and difficult breathing. God grant I may never look upon the like again.

"Both of these children were healthy children, born of healthy parents, for their father and mother when young were not what they are now—and it does seem to me that if there was virtue in drug medication these were good subjects for its display.

"I had also *once* a sister, two years older than I—and she was a sister. She had a constitution that was the envy of the neighborhood, and a disposition that angels might be proud of. At the age of twenty, she married one of the best of men, and everything promised one of the most brilliant and happy futures that ever falls to the lot of beings here below.

"But, alas, how fleeting are earthly joys; the very means which the Lord hath provided for the promotion of human felicity, and the perpetuation of the race, was the cause of her misery, and subsequent sickness.

"In the first place, being sick at the stomach, she hearkened to the advice of some old granny, and began dosing with all sorts of herbs and mixtures, till finally she was obliged to call in the doctor, as by this time, constipation was added to her other difficulties, and she was suffering from the most intense headache in consequence. The doctor gave her cathartics, but they only relieved for a while; finally he bled her, which relieved her very much for the time, but it was also only a temporary relief; in a few weeks he bled her again, and she took cathartics twice a week regularly, and so she went on, her appetite being all the time almost voracious, and what surprised me was, the doctor let her eat just what she pleased and when she pleased, and when she complained of acidity of her stomach, instead of regulating her diet, he ordered magnesia! Well she dragged along in this way for months, and in due time was delivered of a fine-looking child, and then we all felt as if she would cease from her sufferings as well as her labor—but alas, this was only the beginning of sorrow. 'Inflammation of the peritoneum' set in, the doctor said, and she must be bled! she was accordingly, till she fainted from pure exhaustion. For a few hours she

was comparatively easy, but after that, all the symptoms, as bad as ever, came on, and the doctor ordered a dozen leeches applied to the bowels, and they only giving temporary relief, a large blister was applied, and powders of calomel and opium—turpentine and oil, &c., &c., &c., were tried, but all in vain, she died the day the babe was seven days old, in agony not to be described.

"Now doctor you may call me presumptuous, but I cannot help thinking that this management was all wrong."

"But, Miss Jemima, what would you do? She had to be relieved somehow!"

"Yes, but are there not ways and means that would have answered the purpose better?"

"Those are the means relied on by the faculty."

"Well, they are mistaken means, it seems to me, for a great many have died in this same way that I have been knowing to," she replied. "What seems most natural to me, in this particular case, would be to correct her living in the first place, for I not being scientific, can't see the wisdom of trying to remove effects with medicines while the causes are allowed to continue!"

"And I can't help believing, Doctor, that the new doctor Lientuch, who has lately come among us, with all his 'new-fangled notions' is pretty nearly right, when he says that, 'the old school physicians are never easy unless they are putting something into their patients, or abstracting something from them. And hardly ever think of anything but the immediate cause, which has the least to do with the continuance of the disease of any.'

"But to return, Doctor, to our conversation—I think that you will no longer wonder, at my little faith in drugs. Father, brother and sisters twain, have died *unrelieved even*, and two out of every three, almost of my acquaintance, who have been very sick, have died in spite, if not in consequence, of drugs, and I have pretty much come to the conclusion that the less you have to do with them the better."

"Ah, Miss Peppercorn, you judge us harshly; all must die sometime!"

"I know that, Doctor; but I can't believe it was any part of God's design or desire, that thousands and thousands of his children should be tortured out of the world annually, in the very prime of their usefulness and loveliness. One thing is certain, if it is altogether the doings of the Lord, doctors are useless, for certainly *He* can save them without drugs!"

"Now Doctor Pilliody, I have a favor to ask of you, and I hope you will grant it, in fact, I almost know you will, for you are liberal-minded in the main, and I believe you are actuated by an earnest desire to benefit your race. I want you to read this little work; it is 'Balbirnie on the Philosophy of the Water-Cure;' to my woman's comprehension, it unfolds a wondrous sight, heretofore inscrutable. You may not see as I do, but I think you will find it worth your while to read, and I hope you will give it your earliest leisure and let me know candidly just what you think of it."

"Certainly, Miss Jemima, I shall be most happy to to comply with your request," I replied, and took the book home with me, after saying to her, that, she need not be surprised if the next time she saw me at a patient's house I should be minus my saddle bags. "If I am ever so much surprised," said she, "I shall be twice as much pleased."

Oh these women!

It avails nothing to point me to the failure, if it shall be so termed, of past attempts to re-unite Study with Physical exertion—the affluent mind with the ready and skillful hand. These failures only prove the inadequacy of the effort, not that the object is unworthy, nor even unattainable. They have been impelled too often by low ideas of their own scope and purpose—by a consideration of the necessity to the student not so much of Labor as of Bread.—*Greeley's Hints Toward Reform.*

TEETH DESTRUCTIVES, NO II.—CARIES.

BY J. W. CLOWES.



CARIES or rot is a disease of the teeth of which few persons can say "we have not known it." This destructive is always the effect of chemical action. In its beginning, progress, and result, it is simply decomposition from external causes.

There are two principal species of caries—known as the *wet* and the *dry*—and these are dependent, altogether, upon the *composition* of the teeth attacked. Thus the *wet* is found in teeth having an excess of *cartilage*. The *dry* in those where the *earthy* predominates. The *very wet* rot has but little discoloration, in fact is nearly as white as the original bone. The *very dry* rot is known by its deep discoloration—its almost coal blackness. These two kinds of caries are cited as extremes, and the varieties of each are innumerable; but of whatever kind they may be (whether of the black or the white, the brown or the yellow, or any other shade of color) destruction quick and overwhelming, or slow and sure, is *certain* in them all. Wherever this destructive attains a footing, its course is marked by crumbling and desolation! Now see!



The tooth here presented is the representative of *soundness* in that organ. Look it over well; examine it minutely, and upon all its flinty surface, no nick, nor flaw, nor crevice of imperfection can be found. This is dental architecture,—simulated from Nature's—such as man possessed "before the fall." Such teeth (we sometimes find them now) do not decay; there is that about them which repels disease. A beautiful integrity of strength and perfectness! Now see again!



This is the likeness of a noble tooth. Behold its capacious crown! The *length* and *strength* of its deep foundations! Ah! how many teeth like this have gone down to ignoble dissolution—how many are still going down to irreclaimable loss—going down, too, amidst blame and imprecation,—cast off accursed by those whom they were intended to bless,—sustain and help along life's pilgrimage! Oh! sad perversion! Lamentable misconception of Nature's laws and Heaven's beneficence! This last has beauty of size, and form and proportion, but not *perfection* of surface. The flinty external, which the first possessed unmarred, in this was *flawed* from the beginning. The formative powers, during the processes of enameling, were disturbed, and incompleteness was the result. Such teeth are left as open to disease as a house is to cold in mid-winter with windows raised for its free admission. Hence, we see that the perfectly formed—the naturally strong tooth, is proof against the attacks of caries; while the inherently weak tooth, from its very weakness, falls an easy prey to the destroyer. It will be inferred, aye, it *must* be understood, from the preceding, that, though the strong *may* resist successfully, and offer an invincible defence—the weak *must* have help, which is found only in the operation of *PLUGGING*.

This operation, when "performed well and truly," may be described thus: Prepare the cavity to be plugged by removing not only all the *caries*, but likewise all the *weaknesses*—the flaws, the crevices—connected with it, even to the minutest extreme. There must be no "make believe" in the matter. To be *well* done it must be *all* done; and he who feels himself incapable or unwilling to operate in this way had better let it alone; for he has certainly chosen the wrong calling in life, and when he relinquishes it the people among whom he lives will receive a blessing. Having thoroughly removed the caries and its con-

nections, wipe the cavity dry, and fill it *solid* full of some indestructible substance. Minuteness is the order in *plugging* as well as in *excavating*. Now finish the surface of the filling until it rivals the enamel in *polish* and *compactness*, and the result will be (a thing rarely seen in this mundane sphere) a real genuine tooth savor; a strengthening application that not only makes it good as, but "*better than new*." When new it was faulty; when plugged its weak places were made strong, and the perfection of Art became second only to the perfect in Nature.

I have said that caries is the effect of chemical action *from without*; that the acids of the mouth, gaining access to the bone of the tooth through its faulty enamel, soften, disorganize or decay it. The necessity, then, of keeping the mouth in a cleanly condition is apparent. The tidy, healthy mouth has no tartar in it—no caries. Its dental interstices are not chinked in with "meat, and bread, and potatoes." Animal and vegetable decomposition and putridity are not found there. It engenders no animalculæ or fungi. The thick, viscid, slimy coating of foulness and dirt is nowhere visible. A healthful mouth! It ranks among God's choicest gifts to man, and he, alas! profanes, desecrates, and casts it off. This is an offence before high Heaven, and its expiation in tears, and groans, and pain is as certain as the existence of physical laws. The wise and good have said much in reference to ventilation; its positive necessity where health of body and mind are concerned. Aye, much has been said, and well said, upon this important subject, but who has said, or even intimated, what I shall now say? Look, that you may see! Listen, that you may understand.

Enter now with me this crowded Theatre; this unadorned receptacle of men and women. Gathered here *en masse*, are wit, intelligence, and beauty. The flashing eye, the curling lip, the lofty bearing are apparent. Love and hate and scorn have their portrayal here. This is humanity, and on every hand we witness its embodiment. *But the air is bad*. The pure stream of *outer air* has been cut off. The people are unmindful of their lungs; have forgotten that they possess any. Their every inhalation has its freight of poison, and yet they breathe it! Breathe it like maniacs, let loose to their own destruction.

Personal experience in attending the theatre and other crowded places of assembly, having taught me the prostrating effects of a noxious atmosphere, I have considered well the causes that produce it—that make it doubly noxious. *Enclose the sweetest breathed mortal living in a perfectly tight room, and he will, by-and-by, kill himself by inhaling his own breath!* Enclose several hundred just such sweet breathed mortals in a close theatre, assembly-room or church, and they will all commit suicide in like manner! Not even the sacredness of the latter place will save them. Enclose a thousand mortal men, women and children, (among whom not one healthy body, one sound set of teeth, one sweet breath can be found), aye, shut them up in one tight human receptacle, and not merely suicide will come of it, but murder—downright killing; for they will murder one another by their exhalations of poison, rank and foul! This is a true and faithful picture of humanity, as we too often see it sitting or standing in the theatre, lecture-room or church of the present day. The race would soon become extinct were they to become its permanent instead of transient abodes. Food and raiment, prayers and exhortations, would avail nothing. Oh! to look down upon this mass of intelligent being—being endowed of life, and faith and hope, of aspiration and capacity; being exalted of Heaven over all other beings terrestrial—to look down and see it groveling in the dust, befouled with sores and dallying with disease and corruption—is a vision most sad, misshapen and abortive!

O man! O woman! God gave you sound teeth. He

placed them in clean mouths. Where is that soundness, where that cleanliness now? The air in its passage to your lungs is fouled by contact with dead bones, rottenness, ulceration, and putridity. The lungs inhale the fetor, contagion is passed to the blood, and the fountain of life itself is impregnated with pollution. O heavily beats the heart full to oppression; flushed are the rapid pulses, quick with excitement leaps the warm blood, bearing on and ever its burthen of poison and death! Thus enters contagion with the breath.

But rottenness and ulceration have still more effectual means of undermining the health. It is through the stomach that tenfold greater evils are allowed to pass in and prey upon the very vitals of the physical system. Through the lungs they act malariously by effluvia. In the stomach by the filth-reeking masses whence those effluvia arise. The one is the breath, the other the body of destruction. Enter now with me the church—the house of God! Gorgeousness and grandeur, harmony and solemnity reign all around, and we deem it a fitting place for thankful worship. But the worshippers! Are they all habited in the garments of tidiness? Do those words of prayer and praise proceed from clean mouths? Do these ascend a grateful incense, pure and holy, to the Most High, to be accepted and receive a blessing? Or are they the sacrilegious utterances of loathsome mouths and fetid breaths borne up on stagnant vapors, an offence and a condemnation?

A sure penalty is ever attached to the violation of physical as well as moral laws, and so intimate is their blending that a curse will not descend upon the one while a blessing should light upon the other. No—no. The laws of matter as well as the laws of mind are God's laws, and he will enforce them; and when the prayers of men and women go up from foul-conditioned mouths, his response will be "Ye are filthy still!" A few words more (which I utter in all earnestness and sincerity), and I have done. A clean mouth and healthful teeth are the sources whence flow very many of the sweetest, most rational, and unalloyed pleasures in life; in it we deposit our choicest morsels of food, with them we chew and properly prepare it for admission to the stomach; that preparation has in it life and health; the lack of it, destruction, disease, and pain. How sweet is that smile where clean teeth are! How dismal, even the attempt at one, where they are not! In the one, beauty, order, harmony, and pleasure appear; in the other, deformity, corruption and affliction reside. For the former, let us earnestly strive and ever pray, "God grant us these blessings all our lives long;" and in reference to the latter, beseech him humbly and fervently "Save us, O God, from the body of this death."

[7 Eighth Avenue, New York.

GEORGIA:

HEALTH, CLIMATE, ETC.

[We extract the following paragraphs from an article published in the *Georgia Home Gazette*, written by one of the first physicians of that State. It is worthy of attention, correcting, as it does, some wrong impressions, which very generally prevail in regard to Georgia and the South in general.]

The Pine lands of the South are the healthiest resorts on *terra firma*, in our own humble conception. We would not exchange a Pine-land cottage for a palace amid the vernal breezes of Italy, or the cloud-capped peaks of the Alps, in a sanative character. Here, in our Southern Pine-forests, we have no cholera, no epidemics, and intermittent and remittent fevers are scarcely known. But, says one, the water is bad. We answer, as fine free-stone water as ever gushed from the bowels of the earth, may be found in these resorts, while nature, in her luxuriance, furnishes every

daintly in the fruit and vegetable line the most fastidious may desire to satiate their appetite with. As to bad water, it is found in certain locations, controlled by geological circumstances; wherever the globe has been explored we find it good, bad and indifferent, in all countries; and while we admit that bad water is an element in the production of disease, we can consistently say it is as good in the South as anywhere else.

We hold it maintainable that Georgia is one of the healthiest States in the Union, and what we say of her will apply to the South pretty generally, and can be sustained by the last census report. Let us take a brief view of the figures, and contrast their bearing. A casual glance at the census return will show that, while one in every sixty-four of the inhabitants of the Northern States die, we lose only one to every seventy-three, which makes a very heavy balance in favor of the South. But let us look at Georgia, specially, and see her condition. We find, by reference to Mr. Kennedy's table, that only one in ninety-one of her population dies, annually, which makes her the healthiest State in the Union, of a native population, or any other, except Vermont, Florida and Wisconsin, and the population of the last two can easily account for their small mortality. Again, if we look very minutely into the local statistics of Georgia, we will find our *middle* and *Pine-forest counties* have a less mortality than our Northern counties, or the limestone region. We know that the last census is only good for that period, but as every other State avails herself of its benefits and deductions, we are entitled to it also, notwithstanding there are many things in it unsafe, crude, and of no existence, as to peculiar diseases, &c. And as pauperism has some influence upon the health of the State, we may remark that out of one million of inhabitants, we have about 856 paupers, while New York has 19,275; Massachusetts, 6,530; Maine, 4,553; New Hampshire, 2,853; Vermont, 2,043; Rhode Island, 1,115; Connecticut, 1,872. If we examine the health of our cities, we will find the same favorable issue; indeed, we have no doubt but the city of Augusta, Georgia, is the most salubrious city now in America, and the city of Savannah will bear a rigid comparison with any seaport on the continent.

OUR MINISTER.

BY LIELIA LASCELLES.

Yes, "our minister!" and a real good, whole-souled minister he was, too. Why, I don't know what our village folks, or our country folks either, would have done without him. There could not be a house raising, or log rolling, or any thing of the sort, without "our minister."

When "our minister" first came to this country, it was mostly forest, though the settlers were making improvements as fast as possible. The surface of the country was generally level, though there was quite a number of sand and limestone ridges, (on each of which some lucky fellow was sure to have settled himself) and as there were no ditches to drain the country, the low lands were covered for the greater part of the year with water, forming what we call "swalls."

Our roads were made by rolling logs of about the same size together, and throwing mud over them; which by the way did not do much good, as the first rain would wash it off. O! what times we had riding over these causeys! It was enough to cure any one not accustomed to it, of—well, almost any thing you please, but the headache. But our folks had become accustomed to it, and so they would put the yoke on "Buck" and "Bright," fasten them to the wagon, and away they would go jerking, jumping, thumping, sliding, now into this corner, now into that; now, as

an honest Yankee travelling through here said, coming "oathrash" against one side, and now going "calash" against the other.

Our folks here generally had good farms, that is, their crops in a favorable season would compare well with those of any other portion of the State; though there were two crops that came on entirely without their superintendence, and these crops, I think, were much larger than any they raised. O! the mosquitoes and frogs! whole swarms of the one and regiments of the other. There was at least a mosquito to every blade of grass in our swails, and almost as many frogs. I assure you we had plenty of music, if we may call it such, after sunset on a warm day; nor were evening walks very pleasant with a whole swarm of half-starved mosquitoes buzzing around you.

Well, I had almost forgotten what I was going to say about "our minister."

Some of the people here seemed to think that "our minister's" house was a kind of warehouse, and that every thing the minister had was public property accordingly. If they wished for glass, nails, or lumber; if they wanted to borrow a plough, rake, hoe, spade, or shovel, a horse or buggy, (for our minister was the only one in the neighborhood who had any thing in the shape of a buggy) away they would go to "our minister." And if anything happened so that our minister thought best not to lend any one of the above articles, woe be to him. It was such a heinous offence that some of our good fathers could not stand it! They felt as if, should they hold their peace, the stones would immediately cry out! And then they thought our minister was such an extravagant man! Why, he got one hundred dollars from the A. H. M. Society, and they subscribed one hundred dollars, (I don't say they paid it) and he spent all that, and was talking about leaving them if they did not pay him better! Indeed, what business had a minister with money, when it was his bounden duty to live on the wind (by faith, some of them said) and make his clothes of grass!

Well, I don't believe any of your eastern ministers could have succeeded half so well as "our minister" did. He would select his text and then study out his sermon while chopping wood, clearing land, or hoeing corn. He could do almost anything in the way of the different trades. First, he was a minister, the duties of which profession would have fully occupied his time, could he have obtained a living for himself and family. Then he was a farmer, a carpenter, a plasterer, a shoemaker, a school teacher, a music teacher, and in the fall and winter he dressed buckskins, and spent his long winter evenings in making buckskin gloves and mittens for sale. Was he not industrious?

Still there was one profession which we greatly needed, and which was not yet filled: we had no regular physician. So, as the people thought "our minister" knew, or at least ought to know everything, away they would go to him for advice, if they happened to be taken sick. At last, thinking it would do as much good as any thing else, our minister got a mortar and pestle, bought various kinds of drugs, and commenced manufacturing pills—ague pills and cathartic pills, and pills of various kinds, with Dover's powders, cough drops, &c. These he dealt out among the people, and generally he was pretty successful. I don't remember his mode of treatment with anything but the chill and fever. This was, first, a good round dose of calomel, with the strict injunction not to drink any water for three or four hours. Second, a potion of castor oil, (ugh!) or salts, to be taken an hour or two after the calomel; and last, half a dozen ague pills, to be taken after the fever had gone down. He also advised them to be careful of their diet; but this was useless advice, for our folks here in this land of milk and honey had no notion of following it.

About this time he read Jennings' method of treatment. This set him to thinking. Sure enough, why

was it necessary to pour so much stuff down your throat, that you knew nothing of its qualities, only as the doctor told you? About this time some kind friend put Dr. Shew's "Water-Cure Manual" in his hand. It was the very thing he wanted. "What a fool I have been," he said, "to dose down so much medicine when nature has provided such a cheap and pleasant remedy, and which I have at my very door."

While he was reading the chapter on the treatment of felons, &c., he tried it with one which was coming on his finger, and which was beginning to be very painful. The water succeeded admirably. He now tried to urge it upon his people, but they were not such fools (?) as to put cold water on them, and thus make their cure cost little or nothing, when they might just as well pay a doctor's bill! Not they: they knew more than that! "Why," said one, "I do believe our minister is going crazy! here he has been talking to me about curing the fever and ague with cold water."

"Umph!" said another, "just as though I would be fool enough to be wrapped up in a wet rag and laid by on the shelf to get well."

"Yes," said a third, "and he says that there is no sense in our taking calomel, and quinine, and ipicac; that cold water would do just as well, and better, too."

"Children, be not over anxious to follow any of these new-fangled doctrines. Be assured that this is all a humbug, and will soon wear itself out," chimed in the deacon.

So our minister met with little or no success among his people. He then tried it in his own family. His first convert was his wife; and as she also was an interesting character, we will tell you at some future time something concerning her.

FAITH AND PREJUDICE.

BY OLIVIA OAKWOOD.

FAITH and Prejudice got into a very warm argument one of these warm days, and though neither of them are celebrated for their logic, perhaps they may have stumbled upon the truth somewhere without knowing it.

"It's of no use to talk any more about it," said Prejudice, "it's all a humbug got up to get people's money, and in a few years from now all these Water-Cure institutions will break up, for people will get their eyes open by that time."

"Aye," said Faith, "I can tell you what will happen a few years from now—drugs and drug doctors will be but a drug in the market, and doctors and apothecaries will be compelled to trundle wheelbarrows to earn their bread. Did I not see in a late Eastern paper a most pathetic article lamenting the low estimation in which physicians are held, and inquiring into the cause of this great and prevalent change in public sentiment? And have I not lately conversed with one of the most scientific and sensible of our regular physicians, who declares that the less medicine a person takes the better it is for him, and that WATER is one of the original modes of healing appointed by the Creator? It is even so, my dear Prejudice, and reform in its progress is fast demolishing the idols of empiricism which mammon has set up, and returning to the simplicity and freedom of the primitive days."

"Why really, I cannot get a word in edgeways, you are so eloquent in your own cause; but I must be heard, notwithstanding. I am no advocate for drugs, or drug-doctors either, for I do not believe they know any more about diseases than I do; but these Water-Cure doctors are perfectly crazy. They have seized upon some solitary instance in which water has proved beneficial, and omitted to name the numbers they have

killed—until water is the one idea which absorbs all their faculties."

"Well, really, you are proving my assertions in spite of yourself, in stating your want of respect for the Faculty. But if concentration is the only surety of success, surely in a matter so important as that of saving human life, men may be pardoned for making that matter their 'one idea.' And who ever arrived at perfection in anything unless all his energies were exerted to produce that perfection? And then, I challenge you to ascertain the statistics of every Water-Cure institution in the country, and compare them with the victims of Allopathy, Homœopathy, and Eclecticism. You would, I know, on such a comparison find but a hundredth part among the list of 'dead' in the annals of Water-Cure, and among these but the one hundredth part whose death could be attributed to the influence of water, even in its misapplications."

"Your challenge is a bold one indeed, but I am not contending against the use of water, but against making it such a cure-all—carrying it to such an extreme. It is just like those patent medicines puffed up in the papers, to 'cure the most violent diseases, yet will not hurt an infant.' Now, nobody can make me believe that water will cure every kind of disease, or that it is adapted to every constitution. You, my little delicate Faith, would be completely used up in one of these Water-Cure establishments, with their plunges, showers, douches, and wet-sheet packs."

"I only wish I was there, under the care of some good sympathizing physician who understood my case, and had sufficient skill and experience to adapt the pure waters of life as a healing balm for my afflicted frame. In making your charges against Hydropathy, you seem to forget that 'it is appointed unto all men once to die,' and that water does not, even in its utmost capacity, attempt to deny that decree. But it does attempt to prolong the period of life, to mitigate its sufferings, and to abolish some of 'the thousand ills poor flesh is heir to.'"

"Well, it may be well enough, but after all it must be a money-making scheme, or their charges would not be so exorbitant."

"Well, here again you are wrong—make the case your own, would you be willing to purchase a suitable building, furnish it with all the comforts and appliances of healing, surround it with everything upon which the eye of illness might rest, forgetful, if possible, of its pains—and also the essentials for a full and perfect recovery—devote all your time and thoughts to the condition of your patients—feed them, nurse them, lodge them, and attend to their thousand wants for a less sum than any of them have named? I would not, I am certain."

"Well, but they know nothing of diseases, any more than you or I. When you are sick, you know what you feel, and you know best what agrees with you."

"But those who make the human system and the laws which govern it their constant study, who are daily observing the influences and effects of the different applications of water on different constitutions, must be better qualified to administer to my case than I myself who am ignorant of all these. Water is one of the most powerful remedial agents in the world, and being such should not be tampered with by ignoramuses. Be assured there is need of well-educated, right-principled physicians in the practice of Water-Cure. Such there are for the honor of humanity, and such there will be to the final exclusion of all others—for public sentiment wills it thus to be."

We must learn to be true workers—our frames need it—our unperverted impulses demand it—our very souls, if unstified, cry out for it. Most earnestly, then, do I record my protest against the all but universal prescription which divorces entirely profound Study from Manual Labor. — *Greeley's Hints Toward Reform.*

THE CENTRE-TABLE *versus* THE DINING-

TABLE.

BY MRS. J. H. HANAFORD.

"WHAT can make my dear niece so thoughtful this evening?" asked Mrs. Alford of a young lady who sat at a window of the pleasant parlor, during the twilight hour of a Sabbath in October. Autumnal hues gave the little garden upon which she gazed a gorgeous appearance, and beyond was the glowing, western sky; but Nature, though ever beautiful to her eye, did not now absorb her thoughts.

"I was thinking," she replied, "of the contrast between your tastes and habits, and those of your family, and the tastes and habits of a family which I visited last fall. I do not approve of exposing the family secrets of those with whom I associate, but as the lady does not scruple to speak freely of her plans and practices I may not be violating the trust reposed in a guest if I comment upon them."

"You were with Mr. Montrose's family, were you not?"

"Yes, Aunt Mary, and Mrs. Montrose was an old schoolmate of yours, she told me. You surely could not have been intimate friends?"

"Oh no, Clara; our circumstances were very different, and perhaps that was one reason that I chose to study much in my own room, and she chose to give frequent banquets to her associates in her room."

"She has changed little then, since those feasting days, for she still loves her dining-table better than her centre-table. Indeed there is a great contrast between the sums lavished on the former, and the intellectual poverty of the latter. Her dining-table would be loaded with the choicest viands, and costliest delicacies of the season, while her centre-table contained a large Bible, far from being well bound, one or two annuals in gay attire, the daguerreotype of her absent son, and a cologne bottle. I do not think the poverty of that table arose from want of means, for had she really desired intellectual furniture for it, she might have obtained it for the sum spent on injurious delicacies."

"It was in that way, saving from the dining-table, that I was able to furnish this centre-table, which you seem to think well arranged. I will tell you some particulars about the matter, if you would like to hear."

"Yes, indeed I should."

"Your uncle and myself attended the Lyceum one evening when a lecturer on vegetarianism was present. The subject was one entirely new to us both, and we listened with an unusual degree of interest, for it seemed to us that the lecturer had obtained a common-sense view of his subject, and could present that view plainly to his hearers. After discoursing upon the benefit which would accrue to the health of the individual, and which I need not repeat to such a physiologist as yourself, he spoke of the intellectual advantages to be derived from a plain, and healthful course of living. Our minds, he said, would be more vigorous, and our apprehension of intellectual things would be quickened, while the judgment would be daily strengthening, if we were willing to abstain from those clogs to the soaring mind—animal food—tea and coffee. We heard him with an impression that his theory was based on truth, and the many facts which he presented in support of it, were incontrovertible, and left the lecture-room converted to his views. On our way home my husband offered me the savings of the coming year from the dining-table in order to furnish the centre-table, which I had frequently expressed a desire to do. Political economists teach that an acre of land will support many more vegetarians than of those who subsist partly on animal food, and you may well suppose that the sum which barely sufficed for us in the days when we lived as our neigh-

bors did was amply sufficient for all my purpose. The money saved by not purchasing meat soon obtained for us this beautifully bound Bible with its elegant illustrations. That saved by renouncing coffee, gave us the cherished miniatures of our whole family, and some absent friends. Our tea-money bought these standard works of poetry in their appropriately beautiful binding. The diminution of our lard bill enabled us to purchase this pretty portfolio, and this inlaid writing-desk. We should have thought most of these too expensive for persons no wealthier than ourselves, if our expenses had not been lessened by our new mode of living, but now our most intellectual and refined desires were gratified, and health afforded, in addition, so that we could enjoy these works of art. In their silent yet powerful influence upon us, I doubt not we have been greatly benefited, for I believe that the Beautiful in Nature and Art has a refining and elevating influence upon the mind which is not too much weighed down to earth by selfish and injurious indulgences. And when its hallowed ministrations has been purchased by self-denial, it is doubly pleasant."

"My dear aunt, if I were not already a vegetarian, I think I would be for the sake of the intellectual benefits which may accrue. I know that persons of such liberality as my uncle and yourself, could not possibly become vegetarians from pecuniary motives, though to the toiling laborer that is no unworthy motive, but I am glad to know the pecuniary change resulted in so much intellectual pleasure. How I wish Mrs. Montrosel could exchange her breakfasts of fried cakes, steaks, and coffee, dinners of roast meat, and rich gravies and pastry, and suppers of smoked beef or neats' tongue, with perhaps a bed-time luncheon of bread and ham, for the wholesome, delicious meals of bread, milk, and fruits, in their various forms, which we enjoy! Her headaches would be less frequent, and she would be in less danger from apoplexy, I think. Would it be of any use to commence a crusade against her darling dishes, and strive to win her over to a purer faith?"

"I fear Clara, in her case, as in too many others, we must say 'Ephraim is joined to his idols; let him alone.' But we can, and ought to, teach the rising generation that the centre-table filled with books, is a worthier object of regard than the dining-table loaded with dainties, in which lie the seeds of disease and death."

[Nantucket, Mass.]

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.

THE ECONOMICAL ARGUMENT.—At the late meeting of the American Vegetarian Society, held in Philadelphia, the following statistics concerning Kentucky Swine-culture were read:—

"The assessment of hogs over six months old in this state last year (1852), was 7,135,000; to grow them up and fatten them for market, allowing twenty bushels of corn per head, they consumed 22,700,000 bushels. The assessment of the present year makes the enumeration 1,355,000, or 215,000 more of hogs over six months old. To grow these and prepare them for slaughter, will require 27,000,000 of bushels of corn. The white population of this state number 293,603, the colored population 200,867, making in all 494,470. Allowing three pints of corn per day to each individual, the corn that will be fed to hogs for slaughter during the present year in Kentucky, would feed a population of 698,631, one-third more than the entire population of the state. The consumption of corn by hogs for market the present season, will exceed that of the past by 4,300,000

bushels. Owing to the severe and protracted drought in the early part of the summer, it is estimated that the present corn crops will be considerably short of the quantity raised last year; consequently the amount of this deficit, together with the 4,300,000 bushels requisite to feed the increased quantity of hogs, must be taken from the bread corn needed for the support of the people, and will necessarily advance the price of breadstuffs, and to a greater or less extent oppress the poor, if it does not subject them to want; whereas, were there no hogs, even with the present failure in quantity, there would be a large surplus for bread, the price would be greatly reduced, and the staff of life within the reach of all, however poor. This is an interesting inquiry, showing the bearings of vegetarian philosophy upon political economy and individual prosperity, which must at no distant day arouse the attention of the statesman and the philanthropist."

LET 'EM WRIGGLE.—A rural philosopher somewhat advanced in life, whose limited knowledge of nature's mysteries had been acquired without the aid of science, and who knew not whether a microscope was "something good to eat or a new-fangled farming machine," was once in conversation with a youthful friend fresh from school, who talked to him of the wonderful developments made by that instrument, a specimen of which he carried about him.

While the old man was making a frugal meal in the field at noon, the youth produced his microscope, and explained its operation, which he illustrated by exhibiting its powers upon several bugs and divers minute atoms of inanimate matter at hand.

To his surprise, his aged pupil did not manifest much astonishment, and stung by his indifference, he detailed to him how many scores of living creatures he devoured at every mouthful, and in each drop which quenched his thirst. At this his hearer was skeptical; to prove the fact, the boy snatched from his hand a chunk of rich cheese which he was then devouring, and placing it under the magnifier, the mass of wriggling animalculæ was triumphantly pointed to.

The old man gazed upon the sight indifferently, and at length, with the utmost nonchalance, took another huge bite.

"Don't!" exclaimed the boy, "don't eat it. Uncle Ben! don't you see 'em? See 'em squirm and wriggle?"

"Let 'em wriggle!" said the old destroyer, munching away calmly, "they've got the worst of it; ef they kin stan' it, I kin," and he deliberately finished his meal.

BURNS AND THE WOUNDED HARE.—"Honest JAMIE THOMSON, who shot the hare because she browsed with her companions on his father's 'wheat braird,' had no idea he was pulling down such a burst of indignation on his head as this letter, with a poem which it enclosed, expressed."—ALLAN CUNNINGHAM.

* * I have just put the last hand to a little poem which I think will be something to your taste. One morning lately, as I was out pretty early in the fields, sowing some grass seeds, I heard the burst of a shot from a neighboring plantation, and presently a poor little wounded hare came crippling by me. You will guess my indignation at the inhuman fellow, who could shoot a hare at this season, when all of them have young ones.—Robert Burns.

VEGETARIAN EXPERIENCE.—I am much pleased with the Vegetarian department of the Journal, having myself been a practical vegetarian for many years; I have long preached a crusade against pork, and rejoice to find in the field, so able a champion as the Journal.

I cannot claim for myself any merit for my abstinence from animal food, as it was always very offensive to my taste, and the same will apply to tobacco

and ardent spirits. The latter articles are by most persons at the present day considered detrimental to health, but with regard to animal food, many of my friends assure me with much gravity that they could not live without it. One thing staggers them a little, my uniformly good health seems to conflict with their notions of the necessity of a meat diet, though they try to round it with the help of the adage that "One man's meat is another man's poison."

But, however much difference of opinion there may be with regard to what is good meat and what is poison, nearly all will agree that there is great need of reform in the dietetic habits of civilized man. And while all concur in that opinion, good must result from "agitation" of the subject. H. H. R.

THE FISHER BOY'S LESSON.

[We proved the merit of the verses which follow, by reciting them to a bright little girl, who had not yet learned to read, but who was so moved by the story, as to ask to have them repeated until she committed them all to memory. She has since taken frequent occasion to impress their moral upon the mind of her little brother, younger than herself, who is not yet up to the comprehension of dictionary words, but whom she is particularly anxious to protect from the fate of young Harry.—N. Y. Eve. Post.]

There was a little fellow once,
And Harry was his name.
And many a naughty trick he had,
I tell it to his shame.

He minded not his friends' advice
But followed his own wishes,
And one most cruel trick of his
Was that of catching fishes.

And many a little fish he caught,
And pleased was he to look,
To see him writhe in agony
And struggle on the hook.

At last, when having caught enough,
And also tired himself,
He hastened home intending there
To put them on a shelf.

But as he jumped, to reach a dish
To put his fishes in,
A large meat hook that hung close by,
Did catch him by the chin.

The maids came running frightened much,
To see him hanging there;
And soon they took him from the hook,
And set him in a chair.

The surgeon came and stopped the blood,
And up he bound his head,
And then they carried him up stairs,
And laid him on his bed.

Conviction darted on his mind,
As groaning there he lay,
And with compunction then he thought
About his cruel play.

And oh, said he, poor little fish,
What tortures they have borne,
While I, well pleased, have stood to see
Their tender bodies torn.

And now I feel how great the smart
And terrible the pain;
As long as I can hook myself,
I'll hook no fish again.

A DISAPPOINTED ONE.—DEAR EDITOR:—I did expect when you first proposed to discuss Vegetarianism in the columns of the WATER-CURE JOURNAL, that I

should see arguments on both sides of the question. But I have seen no arguments yet in favor of killing animals for human food. And I shall persist in believing that no such arguments can be produced that will stand the test of criticism, till I see them. Let our pork-mongers produce some evidence from Anatomy, Physiology, Scripture, or History, if they can, that the carcass of a murdered hog will make food that will develop the physical, intellectual and moral powers of man, as well as food derived directly from the productions of the soil, or let the business of producing hogs for the sole purpose of slaughtering them for human food, become a relic of a barbarous age, to be recorded on the page of history as the foulest stain on the human character in the nineteenth century. Let the WATER-CURE JOURNAL keep agitating this subject, and I hope the time will soon come when poor helpless animals will escape the grave of the stomachs of those who were designed for human beings.

Yours for the physical and moral improvement of our race.

D. A. S.

Rockford, Ill.

Dress Reform.

DRESS REFORM IN NORTH-WESTERN PENNSYLVANIA.—This seems to be a tract of country with a soil naturally averse to reform of any kind. It seems to be neither East, West, North, nor South, and so possesses but little attraction for those seeking a new home. Consequently it is passed over for the more inviting western fields, where one may think, act, and do something for themselves and their neighbors.

There are, however, a few leading minds, both men and women, who for years have been making some inroads upon the old stereotyped state of things. They have labored in the cause of Temperance, Anti-slavery, Human Rights and reform in general, and lately some of them are beginning to pay more attention to physical law. They go so far as to think they may almost entirely dispense with physicians, by paying attention to their habits—as diet, dress, &c.

One woman was found in Crawford county who had the wisdom and independence to adopt the "New Costume." She did so from principle. She had long tried to find some mode of dressing which would be comfortable. When she heard of the short dress she thought perhaps that would be the thing. Accordingly, on the 10th of July, 1851, she arrayed herself in a short dress for the first time. She expected opposition, and counted the cost: but as she was sustaining prominent relations to the church of Christ, she was very careful—at first wore the dress only at home about her work. At the end of six months she had probably worn it about twelve times—all counted.

Notwithstanding, the "hue and cry" raised would have been truly alarming to such reformers as read only "Wilson's Dispatch," and similar papers. But some of the inhabitants of said county were reading reform papers and books; and almost every one had a certain "old book" in which they were recommended to "be not conformed to this world—but to be transformed by the renewing of their minds," &c. Our reformers thought if they would have their minds renewed they must first see to the renovation of their physical and moral natures. Again, the injunction to "prove all things" seemed to them wise and very proper to follow.

But to return. The church of which this woman was a member had three deacons, and two of them with their families were bitterly opposed to the "short dress," and why? They did not believe in reading such works as Fowlers and Wells,—no—no—no. One of the deacons took Phrenology, Animal Magnetism, Water-Cure and Bloomerism all together, and declared they all tended to infidelity; and the other deacon

and some of their satellites could any time be had to say Amen. Then there was a great deal of talk about modesty at this time. It was perfectly astonishing to see how modest some of the wearers of long dresses became. So modest, indeed, that they could with difficulty talk of anything else but the lost characters of the "Bloomerites,"—(for by this time the number had increased). One would have thought Virtue herself was embodied in a long skirt. But it mattered not how much the "Bloomers" were threatened with loss of caste. They still stand firm, witnessing to all around the benefits and desirableness of the change. Others have been added since, and they are not milk-and-water ladies who can be put down by opposition or ridicule: but fearless, dauntless women, who dare to do right. They are determined on reform! One of them said a few days ago—"When you hear that I have given up the short dress you may know that I am dead."

I would like to tell what I saw the other day, but fear making my article too long for publication. If this should please, I may be heard again. A Noggs writes from Boston, and others from other places—why may not some one write from the old "Key-Stone State?"

R. W. V. M.

SLAVERY OF FASHION.—A Boston correspondent of the *New York Tribune* thus speaks of the Dress Reform movement:

Speaking of cultivation, in its personal human aspect, is it not a queer thing in this free country, that there should be so little play for taste, individuality and originality? There is a certain *boshomie*, or well-bredness, which should be universal, for the good reason that it is more convenient and comfortable to everybody. Good nature and natural hilarity should be the universal fashion, but in matters of motion and dress what business has an arbitrary fiat of uniformity to take the place of taste, reason and convenience? And whence does that fiat come? We may celebrate our independence with any quantity of gunpowder, but the heads of our men are not independent of the Parisian hatter, nor are the precious persons of our women at all emancipated from the French manufacturer of dress-goods. He has discovered that it profits his business mightily that the lady's skirt should sweep the pavement. The amplitude of the garment is much to his business, but that it should be spoiled with filth before it has been worn a dozen times is still better. He can well afford to pension a dressmaker or two to keep the fashion up and the skirts down. He undoubtedly does it, and let Mrs. Bloomer think to rebel against his imperial will by appealing to taste, reason, or convenience. The trade has everywhere the same interest. Liberty, individuality, tasteful vanity in female dress might be pleasant, but it would diminish the consumption of dry-goods fifty per cent.; therefore, if a woman consults her taste and reason in her personal attire, she shall be hooted at by the idlers in the street! Possibly she will be cast out of the Church! Here is freedom!

It is but a year or two since Mrs. Bloomer's beautiful improvement in female dress—the emancipation of woman from the manufacturers—was lauded by hundreds of presses, and displayed boldly on our promenades by some scores of the more daring. To my certain knowledge multitudes of ladies in this city were busy in getting ready their Bloomer rig, and only waited for the sure success of the thing to appear in public. But the trade took the alarm. It was only to tip the wink to the rude boys at the street corner and the thing was done. A Cyprian in Bloomers finished it. The more resolute soon found that to wear the new costume abroad was to be mobbed. Such a fact as this shows deeper than the surface. It proves that even under the shadow of Bunker Hill much of the substance of liberty is yet to be achieved, and that the cultivation which we can boast, is even a poorer and shallower affair than our liberty. We have good instincts, a strong disposition to consult and obey taste and reason, but still succumb to despotism. We welcomed Kosuth gloriously—committed ourselves nobly while the despotism napped. It waked and we backed out. So has fared Mrs. Bloomer's modest and beautiful attempt to give woman clothes instead of a mere awkward and absurd concealment, or clothes-horse dressery. It was hailed with delight by the unsophisticated editors. The old fogies kept low and bided their time. They knew that most of our liberty is rhetoric, and that the many are the prey of the few. They knew reason to be the most

dangerous and impracticable thing in the world. As soon as they heard the boys hooting, they said so, and the poor ladies had to hide their neat trowsers and go on half dressed as before.

W.

Voices from the Press.

THE WATER-CURE JOURNAL.

WHAT THEY SAY OF IT.

It would be a useless task, an utter waste of words, for us to publish the favorable opinions of others in regard to the WATER-CURE JOURNAL were these opinions seen and read by those only who have been and are now regular subscribers and readers, for they are already competent to judge of its merits. But we present these EDITORIAL NOTICES that they may draw the attention of those not yet acquainted with the true merits of our GLORIOUS HEALTH REFORM.

The "opinions" which we here publish were voluntarily given, without the most distant thought of any other reward than that which grows out of the consciousness of doing good to suffering humanity. We therefore feel great pleasure in placing them on record, as the evidence and testimony of our most intelligent, liberal and generous American Editors. It will be seen that we embrace those of all political parties, religions and creeds, and we may almost say of the various conflicting medical systems, for they, each of them, speak highly of our JOURNAL, and the cause to which it is devoted.

THE WATER-CURE JOURNAL. Published by Fowlers and Wells, 131 Nassau street, N. Y.

This is decidedly one of the handsomest prints in America—a fit representative and advocate of pure water. The value and importance of the cause to which it is devoted can, as yet, scarcely be appreciated by its warmest friends. Mysteries in Medicine, as in Religion, have held the world in so much awe for ages, they are incapable of seeing at first sight the beauties and excellencies of a work so much in harmony with the simple teachings of nature. But the "good time is coming," and the people shall yet be led from out the land of ignorance and old errors into the bright pathways, and beside the cool waters of truth. We hail the Water-Cure Journal as among the very first of the heralds of true reform.—*The Philadelphia Merchant, Pa.*

THE WATER-CURE JOURNAL presents an intellectual "Bill of Fare," in which each reader will find "a dish to his taste—something nutritious, wholesome and pleasant to the palate." We join with the editors in saying, "Pass it round."—*Boston Pathfinder.*

THE WATER-CURE JOURNAL is probably the ablest exponent of the Water-Cure System in the world. Those who read it attentively cannot fail to be benefited.—*The Canada Christian Advocate.*

Whatever may be the merits of the Hydropathic system, the JOURNAL is an excellent family periodical, and cannot fail to do good wherever it is read.—*Glenn's Falls Republican.*

It is as health-giving to its numerous readers as are the cool showers of summer. In its pages one gets a great amount of information for \$1 per year.—*Jonesville Telegraph.*

No family should be without this invaluable JOURNAL. If you would subscribe for it, and then follow the advice given, it will save you many a doctor's bill.—*New Orleans Organ.*

If you would save \$20 per annum in medical bills, send forthwith one dollar to Fowlers and Wells, New York, for one year's subscription to the WATER-CURE JOURNAL, a new volume of which commenced July 1st.—*Con. Bank Note List.*

THE WATER-CURE JOURNAL is brim full and running over with the precious things of practical life.—*Windham County Democrat.*

[THIS JOURNAL is now read by thousands who, not five years ago, were in the habit of taking patent medicines, of bleeding, and being otherwise doctored to an early death, who now dispense entirely with drugs of all sorts, and that, too, with great advantage to themselves. They are thankful for being lead out of darkness into light, through THE WATER-CURE JOURNAL.]

The Month.

NEW YORK, OCTOBER, 1853.

TRUTH, 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.

TO CONTRIBUTORS.—We have received an "Essay on the Pernicious Influences of Nostrums and Secret Remedies on the Health and Morale of the Community," but have not yet found time to examine it. It shall be attended to soon. "Fomentations," by S. O. Gleason, M.D., came too late for the present number. Several other articles are necessarily deferred.

Contributors will oblige us by making their communications as brief as is consistent with a clear statement of the facts or principles which they propose to set forth; to write legibly and punctuate with care; to number their pages; to write not very closely, and on only one side of the sheet; to use good black ink and to give us in all cases their name and address, though they may not wish them given to the public. Attention to these simple directions, will save us much trouble and labor.

When Books are wanted to go by mail, the order should be written on a slip, separate from that containing the names of subscribers for Journals.

A COMPLETE catalogue of all works published at the office of this Journal will be forwarded, on post-paid applications.

CORRESPONDENTS will please be particular to give the name of their Post-Office, County and State.

OCTOBER MEDITATIONS.

BY R. T. TRALL, M.D.

THE SEPTEMBER CONVENTIONS.—Never, in the history of time, were the great moral movements of progressive humanity more vitally energized, than in the demonstrations which characterized the September conventions. The master-spirits of the temperance reform, the health reform, the dress reform, the woman's rights' reform, and last, though not least, the vegetarian reform, &c., met and mingled in general council; and the inspiring voices and communing thoughts of each, gave renewing vigor and impetus to all.

The Whole World's Temperance Convention filled Metropolitan Hall for two days and evenings; the Vegetarian Festival was the first bloodless banquet ever celebrated in this city.

The Woman's Temperance Convention at the Tabernacle was worthy of the noble souls so earnestly engaged in suppressing the liquor traffic in our State; the Woman's Right's Convention, kept the Tabernacle crowded for two days, and elicited some of the best female speaking ever heard since the twenty years in which Deborah sat as Judge in Israel; and the semi, or half, or Men's World's Temperance Convention was a large gathering of people, who advocate teetotalism and the Maine law as well as they knew how.

As our distant readers will doubtless feel interested to know how a temperance banquet, on vegetarian principles, was received at its first advent in this Metropolis, we copy the following report from one of our city papers, as this may be supposed to give an impartial statement:

THE TEMPERANCE BANQUET.—One of the novel appendages of the "Whole World's Temperance Convention," noticed in another column, was a "Temperance Banquet," which came off last evening at Metropolitan Hall, under the auspices of the New York Vegetarian Society, of which Dr. Trall, who caters for the lovers of brown bread, douche baths and wet sheets (ugh!) at the Water-Cure Establishment, 15 Laight street, is President, and C. B. Le Baron, J. S. Boyden, N. A. Calkings, and other worthy disciples of Silvester Graham, are also officers. Recognising in the superintendence of these gentlemen a guarantee that the feast would be well arranged and conducted, however far from being a "feast of fat things," such as we have been accustomed to heretofore, we made up our minds to be on hand.

On entering the Banquet Room at the appointed hour, we were met by a sight which gratified us, we must confess, by not only its novelty, but invitingness. A large number had already collected and taken their seats at an admirably arranged and beautifully ornamented table, while the galleries presented an array of spectators, who did not feel like risking more than the shilling charged for admission to that part of the house, they not being particularly fond of bran bread, or even cocoanut custard, any more than ourselves.

What the bill of fare was is best made known by copying it entire; and, as a "natural curiosity," the space it will occupy will be well filled. (That quotation may sound like a sanction of the bran-bread system as following Nature's indications. But no matter—let it go so, without our protest implied, of course!) Here is the curiosity:

BILL OF FARE.		
VEGETABLE SOUPS.		
Tomato Soup,		Rice Soup.
FARINACEA.		
Graham Bread,		Mixed Fruit Cake,
Fruited Bread,		Apple Biscuit,
Wheat Meal Cakes,		Moulded Rice,
Corn Blanc Mange,		Moulded Farina,
		Moulded Wheaten Grits.
VEGETABLES.		
Baked Sweet Potatoes,		Stewed Cream Squashes.
PASTRY.		
Mixed Fruit Pies,		Pumpkin Pies.
FRUITS.		
Melons,	Apples,	Peaches,
Pears,	Grapes,	Pineapples.
COOKED FRUITS.		
Plum Jellies,		Baked Apples.
RELISHES.		
Cocoanut Custard,		Fruited Ice Cream.
BEVERAGE.		
		Pure Cold Water.

A glance at this "bill of fare" was certainly enough to make a beef-eater feel *bilious*, or worse! But it was the feast to which we had been invited, and hence we felt that we had no right to complain of false pretences. So, after we got over the shiver which the words "Beverage, pure cold water!" had thrown us into, we took our seat, and soon found our-

self sipping "tomato soup," and gulping "corn blanc mange," and "plum jellies," with a decided relish, which was probably aided by the circumstance that we had been left in the vocative as to our usual beef-itarian dinner! And the melons, and pears, and grapes, to say nothing of the pine apples, had evidently been selected with great care, and without regard to cost, by a class of caterers whose necessities and habits make them good judges in the fruit line; and we need not say that they were keenly relishable. And now, having praised the catering out of the abundance of our — satisfaction, we feel that we ought to name the special managers of this feast of good, if not "fat" things. They were—H. S. Clubb, James Cambell, M. F. Baldwin, Mrs. Asenath Nicholson, Miss Martha C. Wright, Mrs. Emily S. Trall.

The following "Song of Grace," (a new mode that of *singing* "grace," thought we,) but then it was not the old fashioned "grace before meat" was given by the "Amphions" with admirable effect:

Lo, the world is rich in blessings!
Thankful all, His praise repeat;
"Every herb, and each tree yielding
Seed and fruit shall be our meat."
Nature's banquet, pure and peaceful,
Is a "feast of reason" too;
Every healthful sense delighting,
Ever changing, ever new.

And then prayer followed from Rev. Mr. Shaw, of Williamsburg, a vegetarian, we take it for granted.

The chilling announcement of "pure cold water" as the only beverage, we soon forgot amid the blaze of beauty and intelligence around us, and came to suspect that the women, without the wine, served pretty well to insure the feast of reason and bring out the flow of soul, so desirable on such an occasion. But not only so. It was curious to experience how soon we got use to the Bloomer costume. We were seated near several Bloomers, (including *the Bloomer* herself,) but soon forgot the fact. So we suppose we could get used to almost anything in time.

One word more about this pleasing, though *bizarre*, occasion, and we shall have used up all the space kept open for us. It is this: The announcement that this festival was under the auspices of the Water-Cure folk (and they and the Vegetarians are as one school of reform) struck us as decidedly *mal-à-propos*. We think otherwise, upon reflection. And the Cold Water system of Medicine, as it now strikes us, is perhaps but a natural off-shoot, or out-growth, of the Cold Water system of Temperance, and that it was fitting that this Cold Water Banquet should have been put under the care and keeping of the Vegetarians, after all. And that they have *not*, by any means, "thrown a wet blanket over it," our hurried notice will clearly show.

COLD WATER AMONG THE ALLOPATHS.—The

following case is going the rounds of the allopathic journals, having originated in the monthly published at New Orleans. It is certainly an interesting case; but such and similar cases are frequently met with by the hydropathic practitioners of New York city. The attentive reader will not fail to notice the argument which proves the application of water in this particular case to have been marvellously scientific, viz: "the true pathology of the disease was essentially of an inflammatory character!" Well, what ignoramus didn't know that! But here is the case:

On the second day of April, 1852, I was called to attend Mrs. A. in her first confinement. The labor progressed rapidly, and she was soon delivered of a fine, healthy child, with no untoward symptoms except excessive flooding, which, after great prostration, was arrested by the ordinary remedies. She was doing well up to the 9th, when she complained of a pain, which she described as a "cramping pain," in the calf of the right leg; this continued to increase during the following 24 hours, until it became of the most excruciating character; then successively the thighs, groin and hip became affected, the pain becoming more severe as the disease advanced; at the same time the limb was hot and swollen; in short I might say, that there were present all the symptoms of a veritable case of *Phlegmasia Dolens*, perhaps more properly termed Crural Phlebitis, commencing as it sometimes, but but not frequently, does at the lower instead of the upper part of the limb. This case was treated in the ordinary way, with the exception that depletion was not resorted to, which was inadmissible, on account of the great debility occasioned by excessive flooding at the time of her accouchment. The remedies seemed merely to act as palliatives, without checking the progress of the disease; for on the 20th, the same symptoms began to make their appearance in the left leg that had been complained of in the right.

Being satisfied that if my patient was to suffer again what she had just passed through she must certainly succumb (for it had already become necessary to use stimulants pretty freely,) I determined upon a different course of treatment. I ordered a tub of the coldest spring water, directing it should be constantly poured upon the left leg for half an hour, after which wet cloths were to be applied for the same length of time. These applications were made to the whole limb, for the thigh had now become affected.

The next day my patient informed me, that the limb to which the water had been applied felt much better, though it was still very painful, and I discovered, on examination, that the redness along the course of the vessels and swelling had somewhat subsided. The right leg was still painful. I directed the same application to both limbs to be repeated, at least twice during the day; which was again followed by very great relief. Indeed, it was only repeated for four successive days, when the inflammatory action had entirely subsided, and my patient was free from pain. It is unnecessary to state that her recovery was speedy from this date.

Without comment, I leave it with you and the profession to decide upon the propriety of the indiscriminate use of cold water in such

cases, before the cessation of the lochial discharge.

In this case there were no bad effects; no suppression of the discharge; but what the consequence of its application at the onset of the disease might have been, I do not pretend to say. I also leave the case for the blind exultation of the Hydropathists, without going into an argument to prove that the use of water in this case is not empirical, but that it is scientific practice, founded upon the true pathology of the disease; which is essentially of an inflammatory character, whether this inflammation be seated in the absorbent or venous system.

A WARNING TO PARENTS.—Pen cannot write nor can tongue express the horrors of drug-medication, which we daily read about in letters from all parts of the land. We select the following as a specimen. We can hardly believe there is a drug doctor this side of the "dark hereafter," who would not "throw physic to the dogs," and send his pill-bags to "everlasting smash," if he could sit in our office one week and read all the communications we receive on this subject. Such an experience would convince him at least, that the people were getting about ready to put the apothecary shop where the Maine law folks want to put the groggery shop—"out of harm's way."

"A case occurred in this village a short time since, which has, I hope, made a deep impression on the public mind; and, I would humbly hope also, caused the doctors to reflect not a little on the danger of their ways. A child 22 months old was taken with spasms or fits; an allopathic doctor was sent for, there being no other in the place, who pronounced it 'worm-fever.' Of course he followed up his opinion with a large dose of calomel, and remained through the night to witness the result of his dose. A sore mouth came on; then the teeth loosened and some of them came out; after which the 'remedy' commenced its ravages in all directions, eating away the structures like consuming fire. Another allopath was called, who applied blue vitrol, caustic, kreosote, &c., to check the progress of the ulceration, but in vain. The right cheek soon rotted all away, the upper jaw sloughed off, hectic fever set in, and in a few days the little sufferer found relief from its excruciating sufferings in the arms of death. The mother of the child said it *seemed* like murdering by inches. [Nay, it *was* murdering by inches]. It was a sweet child, and that dose of calomel was the sole cause of its death. If you think best you may handle these facts in the Water-cure Journal, as a warning to parents to let the calomel doctors alone."

"A KNOCK DOWN ARGUMENT."—Another correspondent wishes to make the following statement, through the columns of this journal, premising that it must stand unanswerable until somebody undertakes to answer it. "When

the friends of druggery get to talking too loudly of their system, I ask them: 'Suppose you take the most athletic and healthy man you can find, and put him through a course of calomel, quinine, opium, antimony, and the whole routine of drugs, what would be the effect on the individual constitution?' Of course every doctor of them is compelled to admit that it would make him *very sick*, and in some cases absolutely destroy life."

HYDROPATHIC DISCREPANCIES.—MESSRS. EDITORS: In the June number of the Journal, Dr. J. C. Jackson says, that in treating a case of Puerperal fever—Peritonitis—"The thing he did was to lay cloths, wrung out of hot water, over the abdomen, and to pursue that treatment steadily for sixteen hours, changing them as often as once in six minutes."

Dr. R. T. Trall, Hydro-Encyclopedia, vol. 2, p. 474, gives the treatment of this complaint, Peritonitis, as follows:—"Cold wet cloths to the abdomen, the pack or general abluion, warm foot-baths, cold applications to the head, and tepid injections." He adds, "There is no danger whatever in applying cold wet cloths to the abdomen in these cases, the danger is in withholding them."

Now, "Who shall decide when doctors disagree?" In the former case, the *hot* fomentation was vigorously, perseveringly, and it seems successfully applied, for sixteen hours, which is in direct contradiction to the treatment as given by the able author of the Encyclopedia.

I am an ardent admirer, and in home treatment at least, a practitioner of the Water-Cure, from which I have derived immense benefit. Now, the application of cold to the abdomen seems to me the most philosophical; but I may be laboring under some misapprehension of the case given by Dr. Jackson, and would like to have these apparent inconsistencies in Water-Cure practice reconciled.

Versailles, Ill.

E. P. B.

Well, sir, we will endeavor to accommodate. All particular prescriptions in medical practice are to be under the supreme government of general rules. It is a fact that the prevailing condition of the abdomen in most cases of puerperal fever, is that of preternatural heat: to which the prescription, literally interpreted, would exactly apply. But there are cases and stages of puerperal as well as other fevers, when the abdomen is excessively tender and painful, the extremities incline to coldness, the pulse small and frequent, and the general temperature low. Here the general rule not to apply any, or else to apply warm cloths, when the prevailing temperature is feeble, is to be regarded, for the reason already indicated, that all general rules are always to be regarded. Again there are many cases of general fevers and of local inflammations, when either cold or

hot, warm or tepid water will act as febrifuges or sedatives; it is then a matter of choice, for one temperature may be more speedily efficacious than either of the others, yet all competent to cure. In some cases of scarlet fever (as a further illustration,) we use only tepid and warm water, and in others, the coldest we can get, and yet again, warm water will really cool the hottest kind of a fever, and so will cold water. One abstracts heat directly; the other by evaporation. The questions in choosing temperature are, which will cure soonest? and which will leave the body in the best condition afterward? Typhoid fevers of every name, admit the application of all temperatures, from steam to ice; yet there may be skill in choosing in a given case, and peritonitis always attended with a fever of the typhoid type. See again "General Rules" in Hydro-pathic Encyclopedia.

RUM-DROPS.—Those mothers—and their name is many—who insist on patronizing the confectioners, while they turn away in horror from the rumsellers' trade, are requested to "inwardly digest" the following extract from the New York Times, of a late date:

"The devil seldom leaves his friends until their day of usefulness is over. The libertine cried out for victims, and the CONFECTIONER answered the call. Rum-drops, brandy-drops, and wine-drops, appeared, and were spread out temptingly on the tables of our fashionable saloons; and through them, the girl, who would have been insulted by the offer of a glass of the sweetest wine, becomes familiar with the taste and exhilarating effects of the strongest and most common alcoholic drinks.

"As many of our readers may not have seen the article to which we refer, it may be well to say that these drops are made in the form of the ordinary peppermint-drops, and are about five times as large. The sugar of the peppermint-drop, however, is impregnated with the essence, and the moment the tongue touches it the presence of the essence is apparent. Not so the rum-drop. The outer composition, poisonous though it be, is free from taste or smell of ardent spirits. It is but the envelope. The rum is concealed within, so that before you are aware of its presence the sugary coating has prepared the way—the alcohol comes upon a tongue already covered with sweets; its unpleasantness to the unused palate is destroyed; its strength is not apparent, and any idea of its quantity confused.

"No more ingenious method could be conceived for the purpose of producing alcoholic effects upon those who could not be persuaded to touch it in any other form.

"These drops are not to be found in the saloons where men alone resort. They are not intended for the use of men. If you want them, go to our magnificent and respectable saloons—to those to which your daughters are conveyed for refreshments, at the close of the concert, when the play is over, or after a promenade in Broadway. There—in the afternoon, or from evening to nearly morning,—you will behold scores of couples seated comfortably at costly tables. Wait until the ice-cream is set aside, and you will see the willing waiter return with a mint-julep for the young gentleman, and 'a dozen rum-drops'

for the lady. Beholding this, is it any wonder that so many young women are led astray!

"This is no imaginary scene. We have witnessed it, and know that such are presented daily and nightly in the places we have described. It may be said that we are mistaken in supposing that the females who are thus seen are respectable. We answer, we know them to be. But how long they will remain so, under such influences, cannot easily be told. The indulgence increases in ratio with the improvements of the exterior and interior embellishments of these saloons, and ere long many a tale of sorrow will commence with the introduction of the 'Rum-drop.'"

Miscellany.

WORDS OF ENCOURAGEMENT.—MESSRS. FOWLERS AND WELLS:—I have been a reader of the WATER-CURE JOURNAL since July last, and value it highly. It has most certainly opened my eyes in some respects, for I once thought drug medication necessary in restoring man to health; but now I view it as absolutely an obstruction in the way to health, though sometimes it seems to relieve for the present, it transforms the disease from a simpler to a more dreadful one, and we not seeing the transformation, it being sometimes slow, give the drugs the credit of curing a disease.

Allopathy has a very strong hold in this part of the country, and so secure are its practitioners in their own estimation of their present lucrative practices, that they will jest over their harmless errors. For instance, one of the best of them in our little village (and there are eight) told a joke on himself a few days since as follows:

A lady presented a darling boy, having travelled fifteen or twenty miles, alleging that for some length of time the child's neck had been swelling and enlarging to an alarming extent, and therefore she had called on him for help. He, ever ready to administer to suffering humanity according to ancient and time-honored allopathy, lanced the child's neck, and lo! a roll of pure fat turned outward and revealed the fact to the anxious mother and learned doctor, that the darling cherub had only taken on a little extra fat.

Another allopath had a patient whom he treated for worms, but after a protracted trial, in which he utterly failed to remove the worms, a second was called in consultation, and they finally, upon close examination, found that the boy had received a slight wound on the head, though so slight as not to be noticed at the time, producing inflammation of the part, and in a small degree affecting the brain, which being relieved, the patient was well again.

I could, and may at some future time, give a few more items of the same kind, to set before your view the kind of practice which obtains in this country. We have a few Water-Cure Journals in this neighborhood, which, though slowly, yet surely I think, are doing the work for such practitioners; and God speed the time when the people shall open their hitherto blinded eyes to see the blessed light of truth, and follow its teaching, till it shall make them free from the miserable tyranny of *King Allopathy*. We might in vain attempt to force the light of truth on numbers who, though having eyes, refuse to see, but with madness persist in believing that allopathic M. D.'s have all the curative agents known to the world. We need information: we need books. It is true the Water-Cure Journal does good service where it is read; but in addition we want books which treat at length upon common diseases in a familiar way. I think you will probably have an application from one of our citizens, a worthy young man, for an agency to sell your works in a short time. I am of opinion that a goodly number might be sold in this country.

We would like to have a well qualified hydropathic physician, but he should be no faint-hearted one. But I expect that there are places where such an one could obtain the same amount of practice with less opposition. We have a wonderfully rich, fertile country, and a respectable population, but we have a lack of knowledge (which is power) in hydropathic principles to surmount the many and formidable obstacles in our way to correct practice.

I am much pleased with one feature of the Water-Cure Journal, and that is, "Cases treated by regular hydropathic physicians." In the absence of books treating at large on particular diseases, we have in the above-named feature, a rule given by which we may be guided in treating a case of the same kind, should it occur in our family. I am looking with some interest also, to the department on "Dietetics;" and for the good it may do the rising generation, I feel interested in the "dress reform." In short, we can scarcely think of any feature of the work we do not feel interested in. "Then roll on that ball," and we will send "material aid" as we are able. VERITAS.

[Savannah, Mo.]

DRINKABLES.—It seems to be conceded on all hands, that cold, or at least not more than milk-warm victuals, are decidedly more healthy than when eaten in the usual manner, scalding hot. Some writer has called "man an animal that cooks his victuals," "and," he might have added, "eats them hot." And he not only eats his food hot, but follows it up by drinking two or three cups of coffee or tea, still hotter. Such a course appears to me absurd and injurious.

Doubtless the intention of the Creator was, that every existence, both animal and vegetable, should drink water. For that reason, there is a profuseness, and a constant purification by natural laws, of the element. No other liquid can be made to answer the purpose of refreshing the vegetable kingdom; and why man should seek to mix up with a glass of pure, wholesome, cold water, a substance muddy, grouny, discoloring, and astringent, I cannot imagine.

Many people cannot drink their tea or coffee without cream and sugar, which neutralize the taste, although they do not render it less harmful. This however is the point. Not one in fifty will concede, that any injurious result is caused by drinking six or nine cups of coffee or tea per day. They say they have used one or the other, or both, for a "matter of forty year," and they "can't see as it ever hurt them."

That they can't see is doubtful; that they *wont* is sure. When I first left off drinking coffee and tea, the effect astonished me. For two weeks after I felt feverish and unwell—had a headache—had no life—my nervous system seemed unstrung—my sleep was broken and my tongue parched. And yet, I drank but two cups at a meal. However, my system rallied, and then for the first time, did I seriously believe that drinking tea and coffee injured me. I am satisfied that the effects are such as I have described them, differing only in degree.

Anything that stimulates, must in the end produce the same results, and they are only certainly manifested when the exciting cause is removed. It is so with tobacco and brandy. While it steadies the nerves of the drunkard, it shakes those of the temperate man. It is astonishing that sober, sensible men will thus commit a species of moral and physical suicide. If water is not wholesome, if it will not answer the end proposed, you shall not be urged to use it as a beverage.

But what advantage is it to any man, to pour into himself a decoction of leaves, roots, or berries, in which there is nothing wholesome or pleasant? Why not take pure cold water at once? It is better in every way. It is natural, it is proper. A glass of pure water placed at every plate, at meal time, is a

sight pleasant to behold. For every reason, taste, health, and economy, water possesses advantages over every other liquid, as a beverage, except—brandy.

NOTE TAKER.

SRESU OCCABOT.—MESSRS EDITORS:—I wish to say a few words respecting a certain class of individuals who, strange to say, seem much too philanthropic for their own or others' good. Their liberality consists principally in buying and manufacturing a certain article, in a shape that it may be the more easily distributed, and also better appreciated, by those who may be honored with their presence. So benevolent are they, indeed, that nearly all who come within their reach are compelled "*volens volens*" to receive the benefits of their unbounded liberality.

This class of persons is by no means small, as might be expected of this money-grasping age. They may be found at every turn. Undoubtedly the *donors* consider it as one of the greatest of heaven's blessings; but many of its recipients (ungrateful!) consider it as a curse ever to be shunned. As yours is truly a "*Herald of Reforms*," it is to be hoped that no pains will be spared to enable such to turn from the evil of their ways, and live in the enjoyment of health and truth, as it is in—*decency*. Persons to whom this may apply, are known as—*sresu occa t.* CON.

HOME PRACTICE.—A little boy of my own, some two years old, was attacked with inflammation of the mucous membrane of the stomach and bowels. I was absent at the time, but returned shortly after. The family physician had been called by the mother and grand-parents. I told the doctor I should treat the child hydropathically. He prescribed and said my course was a good one. I commenced by putting aside his prescription and applying mine. A warm pack bath, with sponge baths, cold in the morning and warm at night, completely restored him in five days; when every body who saw the case, said they never saw a more severe case of flux and fever combined.

A citizen of our village was attacked with fever. A regular was called. The usual remedies were applied. But the patient grew worse. It was said that he must die. He desired at last to be treated with water. The drugs were thrown aside, and for once the doctor used nature's remedy in fever, and with entire success, for his patient recovered as if by magic.

My mother was thrown from a carriage, the horse having run away. Her ancles were sprained and one of them fractured. She was otherwise badly bruised, and her back injured. As soon as I could, I applied cold cloths and sponge baths to the wounded parts and the body. She recovered so much in the space of ten days, that she was able to be removed to her home, some twenty miles, but hearing of some "*great remedy*," some never-failing specific, for bruises, burns, cuts, pains, and all the other "*ills that flesh is heir to*," if "*properly applied* and continued long enough," (ah! that's it,) she concluded to try Mr. "*Cure-em-quick's* Patent Gill-my-flister Gum Liniment;" but after using several bottles and receiving no benefit from it at all, she was persuaded to throw it aside, and try the true remedy in such cases. She had been three weeks unable to walk one step on her feet, or bear any weight whatever on her ankle. In the incredible short space of one week, she could bear her weight on her feet, and very soon put aside her crutches, and is now attending to her ordinary duties. I do not think she would ever have walked erect again, had she pursued any other course. T. H.

CORRECTION.—In my article on Nature's Perfect Guide, in the September number of the JOURNAL, I, strangely enough, omitted to answer a question having an important bearing on the question at issue. As most persons will, at first thought, answer it in the affirmative, and perhaps not give it a second thought,

I desire to answer it. The question was, Did man succeed in improving the taste of nature's compounds when he mixed food? If it is true that nature has imparted the most delicious flavor to everything fit for food, and that the certain effect of mixing food is to deprave the appetite; and that in proportion as the appetite is depraved we lose enjoyment, then man lost more than he gained by mixing food.

I think that all must admit, that a man who can enjoy wholesome food, unmixed, has a more natural appetite than he has who cannot enjoy it. And that it is no proof that mixed food is really the most delicious because a man who has all his life cultivated a taste for it, prefers it to unmixed food, that he has never cultivated a taste for. Cultivation does wonders for a man. It makes him prefer food and drink containing poison to nature's pure articles. As powerful as cultivation is, there is one thing it can never do, viz: make a man relish a pure article, that is injurious to him, as well as he will one that is beneficial to him. *Here lies the importance of eating only pure food. By so doing, we can never hurt ourselves eating injurious things, unless we are foolish enough to eat things that do not relish well.*

Oh! that men would take a tithe of the pains to cultivate an appetite for natural things that they do for unnatural ones. They would soon learn that it is far easier to cultivate a taste for good things than for bad ones. For instance, they would find it much easier cultivating a taste for unleavened bread than for tobacco. No physiologist has any doubt about unleavened wheat-meal bread being the most healthy bread that can be made, and that tobacco is always injurious to every one that uses it. And yet strange—unaccountably strange—to say, where one person has taken a little pains to cultivate a taste for unleavened bread, at least a hundred thousand have taken much pains to cultivate a taste for tobacco. This looks almost like total depravity.

A man that can learn to love so vile a thing as tobacco, need have no fear but that he can, if he will, learn to love nature's pure food unmixed, so that he can enjoy it more than he ever did mixed food.

[*Williamsburg, N. Y., Sept., 1853. F. H. KING.*]

GOSSIP FROM OHIO.—DEAR GOSSIPS:—The Buckeye State "is still alive, and kicking," too—kicking "old fogysim" towards the shores of eternal oblivion, with a gusto that is perfectly laughable.

The young folks begin to think they are *somebody*, or at least will be some time, and are beginning to hold conventions of their *own*, to talk about their duties and *rights*, and the responsibilities which will soon devolve upon *them*! They held one in Columbiana County in June, and you had better believe there was a stirring up of mind and a speaking out of sentiment which would have done credit to a convention of "old folks;" and in Morrow County, the place where they do up such things with a "perfect looseness," the young people celebrated the nation's birthday with one of their conventions, and don't you believe they passed a "resolve" that they would "*think for themselves*, and act upon their *own* convictions of right. Oh! What! *mirabile dictu!* think on their own hook, and not pin their faith to other folks' sleeves! I should think the "old folks" down in Morrow would keep their boys and girls at home after such presumption as that (!).

They resolved, too, "That a sound body is necessary to the healthy action of the mind, and therefore it is our duty to become acquainted with the arrangement, nature, and functions of the physical structure, and the proper means for preserving health." Should reckon Morrow County would soon be ready for that "*climax* of quackery"—a Water-Cure establishment, if the rising generation go on that way a great while; and then, oh! what will become of the poor Allopaths? and what will they do with their pills and

powders, their oyster-shell lime and cod liver (putrid hog) oil?

In my perambulations I find that Hydropathy is growing as everything else does, when it gets a start in Buckeyedom—"right straight along." I find a dozen practicing its teachings in a good degree now where I couldn't find *one* a few years ago.

I fell in with one family the other day whose "*head*" was so blinded by prejudice and self-conceit, that he won't allow a Water-Cure Journal about the house. Yet the younger members practice daily bathing, and are quite Hydropified. The old gentleman lost his better half a short time since under the cod liver treatment, but whether that will have any effect in knocking the scales from his eyes, your humble servant knoweth not.

Water-Cure establishments are springing up all over Ohio, and if this ain't the *fashionable* way of doctoring before ten years, I'll give it up that I am no prophet. Why, you can hardly find a person *now*, but what will admit, if you corner them right up to it, that "water is an excellent thing in its place" (!) and lots of them even go so far as to say that "if folks only understood how to manage it, all their *common* complaints might be cured by it without a doctor;" while many renounce drugs and drug doctors entirely, and declare that if they *must* die, they "had rather die a natural death." Can't you send some of your water-cure lecturers out here? I'll guarantee that they shan't be "tarred and feathered." PLOUGHBOY.

[*Ohio, U. S. A.*]

Generalities.

OUR AMERICAN NURSERIES.—Some months ago, we proposed to publish a list of the different nurseries—as a Directory—for the benefit of our readers, who may wish to procure fruit trees to plant. It would give us pleasure to present a COMPLETE LIST, embracing all the nurseries in America, and hope ultimately to do so, but we will begin, by naming the following, catalogues of which have been sent us by the proprietors:

B. M. WATSON, Plymouth, Mass., Proprietor of the *Old Colony Nurseries*. In this list, we find a very large variety of Fruit and Ornamental Trees, Shrubs, Climbers, Roses, Grape Vines, Strawberries, Dahlias, Verbenas, Chrysanthemums, and Green House Plants.

ELLWANGER AND BARRY, Rochester, N. Y., Proprietors of the *Mount Hope Nurseries*.

THORP, SMITH, HANCOCK AND CO., Syracuse, N. Y.

WILLIAM R. PRINCE AND CO., Flushing, N. Y.

PARSONS AND CO., Flushing, N. Y.

J. C. RYAN AND CO., Rochester, N. Y., Rochester and Charlotte Nursery.

SHEPARD, CHERRY AND CO., Rochester N. Y., River Bank Nurseries.

A. FROST AND CO., Rochester N. Y., Genesee Valley Nurseries.

A. SAUL AND CO., Newburg, N. Y., Highland Nurseries.

ISAAC FULLER, Hightstown, Mercer Co., N. Y.

DELL AND COLLINS, Waterloo, Seneca Co., N. Y.

BISSELL AND HOOKER, Rochester, N. Y., Commercial Nursery. See their card in our advertising columns.

D. S. MANLEY AND BROTHERS, Buffalo N. Y.

HENRY SHAW, Tremont, Tazewell Co., Illinois. We quote a paragraph from the Catalogue of Mr. Shaw. We admire the zeal manifested in his announcement. He engaged, in this work he says, "with the determination to make 'FRUIT CULTURE,' and 'TREE CULTURE,' his only business for life. This may afford the best assurance that care and industry have been exercised in profiting by the experience of others, previously engaged in the culture of Fruit Trees."

The strip of country embraced between Lat. 39 and 41 degs. [or 42, Eds.] North, is the best in the world for the culture of the APPLE and PEACH. Fruit in this latitude is handsomer, larger, and better flavored, and the trees more productive, than either North or South of us. This section of Illinois is a part of the best fruit country in the world. The culture of fruit here is only just begun.

In a note to the Editors he says: "Herewith I send you a copy of my catalogue. We have now about 50,000 trees of all sizes of the apple, for which the demand is increasing

faster than the trees can grow. This prairie country is being hedged quite extensively with Osage orange. We have on hand a young crop estimated at 2,000,000 plants. The demand is good at \$5 per 1000. Having so much work to do we can only accomplish our ends by strict temperance in eating and drinking. We are strong believers in the virtues of Water as a purifier and as a beverage. We read the Journal.
"Respectfully,
HENRY SHAW."

JAMES W. GRAY, Ball's Pound, Fairfield Co., Connecticut. [A new nursery—commenced in 1847—present number of trees, 25,000.]

JACOB CONCKLIN, Shepherdstown, Cumberland Co., Pa.
JOSEPH BOYNTON, Huron, Wayne Co., N. Y.
W. T. AND E. SMITH, Geneva, Ontario Co., N. Y.
J. C. PLUMB, Lake Wells, Jefferson Co., Wisconsin. [Now on hand, 25,000 Fruit Trees.]

WRIGHT AND BAKER, Ceresco, Fon du Lac Co., Wisconsin. [One of the Proprietors writes us as follows:

"We occupy about 8 acres, covered principally with Apple, of from 1 to 4 years growth. Our Nursery was established by sowing seed 4 years ago last winter, consequently our oldest trees are now on their 5th years growth. The Apple, Pear, Plum, Red Cherry, Currants, various kinds of Berries and flowering Shrubs seem to do well in this country, but the Peach and Black Cherry do not as yet succeed, on account of our cold climate.
"Yours with respect,
A. DEVINE WRIGHT."

MATHIAS MOYER AND SON, Niconza, Miama Co., Ind., sixteen miles from Peru, and twenty-one miles from Warsaw. The Proprietors say: The number of cultivated trees of the different varieties and ages is estimated at 60 to 70,000, of which one half will be fit for transplanting the coming fall and spring; some 20,000 are of a large size, all of which are offered at low prices, for cash in hand, at the Nursery.

DAVID MYERS, Marshal Co., near Magnolia, Ill. The Proprietor writes: We have on hand about 150,000 Fruit Trees of all ages, varying from one to five years, principally Apple, though we have about 2,000 of Pear Trees of superior Eastern varieties, some fourteen of which are in bearing the present year. Of Apple we have full 100 varieties in bearing.

MADDOX, PERIGO AND PRENTICE, Toledo, Ohio, Fruit and Ornamental Trees, Evergreens, Flowering Shrubs, and General Nursery Stock.

E. MORTON, St. Joseph, Berrian Co., Mich.
GEORGE HASCALL, Rockford, Illinois, Fruit Trees.
J. A. KENNICOTT, Chicago, Illinois.
P. B. SPALDING, Byron, Ogle Co., Illinois.
A. R. WHITNEY, Franklin Grove, Lee Co., Illinois.
We clip the following from the *St. Anthony Express*, Minnesota:

FRUIT TREES—The subscriber expects to receive, in time for setting out several thousand Apple, Cherry, and Pear Trees. They are from Fruit Hill Nursery, Adams Co., Ill.; are thirty two and three year olds, and will be sold very low for cash or approved paper on a short time.
V. FELL, Minneapolis.

EVERY AND COMSTOCK, Nurserymen, Burlington, Iowa, have from 200,000 to 300,000 trees.

WOLCOTT ELEY, Bloomfield, Ct., Fruit and Ornamental Trees, etc.

We are at the end of our list as it now stands, but shall be happy to make additions to it from time to time as those interested may give us the means, by sending us their cards, catalogues etc., both for their benefit and for that of our numerous readers. Nurserymen will find our advertising columns a first rate medium through which to get their Nurseries before the public.

We cannot close without urging every one who owns an acre of soil anywhere in the land, to plant fruit trees. Do not defer it. It is the safest investment of capital you can make, while at the same time the highest value of a fruit orchard can never be counted in dollars and cents. PLANT FRUIT TREES.

SPIRITUAL FACTS.—That Whiskey is the key by which many gain an entrance into our prisons and almshouses.

That Brandy brands the noses of all those who cannot govern their appetites.

That Wine causes many to take a winding way home.

That Punch is the cause of many unfriendly punches.

That Ale causes many ailments; while beer brings many to the bier.

That Champaign is the source of many real pains.

That Gin slings have "slew'd" more than the slings of old.

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.

TOBACCO PRIZE ESSAYS.—The one hundred dollars offered in our July number has been paid in to the publishers, and will be awarded to the successful candidates on the first of November, as originally proposed. Those wishing to compete will send in their essays previous to that time.

THE AMERICAN PHRENOLOGICAL JOURNAL for October, published by Fowlers and Wells, 131 Nassau st., New York. (Terms \$1.00 a year in advance,) has the following attractive table of contents.

Phrenology in Language, Phrenology as applicable to the Professions, Importance of Phrenology, Amos Pillsbury, The Natural History of Man, The Anatomy and Physiology of the Senses.—No. 1., Glass—A Phenomenon, Zinc, Farm Work to be done in October, Phrenological Convention,	Notes on Oregon.—No. 1., Phrenology in Oregon, Reviews, Miscellany, Events of the Month, Domestic, Chit Chat, Notes and Queries, Literary Notices, General Notices, Advertisements, The Lattening Observatory,
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LECTURERS.—In addition to the list already announced, we take pleasure in naming Dr. JAMES CATLIN, of Mercer, Pa., who will lecture on Physiology, Water-Cure, etc., and Dr. BAKER, of Racine, Wisconsin, who will lecture on Physiology and Anatomy—applied to disease. Dr. Baker has FOWLERS AND WELLS' publications for sale; also Dr. G. HOYT, who will lecture on the Philosophy of Hydropathy. His address is Worcester (Mass.) Water-Cure.

WATER-MELONS.—This delicious fruit is extremely plenty, which fact may account for the general good health prevalent in this section.—*Westfield News Letter*.

[A strange idea this, but strange as 'tis, 'tis true, and the world will find it out in the "good time coming," when every body may have plenty of good ripe fruit to eat in place of "Hog and Hominy."

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.

A MALE "CLUCK."—The *Lancaster Republican* tells rather a tough story in this wise.—Chicken fanciers may believe it or not as they see proper:—

"Mr. David Royer, of this city, had a pair of bantam fowls, male and female. The female hatched out a number of young ones, and after a short time took sick and died, after which the male, a regular rooster, at once took charge of the young family, and not only led them about in the yard, but also clucks, the same as any female cluck does, and in the evening, as well as sometimes through the day, he gathers his family under his wings, the same as the females do. Some time after this, another cluck died, leaving an orphan family behind her, which this same male cluck also took in charge, although they were neither of the same size or age as those of his first charge. In the early part of the present week, when we were an eye-witness to this odd chicken family, this male cluck had no less than twelve young ones in charge, some of which were almost old enough to manage for themselves."

SUDDEN DEATH.—About 9 o'clock on Sunday evening a servant girl named Eliza Kenna, residing in the family of Mr. Delevan, in South Third street, called at the house No. 238 South First, to see a relative, and while leaving, dropped down in the hall, and expired in a few minutes. Coroner Cooke held an inquest yesterday, and the jury ren-

dered a verdict of nervous exhaustion. A sister and two brothers have died from the same cause.—*N. Y. Tribune*.
[A singular hereditary predisposition, yet it may doubtless be traced to the ancestry for generations back.]

BOOTS AND SHOES.—G. W. Knowlton, of De Ruyter, N. Y., advertises in the *Banner of The Times*, an excellent Temperance Newspaper, in the following language: We wish him all reasonable success, in the "Healing Art." May he be the means of preserving the "souls" of his cash-paying patrons, to the "last."

I'm Professor indeed, of the great healing art,
Tho' I never have meddled with roots,
And to each needy patient, with gladness of heart,
I will deal out a portion of boots.

I'm a curer of soles, and wish all to come in
From all the dark corners and nooks;
Tho' I grant no indulgence to any, to sin,
I gladly indulge them with boots.

What boots it to me, while in strife for the money
Tho' all men beside, call it trash?
'Till I've kicked my last kick, tho' it's not very funny,
I will boot friend or foe, for the cash.

The *Cincinnati Times* contains the card of "Caroline Brown, M.D., Physician and Surgeon," to which it calls attention editorially. The *Times* thinks it probable that a new era has opened in medical annals, and henceforth, particularly in cities, female practitioners will be found, whose qualifications have passed a competent Board of Examiners." The names of three ladies from this state, appeared upon the list of graduates of one of the Philadelphia Medical Institutions a short time since.
["Shouldn't wonder, shouldn't wonder."]

WOLVES.—The Bangor (Me.) Mercury, says that David Moore, Esq., of Burlington, on the night of the 28th ult., lost 33 sheep and lambs, being the whole of his flock except six sheep and four lambs. They were all killed by wolves. The wolves tapped their jugulars, and sucked their blood, without otherwise mangling them.

[Those were wicked wolves, to thus take the blood from the poor innocent and inoffensive sheep. But is it not equally wicked to draw the blood from poor sick humans?]

To Correspondents.

SORE EYES.—H. B., "Out West." This correspondent informs us that in consequence of having inflamed eyes made worse by the "faithful application of cold water," his faith, from being strong, has become somewhat weakened in water-cure. We do not wonder. You made a blunder in using it, which no thorough physiologist ever could have made. Your eyes were weak, irritable, red, and worn down. They needed rest, soothing, tepid or warm water bathing, and derivative baths. Instead of this, you dashed on cold water, and produced a strong reaction to the point from which you should have produced a strong revulsion. You mistook exhaustion for over-action.

CHRONIC RHEUMATISM.—C. J., Stamford, Conn. Your lameness could undoubtedly be relieved by the application of the hot and cold douche, in connection with general treatment. But to get this peculiar treatment, you would probably have to go to an establishment.

INJURED SPINE.—P. H., Frostburgh, Alleghany Co. You will find cases very similar to yours, in which water treatment was entirely successful, detailed in "Water-Cure in America."

PROBLEMATICAL.—J. S., of Brockville, C. W., asks—"Would not the health of nations be improved if they subsisted on the products of their own soil only? Were this plan adopted would the wealth of nations be effected by the change? Even if materially decreased, are people justified in sacrificing health to wealth?" To the second and third questions we of course say no, with the qualification that the wealth would only be affected advantageously. Nations might traffic in the products of arts and sciences,

they did not in food. To the first question may be answered affirmatively in the main. There are, however, some kinds of seeds and fruits, which different nations might interchange without the least harm; for example, apples, chestnuts, bananas, etc.

OPIUM ANTIDOTES.—A. B., Norwalk, Conn. "Dr. Trall, please inform a sufferer what is the best antidote against the influence of opium, and the surest way of breaking off taking it? I have tried to quit the habit several times, and when the usual hour comes round for taking it, it seems that I should go crazy if I do not." The antidote is letting it alone. All persons "suffer some" in breaking off from all habits of taking stimulants and narcotics, and the "craziness" is in proportion to the injury the nervous system has already sustained. If you have not resolution or strength to quit at home, go to a water-cure. Simple diet and plentiful bathing allay much of the suffering. We have cured many such subjects as you represent yourself to be. Hot foot-baths and full warm baths are frequently useful.

INJURED THIGH.—W. H., Boston. You should adopt a strict vegetable diet, take a half-bath every day; a pack once or twice a week, and wear wet bandages continually. You would do best at an establishment.

GRAVEL, &c.—A. B. D., Summitt, Pa. The symptoms you describe probably arise from gravel; it is, however, impossible to determine this point positively without a personal examination. Keep the skin free by a daily bath; eat only the plainest vegetable food; drink only soft pure water, and especially avoid the use of salt and alkalies.

CHRONIC RHEUMATISM.—T. J., Honeoye Falls. Your plan of taking a "pond bath" every morning, followed by rubbing with dry towels, is a good practice as far as it goes. But how long you can follow it to advantage is more than we know. Get the Encyclopedia and study its rules.

TROUBLED BREAST AND TAR WATER.—M., Iowa. Tell your doctor that the tepid sponge bath, and the wet girdle, are excellent; but the drinking of tar water is abominable. Tar goes very well with feathers, but it makes a very dirty sort of drink. The patient ought to use unbolted and unfermented bread.

NEURALGIA.—J. McD., Eagle Creek. Do not use the shower, but tepid half and sitz baths and towel washers instead. Those who are troubled with neuralgic pains after having been peppered through and through with calomel, should not use very cold water.

INFLAMED EYELIDS.—J. R. Your eye affection is either the result of using them improperly or excessively, or it is symptomatic of some other derangement. If the first, let them rest; if the second, treat the primary malady. You give no history of your case by which we can determine this point.

BILIOUS FEVER.—J. R., Falcon, Ark. "We have a great deal of sickness in our country, such as chills and fever, bilious fever, &c., arising, I think, from the malaria produced by a great deal of swamp lands. As some of us have much confidence in the water-cure, we would like to get hold of some work or works on that subject, that would give us sufficient knowledge to practice it in our families. Will you please inform us also, whether the wet sheet can be applied safely in cases where persons are not seriously affected; also when females are in the family-way or *en route*. Information on these subjects would be gratifying to many."

You will find the information you desire in the Hydropathic Encyclopedia, Shew's "Diseases of Children," and Shew's Work on Midwifery.

DEBILITY SUCCEEDING DYSENTERY.—A. F. G., Showhagan, Me. Persevere in the daily sblution; take a pack for an hour, followed by the dripping sheet, once a week; a sitz-bath daily, and wear the wet girdle a part of each day. The bread, cream and potato diet you mention is well enough.

EPILEPTIC FITS.—A. T. W., East Shelburne. As you state that you have a "gluttonous appetite," it is

probable that a very strict and abstemious diet, with a towel wash in the morning and a hip-bath in the evening would be essentials to your proper treatment.

EFFECTS OF CALOMEL.—O. M., Magnolia. "Is there any cure for the effects of calomel after it begins to eat?" The ravages of all mineral poisons may be checked in most cases by packing in the dry or wet blanket, as there is coldness or heat of the surface, as often as the patient can well bear it. The packs should be so conducted, if possible, as to produce moderate sweating.

SPERMATORRHOEA.—H. I. J. It would take three⁶ to six months to cure a bad case of confirmed nocturnal emissions. The expense at our principal Northern establishment is from \$7 to \$10 per week.

QUESTIONS AND ANSWERS.—M. C. N., St. Charles, propounds: "Why do almost all young infants suffer from colic?" Answer. Bad feeding. "Can it be prevented?" Yes. "When the disease exists, what is the remedy?" Warm fomentations or the tepid half-bath. "Why do women, after confinement, so often suffer from what is generally called milk leg?" Because of bad eating and drinking, and dosing before confinement. "What its cause?" Already answered.

UTERINE DISPLACEMENT.—S. R. H., LaSalle Co., Ill. Your case is probably curable. You can be successfully treated in this city, or at Rochester, N. Y. The time required will be about three months.

WEAK EYES.—M. E. G., Wisconsin. Attend to the rheumatism, of which the weakness of the eyes is but a symptomatic affection. A very plain vegetable diet is essential. A towel wash or half-bath, about 70 deg., in the morning, and two or three hip and foot-baths daily, as derivatives, are sufficient as far as bathing is concerned.

PAINTING AND POLYPUS.—E. H., Pocasset, Massachusetts. "Dr. Trall, You may recollect me as having been cured of a polypus of the nose at your establishment two years ago. I wish to ask, through the JOURNAL, whether the business of painting would tend to the production of polypus or other tumors, especially in one who has been so affected?" Painting is, under the ordinary careless habits of mechanics, an unhealthful avocation; yet it has no special tendency to induce tumors of any kind. On that account, simply, I would not fear.

TOBACCO.—H. D. S. W. "Does your reading and experience enable you to answer the following questions? 1. What are the physiological effects of chewing tobacco? Of smoking? Of snuffing? What would be the most prominent signs of death produced by each of these habits, if followed to excess, in a post-mortem examination?" You state your inquiries so blunderingly that we more than half suspect you to be an allopathic doctor. If so, you will stand in still greater need of enlightenment, so we will answer your questions in their order. 1. Yes. 2. Bad. 3. Worse. 4. Worst. 5. Nothing peculiar or prominent, except ordinary symptoms of inflammation in some parts of the mucous surface in the cases of smoking and snuff-taking. Absent vitality—death—cannot be seen, although you dissect the body to its minutest fibrillae.

WATER-DRINKING DISEASE.—G. H., of Nova Scotia, details the history and circumstances of an inherited disease, which consists essentially in the propensity to drink, from the cradle to the grave, enormous quantities of water, and asks us to explain the "phenomenon" on scientific principles. Whether it be an imposition, an exaggeration, a hallucination, or a hoax, we do not feel authorized to pronounce; but we "guess" the story is a sort of mixture of "all on 'em."

TUMORS IN THE GROIN.—P. S. Potsdam. The case is evidently scrofulous; aggravated by the debilitating causes you mention. Exercise moderately, take a daily towel-wash or half-bath, and persevere in a strict vegetable diet. The very best leading articles are unfermented brown bread and good apples.

Business Matters.

TO PREVENT MISARRIAGES, DELAYS OR OMISSIONS, all letters and 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.

WATER-CURE ESTABLISHMENTS.—The number of Water-Cure establishments in this country, already very large, is constantly increasing, and there are doubtless many of which we have no knowledge; but in addition to our city "Cures," we are able to give the following list, made up from the advertising columns of the JOURNAL. If there are any which are not recorded there, it is not our fault.

Dr. Kittredge's Water-Cure, E. A. Kittredge, M.D., Physician and Proprietor, 24 Franklin Place, Boston, Mass. Dr. Kittredge visits the sick and lectures anywhere in New England. This establishment is open during the whole year.

Worcester Water-Cure Institution, No 1 Glen st., Worcester, Mass; Dr. G. Hoyt (in the absence of Dr Rogers) Physician.

Easthampton Water-Cure, Easthampton, Mass; Dr. E. Snell, Physician and Proprietor.

Athol Water-Cure, Athol, Mass.; Geo. Field, M.D., Physician.

Lowell Water-Cure, near Lowell, Mass. We have no information in regard to it.

Newport Water-Cure, Newport, R. I.; Dr. W. F. Reh Physician.

Concord Water-Cure, Concord, N. H.; Dr. Vail Physician and Proprietor.

Dr. Wessell's Water-Cure, Brattleboro' Vt.; Dr. E. Lewenthal, Physician; Mrs. F. Wessell, Proprietor. Open during the whole year.

Glen Haven Water-Cure, Scott, Cortland Co., N. Y.; J. C. Jackson, M. D., and Mrs. L. E. Jackson, Physicians. See circular on another page. Open during the whole year.

Elmira Water-Cure, Elmira N. Y.; Dr. S. O. and Mrs. R. B. Gleason, M.D., Physicians. S. O. Gleason, M. D., Proprietor. Open at all seasons.

Forest City Water-Cure, Forest City Tompkins, Co., N. Y. Closed.

Forestville Water-Cure, Forestville, Chataque Co., N. Y.; Charles Parker, M.D., Proprietor and Physician.

Wyoming Water-Cure.—Institute Wyoming N. Y.; P. H. Hayes M. D., Physician.

Mount Prospect Water-Cure Binghamton, Broome Co., N. Y.; O. V. Thayer, M.D., Physician, H. M. Ranny, Proprietor.

Castile Water-Cure, Castile, Wyoming Co., N. Y.; Dr. Jabez Greene, Physician.

Jamestown Water-Cure, Jameston, Chataque Co., N. Y.; E. Potter, M.D., Physician.

Highland Home Water-Cure, Fishkill Landing, Dutchess Co., N. Y.; O. W. May, M.D., Proprietor.

Greenwood Springs Water-Cure, Cuba, Alleghany Co., N. Y. This establishment is for sale or lease on liberal terms. Address Dr. S. E. Perry, Proprietor.

Tarrytown Water-Cure, Tarrytown, N. Y. Address F. D. Pierson.

Dr. Bedortha's Water-Cure, Saratoga Springs, N. Y.; H. Bedortha, Physician.

New Graffenburg Water-Cure, New Graffenburg N. Y.; R. Holland, M.D., Physician.

Lake View Hydropathic and Homeopathic Institute, Lake View Rochester N. Y.; L. D. Flemming Physician.

Lebanon Springs Water-Cure, Lebanon Springs, N. Y.; Joel Shew, M.D., Physician; David Campbell, Proprietor.

Dansville Model Water-Cure, Dansville, Livingston Co., N. Y., is for sale. Address N. Bingham as above. See advertisement.

Orange Mountain Water-Cure, South Orange, N. J., is advertised for sale. The location is a good one, and the buildings and arrangements excellent. Address C. C. Sellers and Brother, South Orange, New Jersey.

Mercer Water-Cure, Mercer, Pa.; D. J. and Mrs. M. F. R. Catlin, Physicians.

Philadelphia (Washington Square) Water-Cure, Philadelphia Pa.; Dr. H. T. Meier and F. D. Rea, Proprietors.

Cold Spring Water-Cure, Upper Harrowgate, some 3 1-2 miles north of Philadelphia, Pa.; Dr. Weder, Physician and Proprietor. Dr. Weder's City Establishment is at 80 North Eleventh st., Philadelphia, Pa., where he may be addressed.

Pennsylvania Water-Cure Establishment at Phillipsburg, Beaver Co., Pa., is for sale. Address Dr. Edward Acker, Rochester, P. O. Beaver Co., Pa.

Brownsville Water-Cure, Brownsville, Pa.; Dr. C. Boelz Physician.

Cleveland Water-Cure Establishment, Cleveland, Ohio; T. T. Seelye, M.D., Proprietor.

Cincinnati Water-Cure, Carthage, Ohio, five miles from Cincinnati; Dr. A. Pease, M.D., Physician. Open summer and winter.

Sugar Creek Falls Water-Cure, Deardorff's Mills, Tuscarawas Co., Ohio; Dr. H. S. Freese, Physician.

Granville Water-Cure, (for the treatment of Diseases of Females) Granville, Licking Co., Ohio. W. W. Bancroft, M. D., Physician.

Yellow Springs Water-Cure, Yellow Springs, Greene Co., Ohio. A. Cherry, M. D., and G. W. Bigler, M. D., Physicians.

Water-Cure at Cold Water, Mich.; Dr. John B. Gully and N. T. Waterman, Proprietors.

Chicago Water-Cure Retreat, Chicago Ill.; J. Webster A. M., M.D., Physician.

Danville Water-Cure, Danville, Ky.; Dr. Thomas, Physician.

Georgia Water-Cure, Rock Spring, near Marietta; Geo. C. Cox, M.D., Proprietor.

Auburn Water-Cure, Auburn, Macon Co., Ala.; Dr. Wm. G. Reed and Miss L. A. Ely, Physicians.

F. W. Meyer, M.D., Hydropathic Physician at Col. Hamilton's Plantation, Bayou Sara, La.

Additions and corrections, as they become necessary, will be made in future numbers.

SHELDRAKE.—A FAVORABLE SITUATION FOR A HYDROPATHIC ESTABLISHMENT.—Sheldrake, a small village of some one hundred inhabitants, is situated on the western boundary of Cayuga lake; equi-distant from Ithaca at its head and "Cayuga Bridge" at its foot. In beauty of location and neatness of construction, it has no superior among the many noticeable inland villages of the state.

The Cayuga lake, forty miles long and from two to three miles wide, is a beautiful sheet of pure water with shores beautified by prominent projections. On the western bank of this lake stands the village, distinguished in the region round about it for the unequalled beauty of its rural scenery, and the elegance of its private residences.

The village is also healthy at all seasons of the year, and easy of access from every direction; good steamboat landing, the steamboat stopping daily on her downward and upward trips. A stage runs daily from here to Oriel, a flourishing village six miles west, and from thence west to Balytown, so as to meet the steamboats on Seneca Lake. The Cayuga lake abounds in a great variety of excellent fish, and all those who are disciples of Walton, or in any degree possessed of taste and genius for his healthful and manly profession, can enjoy it here to the heart's content. A little west of the village is a "spring" which affords a bountiful supply of pure soft water, which, when brought to the village would command a perpendicular height of fifty feet—the "spring" being on elevated ground.

Then why would not Sheldrake be a desirable place for a Water-Cure Establishment? Its facilities, location, &c., are certainly superior,—no place so accessible, that is more pleasant, and every way a comfortable resort for the invalid or seekers after health and recreation, or better calculated to invigorate both the mental and physical energies. Its salubrious air, its coolness in summer and mildness in winter, &c., combine to render this a favorable place for such an establishment. The people in this section of country have a great desire "to live as long as they do live," and live till the day of their death; moreover, those who have

tried "the new and the better way to live"—hydropathic treatment—have great confidence in its merits, which bespeaks, if there should be such an establishment opened here, it would receive a liberal share of public patronage.

DAR. C. S.

Literary Notices.

ALL BOOKS published in AMERICA may be obtained through the office of this JOURNAL at Publisher's prices. EUROPEAN WORKS will be imported to order by every steamer. Books sent by mail on receipt of the cost of the work. All letters and orders should be post-paid, and directed as follows: FOWLERS AND WELLS, Clinton Hall, 131 Nassau-st., New York.

SALAD FOR THE SOLITARY.—BY AN EPICURE. New York. Lamport, Blakeman, and Law. 1853.

We like this quaint alliterative title, and the book which bears it. Such a salad is good in its place, and gives one an appetite for more substantial fare. The materials for the literary conglomerate before us are well chosen, carefully prepared, and skillfully mixed, and their combined flavor is unexceptionable.

"Our salad," says the author, or, as he modestly styles himself, the compiler of the work before us—"is a concatenation of many good things for the literary palate,—

"Various, that the mind

Of desultory man, studious of change,

And pleased with novelty, may be indulged,"

"will, it is hoped, felicitate the fancy, and prove an antidote to ennui, or any tendency to senescent foreboding, should such mental malady chance ever to haunt the seclusion of the solitary."

It is a well edited *melange* of literary curiosities, and cannot fail to prove an attractive book both to the literary man and the general reader. The author is evidently a lover of quaint fancies and familiar with books. The work is handsomely got up and is illustrated with engravings.

ISAAC T. HOPPER: A True Life, By L. MARIA CHILD. [For sale by Fowlers and Wells, 131 Nassau street. Price, prepaid by mail, \$1.50.]

This biography of a great and good man, embracing as it does fragments of the lives of so many others with whom his own was mixed up, in his noble and unselfish labors of love, possesses all the absorbing interest of a romance. The name of Lydia Maria Child is a sufficient commendation of the work, in a literary point of view. It is destined to have an extensive sale. Send to Fowlers and Wells for it.

THE AMERICAN CATTLE DOCTOR. By G. H. DODD, M.D., Veterinary Practitioner, Author of "Anatomy and Physiology of the Horse." New York: C. M. Saxton. 1853.

This work contains the necessary information for Preserving the Health and Curing the Diseases of Oxen, Cows, Sheep, and Swine, with a great variety of Original Recipes, and Valuable Information in reference to Farm and Dairy Management; whereby every man can be his own Cattle Doctor. The principles taught in this work are, that all medications shall be subservient to Nature; that all medicinal agents must be sanative in their operation, and administered with a view of aiding the Vital Powers, instead of depressing, as heretofore, with the Lancet and Poison.

This is a step in the right direction. But the *Water-Cure* should be applied to cattle as well as to men.

A FEW THOUGHTS ON THE POWERS AND DUTIES OF WOMAN. Two Lectures by Horace Mann. New York: Fowlers and Wells. 1853. [Price, prepaid by mail, 30 cents.]

These Lectures were prompted by an earnest desire to elevate the condition of woman, and deserve the thoughtful perusal of every person interested in the great question of Woman's Rights. Mr. Mann differs on some points from the prominent advocates of the Woman's Movement, but is, nevertheless, an honest and faithful laborer in the same cause. These lectures deserve a wide circulation.

LITTELL'S LIVING AGE. Boston: Littell, Son, & Co.

This well-known periodical continues to sustain its deservedly high reputation. As an eclectic of foreign and domestic literature it will compare favorably with any of its rivals.

HOUSEHOLD WORDS, a Journal conducted by CHAS. DICKENS. American edition. New York: McElrath and Barker.

This Journal seems to be as popular on this side of the Atlantic as on the other. It deserves to be read by the universal Anglo-Saxon race. It combines in the happiest manner, instruction and amusement, and is never dull, dry, or commonplace. Published monthly. Two volumes yearly, of over six hundred pages each. Terms, only \$2 a year.

PUTNAM'S MONTHLY. New York: G. P. Putnam and Company.

The leading article in the September number is on "New York Church Architecture." The writer criticises our churches unsparingly, and finds scarcely anything to be commended in any of them. "Diary of Minerva Tuttle" seems to be a continuation of the topic of "Our Best Society," and is evidently from the same pen. The article on "Our New President" criticises Franklin Pierce rather severely. The chapter on "The Medical Profession" we turn over to our Professional Editor. *Putnam's Monthly* sustains its reputation, and continues to be the best American Magazine.

SHAKESPEARE'S WORKS. New York: Redfield. 1853.

Redfield's "Shakespeare Restored" has reached the 13th number. This, as we have before remarked, we consider the most valuable edition ever published, on account of the twenty thousand corrections of J. Payne Collier's copy of the folio of 1632. It will be completed in sixteen parts, at 25 cents each.

ILLUSTRATED WEEKLY RECORD of the New York Exhibition of the Industry of all Nations. New York: G. P. Putnam & Co.

Numbers V. and VI., bound in one, are before us. It is a costly and elegant, as well as a useful work. It will be completed in twenty-six weekly numbers for \$3.00. It is well worth the price it costs.

THE NEW ILLUSTRATED AND ILLUMINATED COMIC DOCTOR. New York. For sale by All Who Peddle It, and by Fowlers and Wells, 131 Nassau street. [Price 6 cents per copy, or twenty-five copies for \$1.00.]

"Laugh and grow fat," says the old adage, and it hints at a great truth—the sanative influence of cheerfulness. To say that a hearty laugh is better than the most potent potions of the drug doctor, would not be saying much. We venture to say, that it is sometimes even more beneficial than a shower bath or a pack. Well, here is a chance to laugh. Never before, we opine, were mortal pages so brimful of fun as those which comprise the Comic Doctor. The reading matter and the pictures are alike pregnant with humor. "Mr. Ginger's experience" shows up the beauties of the "Regular Practice" to perfection. We are sorry for the "Druggers," but if they will make themselves ridiculous they must get laughed at; we can't help it. "Only six cents a copy, and very cheap at that."

THE ILLUSTRATED PHRENOLOGICAL ALMANAC FOR 1854. New York and Boston: Fowlers and Wells. Price 6 cents per copy, or twenty-five copies for \$1.00.

This new "ANNUAL" is out a long time in advance of the "Holidays," in order to give the people everywhere an opportunity to supply themselves before the New Year begins. The Almanac contains articles on

Phrenology and its Opponents; Lucretia Mott, with portrait; Fanny Fern's Advice to Hotel Waiters; Gumming It; The Teeth; Love; Joseph Mazzini, with a portrait; Axioms; Hosea Ballou, with a portrait; Importance of Dress; Animal Temperaments, with cuts; The Constitution of Man; Tests of Character; A Preventive against Moths; Thomas Francis Meagher, with a portrait; Depravity; Economy; Henry VIII., with a portrait; Woman's Rights; A Modern Sampson; Hibernian Bulls; Races of Men, with cuts; Mrs. B. H. Lambert, with a portrait; A Strange Adventure; Phineas T. Barnum, with a portrait; Old Hunkerism; American Phrenological Journal; Caleb Cushing, with a portrait; Newspapers; King Bomba, with a cut; Definition of the Faculties.

The astronomical calculations are adapted to the meridians of the whole continent, including all the States and Territories. It should go into every family.

THE NEW ILLUSTRATED WATER-CURE ALMANAC for 1854, also just issued by Messrs. Fowlers and Wells, is equally useful, and sold at the same price.

Advertisements.

A LIMITED space of this Journal will be given to advertisements, on the following terms: For a full page, one month, \$5 00

For one column, one month, 30 00 For half a column, one month, 19 00

For a card of four lines, or less, one month, 1 00 At these prices the smallest advertisement amounts to LESS THAN ONE CENT A LINE FOR EVERY THOUSAND COPIES, our edition being never less than 40,000 copies.

Payment in advance for transient advertisements, or for a single insertion, at the rates above-named, should be remitted. All advertisements for the WATER-CURE 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 INSTITUTION.—DR. TRALL receives patients at his commodious establishment, 15 Light-street, New York, (the oldest and most extensive City Water-Cure in the United States), one door from the beautiful promenade grounds of St. John's Park.

DR. SHEW, of New York, No. 98 Fourth Avenue, between 10th and 11th streets, attends to general practice as heretofore.

LEBANON SPRINGS WATER-CURE (Columbia Co., N. Y.) is now open for the fall and winter. DR. SHEW, of New York city, consulting physician.

FORESTVILLE WATER-CURE, at Forestville, Chatauge Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad.

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

GREENWOOD SPRINGS WATER-CURE.—This establishment, in Cuba, Allegany Co., N. Y., on the line of the New York and Erie Rail Road, will be sold or leased to a competent hydro pathist, on liberal terms.

CASTLE WATER-CURE.—DR. GREENE having, for the purpose of extending his knowledge in the complicated details of the treatment, devoted the past season to visiting a large number of Water-Cures in the different States of the Union, has again resumed the charge of the above Establishment.

WYOMING WATER-CURE INSTITUTE, at Wyoming, N. Y. This establishment is delightfully situated on the western range of hills which overlook the beautiful valley and village of Wyoming, in the State of New York.

THE JAMESTOWN WATER-CURE will be open for the reception of patients summer and winter. E. Potter, M.D., and Mrs. L. M. Potter. Oct. 1.

FOR SALE, THE WATER-CURE ESTABLISHMENT at PHILLIPSBURG, BEAVER COUNTY, PA.—Family circumstances induce the undersigned to offer for sale his well-frequented and favorably known HYDROPATHIC ESTABLISHMENT.

CLEVELAND WATER-CURE ESTABLISHMENT.—The above establishment still continues in successful operation; having already entered upon its sixth season.

CONCORD WATER-CURE, CONCORD, N. H.—Dr. VAN HORN'S establishment, at the Capital of the "Granite State," will be found open winter and summer.

DR. WEDDER'S COLD SPRING WATER-CURE, is just opened for the reception of patients. It is situated on the Upper Harrowgate Lane, 3/4 miles north from Philadelphia.

CINCINNATI WATER-CURE, five miles from the City, on the Cincinnati & Dayton Rail Road, and but a few rods from the Carriage Depot.

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

DR. R. WESSELHOFF'S WATER-CURE, at BRATTLEBORO, VT., will be conducted for the coming season by Mrs. F. WESSELHOFF, assisted by the administrators of her late husband.

MISS M. H. MOWRY, PHYSICIAN, No. 32 South Main street, Providence, R. I. Mrs. HESTER A. HORN, WATER-CURE PHYSICIAN, No. 9 Abington Place, Troy at., N. Y.

FOR SALE, THE DANVILLE MODEL WATER-CURE.—The building is 100 by 40 feet, four stories, with a wing 30 by 30, three stories.

DR. SANDS' WATER-CURE ESTABLISHMENT, at the most beautiful Ephrata Mountain Springs, Lancaster Co., Penn., is open for the reception of patients summer and winter.

DR. H. F. MEYER, at Coldwater, Mich., is in successful operation. Will be open fall and winter. DR. JOHN B. GALLY, N. T. WATERMAN, Proprietor.

THE WATER-CURE ESTABLISHMENT at Danville, Ky., is still under the direction of Dr. THOMAS, and open for the reception of patients, summer and winter.

LAKE VIEW HYDROPATHIC AND HOMEOPATHIC INSTITUTE at Rochester, Monroe Co., N. Y., is second to no other in the United States in its beautiful and healthful location, and its Capacity and perfection as a Water-Cure.

MOUNT PROSPECT WATER-CURE, BINGHAMTON, Broome Co., N. Y. This retreat for the sick is fitted up in prime order, and in beauty of location and purity of water, this place is unrivalled.

SUGAR-CREEK FALLS WATER-CURE is 15 miles south of Massillon, O. It is supplied with pure Soft Spring Water, which should be remembered by invalids.

CHICAGO WATER-CURE RETREAT, corner of Indian and Rush sts., Chicago, Ill. At this establishment, pure soft water is the only medicine used.

GRANVILLE WATER-CURE.—FOR THE treatment of Diseases of Females. Address—W. W. BARCROFT, M.D., Granville, Licking Co., Ohio.

TARRYTOWN WATER-CURE.—THIS ESTABLISHMENT, which was consumed by fire last year, has been rebuilt, and is now ready to receive patients.

AUBURN WATER-CURE, Auburn, Maine Co., Ala. DR. WM. G. REED, Miss L. A. ELY, Physicians.

NEWPORT, R. I., WATER-CURE.—This Establishment is now in successful operation, under the direction of Dr. W. P. REU, whom please to address for particulars.

GEORGIA WATER-CURE.—At Rock Spring, near Marietta, Georgia, is open, summer and winter.

DR. E. A. KITLEDGE CONTINUES to receive patients at his establishment, 94 Franklin Place, Boston, and visits the sick anywhere in New England.

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

G. H. TAYLOR, M.D., Practitioner of Water-Cure, No. 2 Eleventh st., cor. 4th Avenue. Domestic practice and office consultations particularly attended to.

MERCER WATER-CURE, Mercer, Pa. By Dr. J. and Mrs. M. F. R. CAVILL. Terms \$4 to \$6 per week.

FOREST CITY WATER-CURE, Forest City, Tompkins Co., N. Y. W. M. STEPHENS, Mrs. J. P. STEPHENS, Physicians.

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

LYING-IN INSTITUTE, 201 West 36th st., by Mrs. C. S. BARKER, M.D., graduate. She will also consult with, and visit patients at their residences.

NEW GRAEFENBERG WATER-CURE.—For full, printed particulars, address R. HOLLAND, M. D. New Graefenberg, N. Y.

PHILADELPHIA WASHINGTON SQUARE WATER-CURE ESTABLISHMENT, No. 31 South Sixth street. DR. H. F. MEYER and T. D. REA, Surgery, Obstetrics, and General Practice attended to by Dr. H. F. MEYER.

WATER CURE, at Coldwater, Mich., is in successful operation. Will be open fall and winter. DR. JOHN B. GALLY, N. T. WATERMAN, Proprietor.

THE WATER CURE JOURNAL.—A NEW VOLUME commences with the July number. Published monthly, illustrated with engravings, exhibiting the structure, anatomy, and physiology of the human body, with familiar instructions to learners.

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

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

FROM THE NEW YORK TRIBUNE. "Every man, woman, and child, who loves health, who desires happiness, its direct result, who wants to 'live while he does live,' 'live till he dies,' and really live instead of being a mere walking corpse, should become at once a reader of this Journal, and practice its precepts."

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

THE PHRENOLOGICAL BUST, DESIGNED ESPECIALLY FOR LEARNERS: Showing the exact location of all the Organs of the Brain fully developed, which will enable every one to study the science without an instructor.

"This is one of the most ingenious inventions of the age. A cast made of plaster of Paris, the size of the human head, on which the exact location of each of the Phrenological organs is represented, fully developed, with all the divisions and classifications. Those who can judge of their services, and use the bust, may test in a very short time, from this model head, the whole science of Phrenology, so far as the location of the organs is concerned."—New York Daily Sun.

WOMAN'S RIGHTS COMMENSURATE WITH HER CAPACITIES AND OBLIGATIONS. By Abby Kelly Foster, Paulina W. Davis, Harriet K. Hunt, E. Oakes Smith, M. E. J. Gage, Angelina G. Weld, E. L. Coee, Harriet Martineau, Mrs. E. C. Stanton, and other distinguished Women. Price, 50 cents.

WOMAN, HER EDUCATION AND INFLUENCE; with an Introduction by Mrs. C. M. Kirkland. Price 50 cents. PARENTAL RESPONSIBILITY. By Mrs. C. M. Steele. For Young Mothers, 30 cents.

THE NEW ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA. A Family Guide, in Health and Disease. In Two (2mo) Volumes, with nearly one thousand pages, and upwards of three hundred Engravings, by R. T. TRALL, M.D. Price, \$2.50. Just published by FOWLER and WELLS, 131 Nassau street, New York.

MECHANICS, INVENTORS, AND MANUFACTURERS.—\$150 in Splendid prizes. \$150. Volume IX. of the SCIENTIFIC AMERICAN commences on the 11th of September.

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TERMS:—One copy one year, \$2; one copy six months, \$1; five copies six months, \$4; ten copies six months, \$7; ten copies twelve months, \$15; fifteen copies twelve months, \$22; twenty copies twelve months, \$28, in advance.

Southern and Western money taken for subscriptions. Letters should be directed, post-paid, to: MUMF & Co., 138 Fulton street, N. Y.

ARE YOU INSURED?—C. B. Le Baron, Insurance Office, No. 45 Nassau street, New York. Insurance effected on all kinds of property, at the lowest rates. Insurance Stocks and Scrip bought and sold on commission. Applications, post-paid, will have prompt attention.

ECLECTIC MEDICAL INSTITUTE, Cincinnati, O. Chartered 1849. Professions fees abolished 1852. Total No. of Matriculants 1513, Matriculants of 1852-3, 263.

Professors W. Sherwood, J. R. Buchanan, R. S. Newton, Z. Freeman, J. King, G. W. L. Buckley, J. W. Hoyt.

The next winter session of this Medical College, (the fourth as to size of classes in America), will commence the first Monday of November, 1853, and continue four months. Graduates as preliminary Lectures will be delivered during the latter half of the month of October. The halls of the Institute have been enlarged, and a Hospital erected for the purpose of Clinical Instruction.

The fee of \$10, paid on Matriculation, admits to the entire course of lectures, by seven Professors, and to the Anatomical Hall. Ticket to the Hospital (optional) \$5. Females admitted on the same terms.

The doctrines of the Institute are liberal and the lectures comprise much information not obtainable in other schools. Students arriving in the city will call at the office of PROF. R. S. NEWTON, on Seventh street bet. Vine and Race. For further information address Oct. 14. J. R. BUCHANAN, M.D., Dean.

A WIFE WANTED: OF THE HYDROPATHIC SCHOOL, not over 30, of good disposition, and possessed of a few means, to invest in a Farm, situated in her own right. To such an one, the subscriber offers, in good faith, to discuss her standing and circumstances, with the view of marriage and settling in the country to enjoy a RATIONAL LIFE, should an acquaintance prove us congenial spirits. Please address O. B. J., Oct. 14.* New York City, Post-Office.

NEW YORK HYDROPATHIC AND PHYSIOLOGICAL SCHOOL.—The educational course is adapted to three classes of Students. The first, in addition to Natural Philosophy, Mathematics, Rhetoric, French, Drawing, Music, &c., will be instructed in Phrenology, Chemistry, Hygiene, Dietetics, and Calisthenics. The second class will more particularly investigate Phrenology, Physiology, Psychology, Magnetism, Natural History, Organic Chemistry, Elocution and Logic. To the third class will more especially appertain Anatomy, Pathology, Surgery, Obstetrics, Therapeutics, and Medical Jurisprudence, which together constitute the Theory and Practice of the Healing Art.

Medical Students will be enabled to witness the treatment of nearly all forms of chronic diseases amongst the patients of the Institution; whilst the out-door practice will demonstrate the applicability of water-treatment to acute diseases. A CLINIQUE will be held weekly, or oftener, at which all who desire can become proficient in diagnosing diseases, and indicating the remedial course. Those who wish to attend dissections and surgical operations will be provided with all requisite facilities at a trifling additional cost. And those who intend to become hydropathic practitioners can attend, also, without charge, the clinics of all the other medical schools in the city, where every variety of diseased and deformed humanity can be seen.

All necessary Philosophical, Mechanical, Chemical, and Scientific apparatus will be provided. Anatomy, Physiology, and Obstetrics will be amply illustrated by preparations, colored plates, skeletons, manikins, &c.

Terms.—Each year will be divided into three terms of fourteen weeks each. The terms will commence respectively November 1st, March 1st, and August 1st.

No matriculating nor graduating fees will be charged; nor will any specified time of study be required of candidates. But whenever a student can exhibit competency to teach and practice the reform doctrines and medical appliances of our system, he or she will be accredited to the public by a proper diploma.

CHARGES.—First class, per term, \$30; second class, \$40; third class, \$50. Tickets for anatomical dissections, \$5 to \$10. Tuition fees payable in advance. Medical students will be entitled to the use of the office library, with private professional instruction and examinations.

A liberal discount will be made to those who attend two or more terms.

Address, R. T. TRALL, M.D., Principal, No. 15 Light street, New York.

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

WEBSTER'S great unabridged quarto Dictionary may be had of Fowlers and Wells, New York. Price \$4.00.

HELVETIA and LA FAYETTE GOLD MINING COMPANY.—In the town of Grass Valley there are twelve quartz mills, and companies formed for the erection of 6000 ft. of these "Grass Valley Gold Mining Company" (of these yet completed) possesses the most extensive buildings, and the greatest power and weight of machinery. The second in size and capacity is that of the "Helvetia and La Fayette Gold Mining Company," founded upon the celebrated La Fayette vein, though likewise at the time owning numerous rich leads in various other localities.

The vein on La Fayette Hill, widely reputed for the peculiar texture and quality of its ore, was first discovered by a party of eleven Frenchmen, in November, 1831. These men worked upon it during the following winter, and by shafts and tunnels so far opened the ledge as to prove the richness of its ore, also its width and dip. In the month of April, 1832, six of the original shareholders sold to Messrs. BAXTER, HOLLIS, and BACON, for \$8,000 each share, a lot of not more than 80-n after for \$2,000, making a total for seven elevenths of \$46,000. Experiments with the La Fayette ore, by close assay, shows it to contain vastly more gold than is saved by the ordinary process of amalgamation now in use from prospecting the least signs of silver, and from the "tailings," a yield equal to \$800 per ton appeared by assay.

The La Fayette vein has been opened on the outcroppings by a gallery of 300 feet, and besides numerous shafts, a considerable length of tunnel, cutting the vein at water level, and an aggregate length of about 800 feet.

The Helvetia and La Fayette Company was organized under the general incorporation act of California, on the 17th of July, 1834. At the purchase of BAXTER, HOLLIS, and BACON, the raising and crushing of the rock was vigorously pushed, and expensive works carried forward in opening the vein more fully. With one small mill (Dr. Bacon's), having but an eight-hour engine, and a capacity for producing only about 40 tons per week, and the employment of two other mills a portion of the time, the yield of the La Fayette vein, from the last of April to the 19th of August, was \$98,000, which after deducting all expenses, left a net profit of \$58,000 in round numbers. The highest yield obtained was \$207 per ton, and the average of the whole period \$81 per ton. The product of the La Fayette ore has fully maintained these figures up to the present time, and so far from showing the least signs of exhaustion, the quantity of rock in sight has been increased with each day's working.

In the month of September last (1853) Messrs. Baxter and Hollis, holding a majority of the proprietors' interest in La Fayette Hill, re-sold to Messrs. C. Conway and O. J. Packard, at the rate of \$10,000 for each original share. These latter gentlemen decided to the Company the splendid quartz mill owned by them, situated in Boston River, together with all its valuable water privileges, not buildings, and appliances, and the following additional "claims," viz.: on Gold Hill, 20 claims, 30 by 40 feet; on Massachusetts Hill 26 1-2 claims, 60 by 100 feet square. These hills are widely known for the richness of their veins, and are therefore. By this deed the property of the Helvetia and La Fayette Company has been doubled in extent and value, while no increase in the capital was made.

(From the Mining Magazine, N. Y., for Aug., 1853.) A correspondent of the New York Tribune of June 29, under date from Grass Valley, Cal., March 27, says:

"Of the American quartz mining companies, none stand higher than the Helvetia and La Fayette. Unde all the disadvantages of the season, which prevented quarrying, the mill of this company has run profitably most of the time. At present but one set of nine stamps are in use two-thirds of the day, and these nearly worn out. The result is, from surface to rocks mostly, an average profit of about \$300 per week. With new stamps, now being put in, and ore from the main 'lead,' the net profit will soon be over \$2,000 per week, and not unlikely, as heretofore, come up to \$5,000 some weeks. The stock of this company is worth \$100, and will pay dividends every three months."

Later intelligence from the same company informs us that for the two months preceding the 1st inst., their working still upon "surface rock and tailings" had yielded \$1100 per week, and they were at that date putting on a double set of hands, and were about recommencing upon the vein, which was then sufficiently free from the water accumulated by the severe frosts to admit of working.

(From the New York Tribune, July 26, 1853.) QUARTZ MINING IN GRASS VALLEY.—We give the following account of the operations of one of the quartz companies in Grass Valley.

The Helvetia and La Fayette Gold Mining Company was formed in July, 1832. This Company have a mill with an excellent engine, working that kind of machinery for crushing quartz and saving the gold, which is most approved in the present condition of the art. The mill has 15 stampers, each working 800 lbs., and is supplied with its quartz from claims the Company own on Gold, Massachusetts, and La Fayette Hills. The Company has expended some \$20,000 since August last in such operations as are necessary to open mines, in the way of sinking shafts and running tunnels, besides what works still upon "surface rock and tailings." There are two tunnels in La Fayette Hill, one two and the other four hundred feet in length. These tunnels have developed vast ledges of rock, and the workings of a great number of tons has proved it to be quartz of a most encouraging average yield.

This bill was taken up originally by Frenchmen, who realized a handsome sum from it in a short while, \$35,000 were taken out before the present Company can date its possession, and its operations on the hill up to this time, have not gone to prove the insignificant amount of wealth that is yet treasured within its limits.

(Extract of a Letter dated Grass Valley, June 26, 1853.)

"You will see from the extracts from the newspapers I send you, that confidence in quartz mining is increasing more rapidly than any time in its history in this country. Papers like the Times and Transcript, that have been opposed to it, now confess to the brilliant prospects opening to quartz mining companies."

"There are more mills making money than since the first quartz machinery was put out in the Valley of Grass Valley and La Fayette Company look out \$100 week before last with seven stamps. Last week is not cleaned up, but will be not over \$9000, as the mill stood still for repairs nearly two days, and other time for want of a supply of rock. Hence it is seen more at the rate the rock yields, the product would have been \$4000. The election of Directors, &c., takes place 7th of July,

at which time the Superintendent will be able to report the Company free of debt, and funds to a moderate amount in the treasury. Dividends will certainly be made and paid at the regular periods of three months. I look upon this as the best company in operation in Nevada County."

These are but a portion of the reliable statements which can be produced in corroboration of the cheering prospects of the Company, were they deemed necessary—but they are not— suffice it to say, that the Company is entirely free from debt—their mills and machinery complete—their claims opened, being worked, and in-haustible—and giving a yield that places them in the front rank in value of any yet discovered—and the affairs of the Company are conducted by careful, experienced, and responsible men, who are themselves the largest stockholders, and who confidently expect a quarterly dividend of not less than ten per cent. on the capital stock in October next, and a quarterly dividend of an equal amount on each quarter day thereafter.

Those who desire to invest in this Company (shares \$100 each) will receive all further information in detail by application to DANIEL ADAMS, Agent, No. 127 Nassau street, New York. Sept. 31.

WILDER'S PATENT SALAMANDER SAFES.—The only Safes with Wilder's patent and Rich's patent combined, are made by STEARNS & MARVIN, 146 Water-street, New York. The sole Proprietors of Rich's Patent, and joint proprietors of Wilder's Patent with Silas C. Hartig.

THE CHARLESTON FIRE, Charleston, S. C., Nov. 22, 1853.

MESSRS. STEARNS & MARVIN, successors to Rich & Co.: Gentlemen.—On the night of the 11th instant my entire stock, consisting of oils, candles, white lead, rubber springs and packing—also a very great quantity of other merchandise—was consumed by fire. Your Safe containing my books was in the hottest part of the fire, and everything in it was saved in the most perfect condition. Had I used the gas for a moment at dark, and the box of matches used as a light, as is in one corner put into the Safe, for I consider them dangerous things to leave about. The matches and the books were all of my whole stock that had not the mark of fire upon them. Unfortunately for me, you have here had proof of the goodness of your Salamanders, to the perfect satisfaction of every one who witnessed the destruction of my store. Yours, very respectfully, LEWIS M. HATCH.

An assortment of these Safes, of various sizes, always on hand, at the depot, 146 Water-street, New York. STEARNS & MARVIN, (Successors to Rich & Co.) the only manufacturers of Salamander Safes, combining Wilder's and Rich's Patents.

EMPLOYMENT, PLEASANT AND PROFITABLE.—Young men in every county, town and village in the United States may find a safe and profitable employment for his time and money, (say \$25, \$50, or \$75) in particular, addresses, post-paid, FOWLER & WELLS, Clinton Hall, 131 Nassau Street, New York.

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

THE AMERICAN PHRENOLOGICAL JOURNAL: a Repository of all the latest and General Intelligence, amply illustrated with Engravings.

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

THE FAMILY MISCELLANY, designed for children and youth, parents and teachers. Illustrated with Engravings.

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CHOICE CHICKENS for sale at reasonable prices, consisting of the following choice and valuable breeds:—Brahm's Pouter, Buff, Black, and Gray Shanghai, Royal Cochon China, Malay and Great Java.

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IMPORTANT IMPROVEMENT IN ELECTRO-MAGNETIC MACHINERY. I have just invented and now offer to the public Electro-Magnetic Machines which work on the vibratory principle, and give out both the direct and to-and-fro currents, just as may be required. This has hitherto been a desideratum in medical practice. An instrument can now be furnished adapted to every case that may occur. The wonderful effects of these Machines I cannot open in the brevity of an advertisement, but I shall do it in a pamphlet, which I intend to publish. I shall, in order to more extensive sale, put the instrument, at once, at the low price of \$1.

Readers of some of the wonderful effects of the direct current, I refer to the Dublin Quarterly Journal of Medical Science, May, 1847. DR. S. E. SMITH, No. 59 Canal st., New York. All orders punctually attended to. Agt

THE WORKING FARMER; A Monthly Periodical.—Devoted to AGRICULTURE, Embracing Horticulture, Floriculture, Kitchen Gardening, management of Hot-Houses, Green Houses, &c. Edited by Prof. J. J. MAPES.

Price \$1 per annum, payable in advance. This Journal has just completed its fourth year. The first four volumes may be had of the Publisher. Address, post-paid, by mail, FAIRBANK McCREADY, 143 Fulton Street, N. Y.

YOUNG'S CLASS-BOOK OF CHEMISTRY, in which the principles of the science are familiarly explained, and applied to the Arts, Agriculture, Physiology, Dietetics, Metallurgy, and the most important phenomena of Nature. 12mo. 343 pp. Price per copy, 4 by mail, 87 cts. May be addressed to FOWLER & WELLS, New York.

CANCERS CURED.—DR. SCHELL, late of New Orleans, is prepared to treat cancers without the knife, or any distressing surgical operation. He will also guarantee a cure in every case he undertakes. His treatment consists in strict hygienic attention to the general health, with oral appliances, which are neither injurious nor painful. Further information may be had of Dr. TRALL, 15 Light street, to whom application may be made.

N. E. FEMALE MEDICAL COLLEGE.—The Sixth Annual Term will commence NOVEMBER 23 and continue four months. Professors—WILLIAM M. CORNELL, M. D., Physiology, Hygiene and Medical Jurisprudence; KNOX C. ROSE, M. D., Chemistry; Stephen Tracy, M. D., Obstetrics and Diseases of Women and Children; John P. Litchfield, M. D., Principles and Practice of Medicine; John K. Palmer, M. D., Materia Medica and General Therapeutics; Henry M. Cobb, M. D., Anatomy and Surgery. Fee to each Professor, \$10; Graduation Fee, \$30. SAMUEL GARZEY Secretary, 15 Cornhill, Boston. Sept. 31.

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OUR BOOKS IN BOSTON.—New England patrons who wish for our various publications, may always obtain them, in large or small quantities, at our Boston establishment, 142 Washington street. Besides our own publications, we keep a supply of all works on Phrenology, Photography, Phrenology, and on the natural sciences generally, including all progressive and Reformatory works.

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

Nurseries.

DELL and COLLINS, Nurserymen, Water-Log, Seneca Co., N. Y., offer for sale a great variety of FRUIT and ORNAMENTAL TREES, suitable for the orchard, the garden and the lawn. Maple, 11; chestnut, Linden and Tulip trees, &c. &c., of large size, for streets and lawns; Evergreens, of surprising beauty, and a great variety of Roses, Tulips, Hyacinths, Iris, Fionies, Phloxes, Panicles and Climbing Shrubs. Particular attention given to the cultivation of EVERGREENS for HEDGE; also Orange Orange. Applicants for Catalogues should enclose a one cent stamp. Oct. 1st, 1853. Oct. 14.*

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Travel.

NEW YORK AND NEW HAVEN RAILROAD. Summer Arrangement, July 18, 1853.

TRAINS FROM NEW YORK FOR NEW HAVEN.—ACOM.—At 7 and 11.30 A. M.; 4 and 5.10 P. M. The 4 P. M. train is expressed to Greenwich.

EXPRESS.—At 8 A. M.; 3 and 5 P. M. The 8 A. M. train sails for Stamford and Bridgeport; the 3 P. M. at Stamford, Norwalk, and Bridgeport; the 5 P. M. at Norwalk and Bridgeport.

FOR PORT CHESTER AND NORWALK.—SPECIAL ACCOMMODATION TRAINS.—At 8.45 A. M. and 3.15 P. M. for Norwalk; and 1.30 and 4.10 P. M. for Port Chester.

FOR HARTFORD, SPRINGFIELD, and WATERBURY.—EXPRESS.—At 8 A. M. and 5 P. M. The 8 A. M. stops at Hartford R. R. at Meriden, Berlin, and Middletown, Hartford and Springfield. The 5 P. M. at Hartford only.

FOR CONNECTICUT RIVER and VERMONT R. R.—EXPRESS.—At 8 A. M. for White Mountains and Montreal.

FOR ACCOMMODATION TRAINS OF THE NEW HAVEN, HARTFORD, and SPRINGFIELD R. R.—At 11.30 A. M. and 3 P. M. FOR NEW R. R. at 8 and 11.30 A. M. Accommodation to New Haven.

FOR NEW HAVEN and NEW LONDON R. R. At 8 A. M. in Norwich, Stoughton, and Providence, and 3 P. M. to New London only.

FOR HORTON AND NAUATUCK R. R.—At 8 A. M. and 5 P. M. Express to Bridgeport.

FOR DANBURY and NORWALK, R. R.—ACCOM.—At 7 and 8.45 A. M. and 4 P. M. Express.

TRAINS TO NEW YORK. FROM NEW HAVEN.—ACOM.—At 5.00, 6.05, 7.30, and 9.30 A. M. and 4 P. M. EXPRESS.—At 1.10 and 2.35 P. M.

FROM NORWALK and PORT CHESTER.—SPECIAL ACCOMMODATION TRAINS.—At 5.45 and 11.30 A. M.; from Port Chester, at 5.20 A. M. and 4 P. M. See large bill of advertisement at the Station Houses and principal Hotels. Geo. W. WHITLEY, Jr. Supt.

NEW YORK AND PHILADELPHIA DIRECT, via New Jersey Railroad.—United States Express Line, through four hours, leave New York, foot of Cortlandt street, at 6, 8, and 9 A. M., and 4.30 and 5.30 P. M. Leave Philadelphia at 1.30 A. M., via Kingston, 7 and 9 A. M., and 4.30 and 5.30 P. M. From foot of Walnut street, Fare, \$3; \$2 for second class in the 8 A. M. from New York, and 4 1-2 P. M. from Philadelphia. Through tickets sold, and passengers and through baggage carried to Baltimore, Washington, Norfolk, and Charleston in the 8 and 9 A. M., and 4.30 and 5.30 P. M. trains, and connections certain, with extra trains if behind time. Passengers with baggage cross the ferry every fifteen minutes before the trains leave.

THE
New Illustrated
HYDROPATHIC QUARTERLY REVIEW



Vol. 1.

No. 1.

At the solicitation of many of the leading practitioners and prominent friends of Water-Cure, the subscribers will commence, on the first of October, 1853, the publication of a QUARTERLY MAGAZINE, with the above title. It will be more strictly scientific and professional than the *Water-Cure Journal*, and more especially the medium through which the Professors and Physicians of the Hydropathic school can communicate to each other and the public their views in relation to all departments of the Healing Art, and the results of their investigations on all subjects pertaining to Health-Reform and Medical Improvement. Its matter will be arranged under the following general heads:

I.—ESSAYS.

The most learned and experienced writers in America and Europe will furnish articles on Anatomy, Physiology, Pathology, Surgery, Therapeutics, Midwifery, the Laws of Health, Philosophy of Water-Cure, &c., which will be AMPLY ILLUSTRATED BY THE MOST ACCURATE AND BEAUTIFULLY EXECUTED ENGRAVINGS WE CAN PROCURE.

II.—REPORTS.

Remarkable cases in Surgery, Obstetrics and in General Practice, treated on Hydropathic principles, will be reported in detail, by the most eminent and scientific practitioners and teachers of our system. An interesting and instructive feature, also, will be the Reports of the most important cases presented at the *Clinique* of the new school of the Hydropathic and Hygienic Institute, which is soon to go into operation at 15 Laight street, in New York city.

III.—CRITICISMS.

In this department, the cases treated by physicians of those systems we oppose will be noticed fairly, and commented on with unlimited freedom. Their errors in theory will be exposed; their fallacies in practice explained; and the better way indicated by a contrast of results with those of Hydropathic practice.

IV.—REVIEWS.

New Publications, whether books or periodicals, of all actual schools or pretended systems of medicine—Allopathic, Homœopathic, Eclectic, Mesmeric, Botanic, &c., will be closely but candidly examined, and severely but impartially criticised. The good or bad—the truth or falsity—of all their teachings, will be plainly pointed out without regard to fear or favor.

V.—RECORDS.

Here will be noted the triumphs of our system, and the progress of Health-Reform in its Medical, Social, Hygienic and Dietetic aspects. Our readers will be kept posted up on all these topics, compiled from all the authentic sources of information in this country and Europe.

Each number will contain from 190 to 200 or more pages; and each Volume will make an invaluable addition to the Library of every person interested in Medical and Health-Reform.

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

PHYSIOLOGICAL LIBRARIES.—MESSRS. FOWLERS AND WELLS.—Under the agency which I took from you last December, I have undertaken to accomplish, upon a somewhat extensive scale, what you will perhaps remember. I began in Richmond, Va., last spring, viz., to get up Ladies' Physiological Societies, with Libraries. I began here a few days since, and we shall be able I think to send you a hundred dollars.

I want to ask a somewhat troublesome favor of you. I want you to send me a list of books, worth at your published prices \$50, and add below it what I had better send for when I raise \$100. Will you do this at once, as I expect soon to send you on the means for several libraries. Please exercise your best judgment, as I hope to make the scheme a very useful, and I trust, general one. Please answer this at once, and direct to Farmerville, Seneca Co., N. Y.

If I am as successful as I hope to be, I will send you \$1000 within the next four months. Yours very truly,
D. L.

[Every city, village, and neighborhood should have a Physiological Library. Societies composed of a dozen, a hundred, or a thousand members may be formed with great benefit to all concerned. Such societies would prove of mutual benefit.

A well-selected Library, composed of the best works, may be obtained; and a set of Anatomical and Physiological Drawings will do for the commencement. Let our Women get together and ORGANIZE.]

OUR BOOKS IN ALABAMA.—In a former number, we committed an error, in naming the County of one of our Agents. It should have been N. PLUMB, Sparta, Conecuh Co., Alabama.

DR. CLEMENT B. BARRETT.—We should be happy to have his present Post-office address.—PUBLISHERS WATER-CURE JOURNAL.

APPLE SEEDS.—The Publishers of the WATER-CURE JOURNAL have engaged a quantity of apple seeds, for the "Oregon Order," and will have no occasion for more. But we would advise all who can, to save, and sell to Seedsmen, or plant in a suitable place enough to make a Nursery. With little expense, and not much labor, a few thousand Fruit Trees may thus be started. The seeds of the Pear, Peach, Plum, and other fruits, may be propagated, from the seed in like manner. Remember, "Tall oaks from little acorns grow," and so forth. Then save and plant fruit seeds.

PLEASE SPECIFY.—To avoid confusion and delay, our Agents, Friends and Co-Workers, will do well when ordering Journals, to specify which is wanted. The following PERIODICALS are now published at this office:

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It will readily be seen, how important it is for Agents and others, when sending in the names of Subscribers to specify which is wanted. All letters and communications relating to either of the above named publications, should be pre-paid, and directed as follows:

FOWLERS AND WELLS,
Clinton Hall, 131 Nassau street, New York.

HOME FOR ALL.—MESSRS. FOWLERS AND WELLS will issue about the first of October, a new edition of this popular work, by O. S. Fowler, descriptive of GRAVEL WALL mode of building and showing the advantages of the octagon form as applied to dwelling houses, school houses, churches, etc. All who contemplate the erection of dwellings or other buildings, or are interested in architecture, should examine this novel style. The price of the work pre-paid by mail, is 87 cents. Address, Fowlers and Wells, 131 Nassau street, New York.

THE NEW SCHOOL.—Arrangements are now nearly completed for the Physiological and Medical School, which will open as a department of Dr. Trall's Hydropathic and Hygienic Institute, at No. 15 Laight-street, on the first of November next. A large and respectable class is already secured.

The following teachers are engaged:

MISS A. S. COGSWELL, Mathematics and Physiology.
WILLIAM A. STEERS, Music and Composition.
H. S. CLUBB, Phonography and Reporting.
L. N. FOWLER, Phrenology and Mental Science.
G. H. TAYLOR, M.D., Anatomy and Chemistry.
JOEL SEW, M.D., Surgery and Obstetrics.
R. T. TRALL, M.D., Clinical Medicine and Hygiene.

GLEN HAVEN WATER-CURE.—CIRCULAR ADVERTISEMENT.

As many persons will conclude soon at what place to spend the winter for the purpose of receiving Water-Cure treatment for the diseases to which they are victims, we take this opportunity of calling their attention to our Institution, and the advantages it presents. We do not desire or intend to delude or lead astray, but to tell the simple truth, as all who visit us will find.

1. We are situated at the head of Skaneateles lake, twenty-five miles south-west from Syracuse, N. Y. Our altitude is several hundred feet above lake Ontario, and the lake is admitted by all to be the most beautiful body of water in the State except lake George, and only yielding to that in size. Glen Haven is not a town, nor a village, nor a watering-place whose waters are mineral, but a simple WATER-CURE, set down on the banks of the lake, and between high mountains, making it cool in summer, and warm in winter; being either from 12 to 15 degrees cooler in summer or warmer in winter, than places in the same latitude. It is a Home for sick people who, having failed to recover their lost health by other means, can and do recover it by Hydropathic treatment. To the truth of this statement, over 1200 persons can speak. True, they have to show heart and courage, resolution and much self-denial; but hard as it is to have all these when one is weak, and enfeebled, and broken down by disease and drugs, it is not as hard as the grave.

2. The place is conceded by all who visit it to have as fine climate as the North can boast. The air is dry, unfoggy, and so pure that our feeblest patients lie with their windows open all night, and are out in the evening with impunity, if able to walk.

3. Our water is pure and soft. We appeal with confidence to all persons who have ever taken treatment at the Glen, if its softness, and the ease with which the stomach receives it, and the fine effects it has on the skin, are not the theme of universal commendation. We appeal to the dyspeptic, the scrofulous, the neuralgic, the rheumatic, those having kidney disease, those having cutaneous eruptions, the consumptive; we appeal to those of the female sex having difficulties peculiar in character, to men broken down by long attention to business and ill habits, to those who have been poisoned by drugs, if they have not all alike spoken of, and felt that the water of the Glen had life in it. Says a gentleman from Pittsburgh, "I have been from fifteen to twenty years a dyspeptic, and have been from lake Superior to the Aroostook, and I, in only one instance, have found as good water as yours." Says a gentleman from North Adams, Mass., "For years I have been a rheumatic, and have suffered incalculably from bad water which I have drunk east, west, north, south, and I know I never drank as good water as yours." We could add hundreds of such testimonials.

4. Our quantity used daily cannot be less than 1000 barrels; living streams passing into and out of our reservoirs, and plunges fresh from the top of a mountain a thousand feet high, whence they issue to the surface through a stratum of slate. We think we owe the recovery of some of our most desperate cases to "the goodness," "the livingness," the purity and softness of our water.

5. We have never given a particle of medicine since the Establishment came into our hands. We have not found a case, when, having failed to cure it, an Allopathic physician would have given any other than an anodyne, with the least expectation of doing the person good.

6. Our cure will accommodate eighty persons in the Winter, and one hundred in Summer. Our rooms are commodious, plainly but neatly furnished, and are all kept warm and clean. Our Bath-rooms are not surpassed, if equalled, in the country. They are four in number, and high, and well ventilated, and of the following sizes: 12 by 24 feet, 12 by 30 feet, 16 by 20 feet, and 20 by 30 feet. To this last is attached a nice Dressing-room, 12 by 24 feet.

7. Assistants.—We keep abundant help, and of the most reliable character. As our guests are about equal in numbers of each sex, our assistants are also equal in number. The most fastidious cannot find fault in this respect. Our assistants never forget that they have sick people to deal with.

8. Our table is abundantly spread with good food, and whilst, in particular instances, great care must be had as to diet in quantity, our theory proceeds on the assumption that it is the quality of food that needs attending to, as a general rule.

9. We take nobody on the "No cure no pay" principle, so nobody need apply. We do our best, and if we fail, are just as much entitled to compensation as if we succeed. If we choose to give, that is another thing. For advice for HOME treatment, we charge one dollar paid in advance. We cannot answer half the letters we receive, and have to pay an amanuensis. We are entitled to be made good. That is all we ask.

10. Amusements.—We have erected a new ball-alley with two beds sixty feet in length, and we adopt all games and exercises which can let the brain sleep and keep the muscles and heart awake. We ask our patients to live like children in innocence, in courage and purpose like men and women. We insist that we can cure much faster and more easily those who consider themselves of our family, readily aiding (and getting aid in all things needful to their recovery, from) those with whom they associate.

11. We never limit ourselves as to time. That we must have. It is of no use to ask us to pledge ourselves to cure you in a fortnight, ninety days, six months, or a year. We make no pledges of this sort; but we do pledge ourselves, our assistants, our combined skill, to do for you, by day or night, in season and out of season, all that we can, to give you health in the quickest manner, and send you away to "Scatter blessings wherever you go."

12. WINTER TREATMENT.—Although not so understood by the sick, it is not the less true, that Winter is the best season as a general thing for hydropathic treatment. And stranger still though it may seem, we have been able to give more vigorous administration in the cold months; our dwelling and bath rooms all being warm and comfortable.

13. Our Post Office is Scott, Cortland Co., N. Y.; and the way to reach it is to come from east or west to a depot called "THE JUNCTION," on the Central Railroad which runs from Buffalo to Albany. At that point take Omnibus to Skaneateles, and there apply to Mr. James Tyler, Livery keeper, who, for a reasonable sum, will bring you safely and comfortably to us. We will send circulars freely to all who apply post-paid.

Ourself.—Read the following notices. They are not purchased, but come to us unsought. To get them we have assailed no editor's independence; so let them speak, and judge for yourselves.

GLEN HAVEN WATER-CURE.—This is one of the best, if not the very best Water-Cure establishment in the Union. We are personally acquainted with Dr. Jackson, and know him to be one of the most intelligent and energetic men above ground. Nobody can have the blues where he is, or long retain dyspepsia, or its kindred diseases, under his treatment. "The Glen" is a delightful retreat, and is largely patronized from all parts of the Union.—*Milwaukee Daily Free Democrat*.

The advertisement of this celebrated Water-Cure establishment will be found in another column. Patients who have been there, speak in the highest terms of the gentlemanly Proprietor, and of the manner in which the Institution is conducted.—*Lockport Journal*.

The Water-Cure establishment at Glen Haven, New York, is said to be under the management of one of the most successful practitioners of this mode of curing "the ills that flesh is heir to."—*Indiana Weekly Sentinel*.

We would direct the attention of our readers to the notice in another column of the GLEN HAVEN WATER-CURE. This establishment is undoubtedly the best conducted Water-Cure in the State. It is useless for us to say a word in favor of the accomplished and skillful Dr. Jackson. His praise is in the mouth of all who know him. Besides, the beauty of the scenery at Glen Haven is calculated to arouse the energies of the invalid, and assist nature to throw off disease. To those seeking health we would say, by all means go to the GLEN.—*Madison Co. Reflector*.

By reference to another column it will be seen that this

celebrated hydropathic establishment, so beautifully situated at the head of Skaneateles Lake, is in successful operation. If we were an invalid, and needed medical advice and attendance, we know of no place under the high heavens that we should prefer being taken to than Glen Haven Water-Cure. Its water is justly celebrated for its purity and even temperature at all seasons of the year. The salubrity of the atmosphere, high altitude of the Lake, delightful scenery, beautiful shaded walks, picturesque waterfalls, and shaded nooks, with other combinations, make it one of the most delightful retreats in interior New York.

The invalid will find in Dr. J. C. Jackson and lady, individuals who are attentive to their business, and alive to their responsibilities.—*Skaneateles Democrat*.

This Cure is situated at the head of Skaneateles Lake, one of the most beautiful sheets of water that was ever spread out-doors, is surrounded by scenery of the wildest and most picturesque description, has the best springs of pure cold water that ever quenched the thirst of mortal man, and is in charge of a gentleman of skill and integrity, with assistants of the right stamp. Dr. Jackson has had remarkable success in the treatment of diseases, and we earnestly recommend his establishment to the attention and acquaintance of the ailing.—*Onondaga Gazette*.

Glen Haven is probably one of the very best locations on the score of natural advantages, for a Water-Cure, in the United States. The scenery is of that kind, that the exercise which one will feel every inducement to take, will do more than half towards the recovery of the patient. In addition to these advantages, the institution is under the charge of one who has been saved from death by the treatment, and who has since devoted several years of earnest study to the system of practice. Our faith in the water-treatment, for most diseases, is stronger than in any of the other paths extant.—*Oneida Telegraph*.

This Cure stands at the head of establishments of this character in this country, on account of the beauty of its scenery, healthfulness of its atmosphere, and the skill and attention of its managers.—*The Teetotaler*.

We would call attention to the advertisement in to-day's paper, headed the "Glen Haven Water-Cure" Establishment, under the superintendence of that excellent and successful practitioner, Dr. Jackson, whose well-known ability has so signally effected the cure of so many invalids who gave themselves up as incurable—every other avenue of hope having failed. Persons from all parts of the different States, as well as the Canadas, resort thither, and we have never known any who sought the invigorating waters of "Glen Haven," ever regret their being induced to place themselves under the vigilant and unremitting care of Dr. Jackson.—*Mackenzie's Message, Toronto*.

An advertisement of this Establishment will be found in another column, and we would, with pleasure, call the attention of our readers to it. There are many persons in this vicinity who have found lasting benefit result from a visit at the "Glen." The increased number attending this Institution is sufficient evidence of the ability of those in whose charge it is.—*Port Byron Gazette*.

GLEN HAVEN WATER-CURE.—We spent a couple of hours at this Institution yesterday, and we were most agreeably entertained by Dr. Jackson, its founder and proprietor. The Doctor is a gentleman in every sense of the word, and eminently fitted for the position he occupies. He has, at the present time, eighty patients under his charge, the most of whom are rapidly recovering from the diseases by which they are afflicted. The Doctor has been compelled, in order to accommodate the wants of those desirous of placing themselves under his treatment, to greatly enlarge his establishment, since its construction. He is now engaged in making still further improvements and additions, and in the course of a few weeks will be prepared to accommodate a much larger number of the "boarders" than he has now. We were very favorably impressed with the "Water-Cure," and would advise those in ill health to go to Glen Haven.—*Auburn Advertiser*.

For the proprietor:
J. C. JACKSON, M.D., } Physicians.
Mrs. L. E. JACKSON, }

Poetry.

GUNEOPATHY.

I saw a lady yesterday,
A regular "M. D."
Who'd taken from the Faculty
Her medical degree;
And I thought if ever I was sick,
My doctor she should be.

I pity the deluded man
Who foolishly consults
Another man, in hopes to find
Such magical results
As when a pretty woman lays
A hand upon his pulse!

I had a strange disorder once,
A kind of chronic chill,
That all the doctor's in the town
(With all their vaunted skill)
Could never cure, I'm very sure,
With powder nor with pill.

I don't know what they called it
In their pompous terms of art,
Nor if they thought it mortal
In such a vital part—
I only know 'twas reckoned
"Something icy round the heart!"

A lady came—her presence brought
The blood into my ears;
She took my hand—and something like
A fever now appears!
Great Galen! I was all a glow,
Though I'd been cold for years!

Perhaps it isn't every case
That's fairly in her reach,
But should I'er be ill again,
I fervently beseech
That I may have, for life or death,
A lady for my "leech!"

JOHN G. BAXE.

Varieties.

THE TWO ARMIES.—A striking contrast is contained in the following statement, which we find in the *Economist* of this city:

"The United States army numbers about 10,000 men, and they cost the country last year \$3,225,246 for pay, subsistence, clothing, &c. That is to say, \$320 per man, or if we deduct the militia expenses, \$300 per man. It would puzzle any one to tell of what service were those men, living uselessly in barracks and old forts, eating three meals per day, and turning out occasionally to touch their caps to their officers.

"The Illinois Central Railroad army numbers ten thousand men also, and they receive from the company \$3,700,000 per annum, in return for which they labor twelve hours per day upon a work which gradually stretches itself through the most fertile plains, connecting the great lakes with the Ohio and Mississippi rivers, and ultimately with the Gulf of Mexico."

To which the *Evening Post* adds: "The prospective building of the great Central Railroad of Illinois alone has added to the wealth of that State, in the appropriation of wild lands, the sum of forty millions within a strip of but twelve miles in width, and the actual construction of the road will bring to a ready market millions of acres of land now owned by the general government, which, were the road not constructed, would lay waste for years to come. The federal government employs ten thousand men, at an expense of eight millions of dollars, to carry about muskets. The Central Railroad Company, employing ten thousand men at less than four millions, confers a vast property upon the State, upon the federal government, and upon thousands of farmers. Year after year the government spends its millions of dollars, effecting nothing, producing nothing, and resulting in nothing but the turning loose of superannuated soldiers, made paupers by a life of idleness, to prey upon the industrious during the remainder of their existence.

"The Illinois Company, by three years' expenditure, establishes seven hundred miles of iron rails through prolific farms, many of them owned by the persons whom they employed to build the road—men of industry, vigor, wealth and intelligence. The United States, in thirty years, have spent \$300,000,000, enough to build a double track to the Pacific, and they have nothing to show for the money but some old forts, guns, tattered uniforms, and demoralized veterans.

[These are the reasons "the Military profession" is in so bad repute with the "people," who are, by taxation, obliged to feed those non-productive animals. Let the government set the paupers at work, that they may at least earn their own fodder.]

GLORIOUS UNCERTAINTY OF THE LAW.—A laughable illustration of the heading of this article occurred in Illinois lately, as will be seen by the following from the *Peoria News*:

Mr. B. was out hunting with his rifle, and crossing the field of Mr. C., a Frenchman, C.'s large dog attacked him savagely, while C. stood looking on, without attempting to call off his dog; B., getting out of patience, shot the dog, and he fell apparently dead. C., in high dudgeon, forthwith got out a warrant, and had B. arrested for killing his dog—swore to the killing, and was corroborated by two of his neighbors, who were present at the shooting. The magistrate fined B. ten dollars and costs, which amounted to about ten more. B. paid the fine and costs, and when the parties got home from the trial the dog had come home also, and was not killed. B. then got out a warrant against the Frenchman and his two associates for perjury, in swearing B. had killed the dog. They were frightened, and made peace with B., paid him back his twenty dollars, and ten more for his trouble—and no trial was had; and when the parties returned home from the last suit, lo! the dog was dead. Imagine the "feelings" of the Frenchman and his party.

A LARGE FARM.—The *Kenosha Telegraph* notices the farm of Mr. H. Durkee, on Pleasant Prairie. It contains 1,200 acres of land in a body, enclosed, and divided by fences. A number of farm-houses on the premises are occupied by laborers. Mr. D. keeps 1,000 sheep of the best fine wool breed; also, between 150 and 200 head of cattle. There has been grown on the farm the present year 150 acres of wheat; the number of acres of corn, oats, barley, potatoes, &c., amount probably to nearly as many more. Another interesting consideration is an orchard or orchards of upwards of 2,000 apple trees. This is farming upon a generous scale.

A SICK BACHELOR.—The *New York Times* thus heads a long article on this subject.

"A sick Bachelor! A dying camel in the desert! A sailor on a hencoop in the middle of the Atlantic! All the same. The same incident from different points of view. The same subject with varied accessories. If there is preponderance of misery on any side it is on the side of the sick bachelor. The camel, however intelligent it may be, is still scarcely as sensitive as the human sufferer, and the sailor, floating on a hencoop a thousand miles from land, is at least spared the misery of knowing that there is help within call. The sick bachelor is the *re plus ultra* of human misery."

SINGULAR FIGHT.—A lady living in the western part of the city, hearing considerable noise among her chickens a few evenings since, went out into the yard to ascertain the cause, when she found a large rat and two hens engaged in a deadly conflict. The rat fought bravely for a few minutes, but finding that two to one was rather an unequal contest, he made an effort to retreat. He had ventured too far, however, into the enemy's domain to succeed, and after a hard fought battle of ten or fifteen minutes the rat was left dead on the field. Each of the hens had a brood of young chickens, and it is probable that the rat made a hostile demonstration on them. None of the other hens in the yard interfered, but by their noise and action seemed to encourage the feathered combatants. The rooster seemed especially delighted, by loud crows and other exciting demonstrations, urged "Brown" and "Speckle" to go it with a will.—*Baltimore Clipper*.

[Yes, but why didn't the good-for-nothing rooster take hold and help doctor the rat, and not stand crowing, and making "other demonstrations?" But we suppose he had not yet attended any of the "New England Hen Conventions." Consequently, he didn't know his whole duty!

It is asserted, with what truth we do not pretend to say, that all of the ladies who sweep the streets with their long dresses, have big feet and thick ankles.

There is said to be a mammoth tree in California three thousand years old, the bark of which is eighteen inches thick, and nearly as light as cork. Its foliage is delicate, drooping and beautiful. It is said this tree has been cut down by a company of speculators.

The *Portsmouth Transcript* learns that the Secretary of the Navy has granted permission to those connected with the Navy to wear their beards, orders to that effect having been received and promulgated among those at that station. The beard may be worn at the pleasure of the individual, but must be kept short and neatly trimmed. Those who have beards will doubtless feel grateful to the Secretary for the permission thus granted.

The Legislature of Wisconsin have abolished the penalty for murder, and refused to enact a law prohibiting the sale of intoxicating liquors, which is the great cause of murder and all kinds of misery.

The Artesian Well in Montgomery is now about 670 feet deep, and throws out 20 gallons of water per minute.

The Funk fraternity have resolved to adopt the emblem of the "golden fleece," as most expressive of their calling.

OYSTER TRADE.—The *Monmouth (N. J.) Standard* gives an account of the oyster trade in the vicinity of Keyport. It says there are owned by the persons engaged in the business, and hailing from Keyport, twenty-six sloops and schooners, which are employed in bringing oysters from the south for planting and carrying to New York markets from Keyport, which vessels, together with skiffs, scows, and implements, are valued at \$40,000. The oysters sold last year (1852) amounted to the sum of \$85,000. The amount invested this year (1853) is about \$60,000. The amount of small oysters on the grounds planted from Newark bay, Delaware river, &c., is valued at about \$15,000. The amount laid out this year exceeds the amount of last year at least fifty per cent. Allowing the prices to be as good this year as last, (and every one expects better,) the sales will reach the sum of \$127,500. The amount of capital employed in the business is about \$100,000, viz., \$10,000 in vessels, &c., and \$60,000 for the planted oysters.

STEAM COMMUNICATION ROUND THE GLOBE.—As soon as a line of steamers shall be put on the route between San Francisco and Shanghai, there will be communication by steam round the globe. The steamships running up and down the coast of China are fitted up with all the luxury and magnificence of those on the American waters; and so many Americans and English are found in them that it is difficult at times to realize along the coast of what empire they are passing.

THE COOPER INSTITUTE.—The Cooper Institute building, adjoining Astor Place, gets on very slowly. It has taken many months to complete the foundation, but the work has been executed with unusual care and thoroughness. The walls are now slowly rising.

MONUMENT TO THE PRESIDENT'S SON.—A marble monument, in the form of an obelisk, has recently been put up in the old burying-ground in Concord, N. H., to mark the spot where lie the remains of the son of President Pierce, who lost his life by the accident on the Boston and Maine Railroad, near Andover, in January last. The monument bears the following inscription: "Benjamin Pierce, born April 13, 1841; died January 6, 1853: 'Go thy way—thy son liveth.'"

A FEARFUL ACCOUNT.—The use of alcoholic beverages has cost the United States directly, in ten years, \$120,000,000; has burned or otherwise destroyed, \$5,000,000 worth of property; has destroyed 300,000 lives, sent 250,000 to prison, and 100,000 children to the poor-house; caused 1500 murders and 5000 suicides; and has bequeathed to the country 1,000,000 orphan children.