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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."

COLDS, COUGHS, BRONCHITIS AND SORE THROAT;

THEIR NATURE, PREVENTION AND CURE, ON HYDROPATHIC PRINCIPLES.*

BY JOEL SHEW, M.D.

BRONCHITIS—PULMONARY CATARRH—COLD UPON THE LUNGS.

BRONCHITIS is an inflammation of the mucous membrane that lines the bronchial or air-tubes of the lungs. It is a very common affection; whenever there is a cold upon the lungs, however slight, there is more or less bronchitis present. Hence it will be seen that the disease varies almost indefinitely in severity; often it is comparatively but a trifling affair, while at other times it becomes one of the most dangerous of all inflammations.

Symptoms of the Acute Form.—In a severe case, these are essentially the same as those in pneumonia or inflammation of the substance of the lungs, except that the pain in bronchitis has more the character of soreness than of real deep-seated pain, as in pneumonia; and this soreness is for the most part located in the upper and front part of the chest; whereas in pneumonia it is more apt to be at the lower part of the lung, that portion being the first to become inflamed in that disease. In bronchitis the expectoration has not that thick, tough character that it has in pneumonia, nor has it that rusty appearance which is so characteristic of the latter disease, although it may sometimes be streaked with blood. The expectoration when it once begins in bronchitis is much more abundant than in pneumonia.

Treatment.—This, in the severer forms of the disease, is the same as that for pneumonia, to which the reader is referred. Pneumonia and bronchitis often occur at the same time.

In the treatment of a common cold on the lungs, which is a slighter form of bronchitis, a great variety of means have been resorted to. The well wrung abreibung is a most valuable remedy. Wet-bandages or the chest-wrapper should be freely used, day and night.

* From the "HYDROPATHIC FAMILY PHYSICIAN," a new and elaborate work, by JOEL SHEW, M.D. Now in press of FOWLERS AND WELLS, NEW YORK.

The vapor-bath, properly managed, is also highly serviceable. So also the lein tuch. The throat and chest should also be rubbed with the cold wet-hand, until it is completely red, as often as the patient can find time to do it. Spare diet, and even total abstinence are highly useful. Sometimes a bad cold can be cured in a single night by sleeping warmly in wet clothing the whole night. A single vapor-bath will also sometimes cure a cold. A sweat in bed by drinking a large quantity of cold water is a favorite remedy with some; but drinking a large quantity of warm water would be still better. In some cases, do what we will, the cold must run a certain course, although it may be shortened and the symptoms mitigated by appropriate treatment.

Priessnitz's Treatment.—The modes of treatment recommended by Priessnitz, in cases of colds, difficulties in the throat and chest, from whatever cause or causes, are exceedingly simple, and at the same time effectual for good. We have before us a work entitled "Six Months at Graefenberg," by Mr. H. C. Wright, of Philadelphia (published in England), a very accurate writer and observer. This author had himself been for years afflicted with serious difficulties of the above-mentioned kinds. He had, likewise, been in the habit of much and long continued public speaking. He tells us that for years before going to Graefenberg, he was, as is the custom, wont to eschew the fresh air as much as possible. Flannel shirts and drawers, and a closely fitting shirt-collar and a neckcloth, were worn, and, whenever the weather seemed to require it, a fur muffler, or a large silk or worsted handkerchief over the chin and mouth, to exclude all fresh air from the back of the head and neck, the throat, and lungs. He was exceedingly sensitive to cold, and though long accustomed to general ablutions with cold water, the exclusion of cold air, with a view to the preservation of health, had become an object of very particular attention. Heavy clothes and overcoats were worn to protect the body from the air and its free circulation over the surface. He continues: "I now look back with astonishment at my folly; and the more so, because the days of my childhood and youth were chiefly spent in the open air, in the backwoods of western New York. Calm and storm, cold and heat, rain and sunshine, were all alike to me then; and many times since I attained my twentieth year, have I slept with my windows open, in the severe winter nights of New England. But for the last three years, since my lungs began to be affected, I changed my habits entirely, and, by the advice of medical friends, took every precaution against exposure to the air."

Mr. Wright further tells us, that, when he went to Graefenberg, away went the flannel shirts and draw-

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POPULAR WORKS.—See the Catalogue of popular and useful books published by Fowlers and Wells in our advertising department.

OUR NEW VOLUME.—We call the reader's attention to the Prospectus of Vol. XVII. of the WATER-CURE JOURNAL, which appears in another part of this number. Show it to your friends and ask them to subscribe. Let us begin the campaign early and in earnest.

The "Cook Book" and the "Home for All," it is expected, will be issued with this number of the Journal, or immediately thereafter; and will be sent at once to those who have ordered them.

ers, and silk, worsted, and fur mufflers, and Priessnitz advised him to be in the open air as much as possible, like the other patients. We have ourselves seen at Graefenberg, poor, weak bodies, who had for years been wedded to those "comfortable" things, mercilessly stripped in the manner described by Mr. Wright. And what may appear strange is, that probably nowhere in the world can there be found the same number of persons as at Graefenberg, with less of coughs and symptoms of cold in the throat or lungs. The freedom from coughs and colds among Priessnitz's patients is notorious. Be it remarked, also, that there is in the winter season, much of damp, fogs, and winds; so that, according to the popular notions on this subject, persons would be much more subject to the difficulties in question. But there is among the profession, as well as the people, much error in reference to the effects of wind and damp. We find that one of the best possible things for cough and cold is to go to sea. Consumptive persons, even, are recommended often to go sea-voyages, and there appears in cases generally, whether curable or incurable, to be a manifest improvement in so doing. We have known persons, repeatedly, to have a severe cold, attended with cough, on going to sea, to become very soon cured. Now, it should be understood that there is, besides the winds at sea, a great deal of moisture. The atmosphere is, in consequence of evaporation, at all times completely loaded with humidity; and this is not *saltish*, as many suppose, but fresh; for we know that salt is of great specific gravity, and does not rise. In the manufacture of salt, by evaporation in the sun or by boiling, the mineral is left behind, while the pure water passes off. We see, from the above facts, that wind and moisture are not necessarily so deleterious as is generally supposed; but, on the contrary, that they are, under certain circumstances, extremely favorable to health.

If a person has an incurable disease of the lungs, Priessnitz would, of course, be very careful in reference to changes of whatever kind. The cases we have referred to be regarded as curable. Such persons can make much greater changes with safety, than is generally supposed. Even in cases of incurable disease of the lungs, people are perpetually injuring themselves by too much clothing, confinement in close, overheated, and illy ventilated rooms, sleeping upon feather beds, down pillows, etc. Now, in these, often great good may be done in the way of mitigating the disease. But all changes should be made with proper caution, and according to the dictates of an enlightened experience. Inasmuch as the water means, diet, etc., are the best possible for cure, so also, properly managed, are they in mitigating the sufferings arising from incurable disease.

Before leaving Graefenberg, Mr. Wright prepared, in writing, a list of questions, which were proposed to Priessnitz, the answers to which were taken down upon paper at the time. Some of these questions were as follows:

Wright.—In cases of severe cold on the lungs, attended with much coughing and expectoration, what should be done?

Priessnitz.—Rub the chest and throat with cold water, holding, at the same time, some water in the the mouth. In cold climates, the wet bandage around the throat would be of service occasionally. In warm climates, washing and rubbing alone are better.

Wright.—In cases of inflammation and soreness of the throat, attended with hoarseness and difficulty in speaking?

Priessnitz.—Friction, washing, and the application of wet bandages.

Wright.—In cases of long attendance and speaking at public meetings, in hot, close, crowded rooms, and then going out into the chilly night air?

Priessnitz.—The rubbing sheet, washing and rubbing the head and throat well, and the use of the foot-bath.

Wright.—When troubled with shooting pains across the chest, occasioned by long speaking at a time?

Priessnitz.—Take rubbing sheets, and rub the throat and chest with water.

In regard to friction, Mr. Wright judiciously remarks, "that it is worthy of special notice, that Priessnitz never orders the rubbing to be done with brushes, flannels, or even linen towels. He never applies flannels and brushes to the skin for any purpose; when is only used for wiping the surface dry, and, even in this process, the rubbing should be gentle. He wishes to have the skin kept as smooth and soft as possible; and hence his disuse of flannels next the skin, and of brushes and hard substances in rubbing. He recommends that the hand only should be used; and it is not possible to be long under his treatment, and to enjoy the delicious sensations resulting from a clear, smooth, soft skin, the almost invariable result of the cure, without being convinced of the correctness of his practice in this respect."

Chronic bronchitis is a very common disease, and is very apt moreover to lead to pulmonary consumption. I shall not in this place, enter particularly into details of the treatment suitable for chronic bronchitis, because it is the same as that for consumption in its earlier stages. I will here merely remark, that the general management in this complaint should be that which is best calculated to fortify and invigorate the general health.

LARYNGITIS—INFLAMMATION OF THE LARYNX.

This is often a most dangerous disease. In no part of the respiratory passages does inflammation of so small a portion produce any thing like the dangerous results that are observed in this disease. It may be both acute and chronic.

Symptoms of the Acute Form.—First there are rigors, followed by pyrexia, and usually by some degree of tonsillitis. There is hoarseness; a dry, husky, convulsive cough; pain in the larynx; constant secretion of a glutinous mucus; difficulty of deglutition and respiration. As the disease progresses, the febrile symptoms grow more severe in all respects; afterward "the countenance becomes pale and anxious; the lips livid; the eyes suffused; the nostrils expanded; the pulse frequent, feeble and irregular; the voice reduced to a whisper or lost; the throat often œdematous. There is extreme restlessness, jactitation, urgent fear of suffocation, sleeplessness, or if the patient dose, he wakes in dreadful agitation, gasping and struggling for breath. Delirium and coma ensue, and death takes place in from four to five days, or the patient dies at an earlier period asphyxiated."

Causes.—Previous attacks of sore throat, intemperance, abuse of mercury, and too frequent and long-continued exertions of the voice, predispose a person to this disease. Its exciting causes are: "exposure to wet and cold; extension of inflammation from the tonsils or salivary glands; swallowing scalding or corrosive liquids; inhaling acrid gases or hot air; extension of inflammation in erysipelas, scarlatina, small-pox, and measles."

Prognosis.—Dr. Hooper observes: "Most unfavorable; more so when the disease has already lasted some time with an increase of the symptoms, when the dyspnoea is extreme, the convulsive fits of frequent occurrence, the face livid, the circulation languid, and the head affected. On the other hand, a decrease of dyspnoea, a free expectoration, an improved aspect of countenance, and greater ease in swallowing, are favorable signs."

Treatment.—This must be of the most vigorous kind, according to the severity of the case. The pyrexia must be kept subdued, and powerful cooling applications kept up constantly at the throat. Even ice between folds of wet linen, and pieces of ice held in the throat, should be resorted to in violent cases. The extremities to be kept warm.

There is probably no class of men which demand greater care and vigilance in the part of all concerned than that here spoken of.

In *chronic laryngitis* there is hoarseness, sometimes increasing till the voice is reduced to a whisper or quite lost; dry, husky cough; pain and soreness in the larynx; dyspnoea by turns; in confirmed cases ulceration of the part affected.

It is caused by the acute form of the disease; cold; intemperance in eating and drinking; excessive exercise of the vocal organs; inhalation of dusty or otherwise impure air; syphilis; abuse of mercury; tobacco.

This latter substance demands more than a passing notice in this place. Dr. Horace Green of this city, who has, probably, had more experience in treating disease of the throat, than any other living practitioner, speaks thus on the subject: "As an exciting cause, the use of tobacco, in my experience, has proved a powerful agent in the production of follicular disease of the throat. Acting as a stimulant directly and constantly upon the mucous follicles of the fauces and throat, and greatly increasing as it does the secretion of these glands, its employment as we should conclude *a priori*, must have a direct tendency to develop the disease, especially if a predisposition to the disease exists; hence it has occurred to me, to notice that of a great number of cases of throat-ail which have come under my observation, a large proportion of them have taken place in individuals who had been, or were at the time, in the habitual use of tobacco. * * * Not only has the use of tobacco, in any and all its forms, proved to my experience, an exciting cause of laryngeal disease, but when its employment has been persisted in during the treatment of any case, I have found it impossible to restore such to perfect health."

Among the exciting causes of this disease, prolonged action of the vocal organs holds a conspicuous place. Hence its frequency among singers, actors, lawyers, and preachers; and in later times, it has become so common in the United States with the latter, as to be known by the name of *clergyman's sore throat*. Why the disease should prevail more among this class than others who use the vocal organs at least as much as they, is a question not easily solved. Dr. Chapman has suggested that clergymen, as a class, are of feeble constitutions, which circumstance may have originally led them to embrace their avocation; and hence, that they are more liable to such derangements than more healthy individuals. Another explanation has been offered by Dr. Stokes, that the clergyman begins to exercise his vocal organs at a much earlier period than the lawyer, for example. In another part of this volume I have given some reasons why the health of clergymen is apt to suffer more than that of most men. And the same remarks will also hold good in this connection.

Treatment.—It has become very fashionable of late to apply a strong solution of the nitrate of silver to the fauces and larynx in this disease. In some cases relief is obtained, if we judge from the testimony of patients; in others, no good is accomplished, and in not a few instances the patient appears to be made worse. My own opinion regarding this treatment is unfavorable; first, because of the facts respecting it; and second, because chronic laryngitis is generally, if not always, a constitutional disease. I am of the opinion, moreover, that nitrate of silver has a tendency in these cases to drive the disease downward upon the lungs, thus causing consumption, which is the thing most to be feared. A large proportion of all cases of chronic laryngitis have thus far ended in fatal pulmonary disease.

The general plan of treatment, then, should be such as is best calculated to restore the constitutional health. Patients of this class, are always more or less dyspeptic. The state of the stomach and bowels should receive special attention. The management should be tonic throughout. Locally, frequent garglings with tepid, or even warm water will be useful

The throat and chest should at the same time be often washed and rubbed with the hand wet in cold water. The *stimulating* compress is also useful about the throat.

MATERIALITY AND CAUSES OF DISEASE.

BY MRS. C. A. KENNEDY.

To those who have suffered from pain and disease, and have learned to prize and value *health* as the blessing and duty of primary importance, it becomes an earnest inquiry and study to know what are the various causes and conditions of sickness and ill health. To see the prevalent, wide-spread and fatal amount of disease which burdens poor groaning humanity, one would suppose that the desire of avoiding it would lead every individual to prosecute this investigation. But, by the majority, this subject is regarded with an apathy which, considering its personal applicability and value to all, is at first thought singular and unaccountable.

There are two causes which have had a powerful tendency to create this feeling of indifference, and to prevent right views of disease and its causes from being obtained by the people. One is the pious, but mistaken idea which has been inculcated, that a higher and irresponsible power sends upon us, in some mysterious manner, or, through some unknown and unavoidable agency, sickness and death, from which there is no possibility of our escaping. The other is the absurd and fallacious teachings of the Medical profession generally, who, to conceal or disguise their own agency in the work of premature death, have been very willing to favor the idea of a mysterious overruling Providence in removing our friends, and of some subtle, unappreciable, immaterial, and therefore unavoidable agent, as the cause of disease.

Yet, but few are really so blind as to fail altogether to perceive that physical wrong-doing is the cause of pain and sickness; and were it not for preconceived ideas and deep rooted prejudices, they would see their own responsibility in the matter, instead of laying it altogether at the door of an afflictive dispensation of Providence. For, while they talk of the "hand of God" in removing their friends, in the same breath they will tell you of the "heavy cold," the "imprudent exposure," or some one or other of the numerous violations of Nature's laws, which, to a thinking mind, establish a clear connection between the effect and its cause.

To suppose that disease is caused by something against which man has not the power to protect himself, implicates the goodness and benevolence of God, in leaving him a helpless prey to unavoidable influences, alike destructive to his happiness and life; or, if this idea is disowned, we must suppose that the Creator has made a failure in perfectly adapting the constitution of man to the material world by which he is surrounded, and that all the works of His creative hand are, therefore, not perfect and good, which would be a contradiction of all which we know of His boundless creation, which in every thing gives proof of infinite wisdom, skill, perfection, and goodness.

To suppose that the Divine Agency is in some way involved in the production of disease, as a direct and arbitrary infliction from the Almighty, is hardly consistent with the idea of an infinitely merciful and compassionate Being, who doth not willingly afflict, neither grieve the children of men. Besides, we find, that throughout all Nature, God works through fixed and established rules or laws; and, reasoning from analogy, we would expect that He would do the same in dealing with this creature man.

To be consistent, those who hold these opinions should not endeavor to combat the will of the Almighty, when sick, by seeking a cure, but should leave disease to take its unmolested course; nor should those

who believe in the immateriality of disease, seek to drive something, which if immaterial must be spiritual, out of the body with *material* agents, either drugs or water. They should employ, as curative agents, *spiritual* influences, or those as nearly spiritual and immaterial as possible, as electricity, galvanism, spirit mediums, etc.

How much more rational and truly reverential it is to believe that God has not made man an exception to His universal plan, by which He has made all things to work according to unchanging laws and principles, and has, therefore, established *physical* as well as natural and moral laws, to which He has attached, likewise, appropriate penalties; and that disease, and suffering, and death, are but the consequence of the *infraction* of these laws; and that the causes of disease are *material*, and appreciable by our senses, and are, therefore, to be known and avoided, thus making *ourselves* to bear the responsibility in matters of health and disease. How much better, too, does this justify the ways of God to man, as not being the direct Author of our bodily afflictions and bereavements, but only as He, in infinite regard for the highest welfare of all His intelligent creatures, maintains the majesty of His violated physical law, by suffering the penalties which He has attached, in love and wisdom, to be visited upon the transgressor thereof.

These vague and irrational ideas of the immateriality and unavoidable nature of disease, are now retreating before increasing light and knowledge; but there is still much ignorance and misunderstanding relative to the *nature* and *kinds* of the material substances which, when introduced into the human system, prove injurious and fatal to it.

It may safely be affirmed, that whatever is foreign to the natural healthy organism, and cannot be digested nor assimilated to its essential structure, whatever undergoes no chemical nor vital changes, and does not lose the character or properties which it possessed *out* of the body, is inimical to it, and will produce disease.

Accordingly, we find that the benevolent Creator has implanted within us a natural disrelish and disgust for all substances of this nature, when brought in contact with the senses of taste and smell, and, in the natural unperverted appetite, even to articles which are *stronger* and *sharper* than the gastric juice, and which, though not absolutely poisonous in their nature, are indigestible, and cannot be assimilated. There is nothing which more shows the goodness of God than this higher office of the senses of taste and smell, without which safeguard against the introduction of poisonous and indigestible substances into the stomach, what confusion and mischief would soon ensue! If anything could show, in a light clear and strong as noonday, the wide departure of civilized man from the pure and simple tastes and unperverted instincts of Nature, and the corrupted, unnatural, unhealthy condition of the enlightened portion of the globe's inhabitants, it is this fact. The most nauseous, disgusting, horrible substances are daily swallowed in large quantities; substances so disagreeable, that no art of preparation can fully overcome the *nauseating* with which poor abused instinct regards them. Nay, what is still more strange and monstrous, they are taken with the idea that they possess the power to restore to health the diseased frame, and are administered by a privileged class, who make large pretensions to science and wisdom above their fellows, but whose *practice* shows that they do not understand the very first and fundamental principle of a true cure, which would teach that we should aid to *obey*, instead of to *violate*, Nature's laws. To my mind there is no more convincing proof of the absolutely injurious and poisonous nature of drugs and medicines, under all circumstances whatever, than the utter *abhorrence* with which even the most perverted taste regards them. Even those who have so far corrupted their natural appetites, as to be able to eat half putrid flesh, with

hot, pungent spices, drink alcoholic beverages, and chew tobacco, cannot so blunt their sense of taste, as to find the natural taste of drugs *pleasant* to them. It seems evident to me, therefore, that of all the classes of material substances which create disease in the human system, the class of apothecary drugs and medicines is by far the largest and most deleterious. That they are absolutely indigestible, and must possess the same poisonous qualities after entering into the blood and structure, as before they were taken into the stomach, is *true*, and cannot be denied with consistency by those who advocate their use, else how, if they undergo the chemical and physiological changes of digestion and assimilation, do they pretend that they produce their well known effects?

The usual subterfuge or supposition is, that, by their administration, Nature is provoked to a more vigorous resistance, and that in the struggle both drugs and disease are cast out of the system together; but that the medicine remains after the disease is suppressed, let the great numbers of drug-poisoned and chronically diseased, and permanently impaired and enfeebled constitutions throughout the land testify! Besides, how is it, when Nature is barely strong enough, or has not power, unaided, to overcome the disease, when drugs are given, do they not overwhelm her vital or resisting powers, and thus prove the immediate cause of death?

There are many things in common use, as articles of diet, which are injurious, because the gastric juice does not possess solvent power strong enough to act upon them. Spices, cayenne, strong old cheese, are of this class, and are so much foreign and disease-causing matter in the system. Many kinds of food which are digestible by a strong stomach, are not so by a weak and diseased one, and are, therefore, injurious to such. Food, not sufficiently chewed, or very difficult of digestion, or taken in too great quantity, or in which putrefaction or decay have made any progress, by remaining too long in the stomach, or overtaxing its powers, or creating impure and corrupt juices, cause derangements and disease. Hot food and drinks weaken and debilitate it; sharp, biting, pungent spices and seasonings irritate and goad it; and when its tone and energy have thus become prostrated, it can no longer prepare healthy juices for the nourishment of the body, and thus the blood becomes vitiated and impure. The skin, lungs, liver, and other organs, whose office is to eliminate and convey out of the body its foreign effete and worn out particles, through neglect of bathing, compression, bad living, or drug medication, may fail properly to perform their functions, and pain, disease, and premature death must be the consequent result. And thus, in many different ways, we "introduce an enemy into our mouths to steal away," by insidious degrees, or to dispossess us by open, violent attacks, of the precious treasures of health and life. And as "blessings brighten as they take their flight," so we too often neglect the means of their preservation, until we find ourselves despoiled of them; and then we wish, but how often in vain, that we had informed ourselves of the laws of health in season, to have prevented their loss.

May the day hasten when Water-Cure, which is doing so much more than has ever been done by any other system of medical reform, to enlighten the people and teach them the laws of their being, may cover the land as the waters cover the Sea!

[Raisin Water-Cure, Lenauee Co., Michigan.]

ALLOPATHY ILLUSTRATED.

VACCA HINC ATQUE ILLINC VIR.

LONG since my father had a sick cow. What was supposed to be the matter with her I know not. I do know he never sent for an M.D. to see her. She lay by the road side about a week; nor could she by any means be made to move, eat, or drink. Her breathing

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was the only sign of life. In fact, every one who passed was so sure that she was dead that they had the neighborly kindness to stop and tell us of it.

At length it was concluded, for the sake of the passers-by, and the poor cow's sake, to put an end to her miserable existence, and draw her out of the way. The lot fell on my brother, who, having thoroughly pounded her head, and broken her skull, (when she struggled as in death,) drew her off to a suitable place in the dark, deep forest; where wolves and other beasts of prey held undisputed sway during the night, and even sometimes in the day. We supposed that she would make a feast for many, but never see the light of another day.

About two weeks after this, my brother and I, in our rural ramblings, passed that way, and discovered that she was yet alive! I wished to save her, and offered her food and drink; but brother laughed at the idea of curing a cow after her brains were spilt, and ended her misery at once by beheading her. The flow of blood, the hauling and the kicking showed that the axe and disease combined had failed to break loose the tenacious grasp of life.

This, it was considered, by every one who knew of it, the most cruel thing that was ever heard of in a civilized land! What! to half kill a sick cow and leave her in such agony for two weeks! Yes, I know it to be awful, and feel it too; but hear me farther before you judge us so much worse than other humans.

I had a well father once, and, ah, I should have had one now, had not Allopathy crippled and almost killed him. Ah! the agonized convulsions, at the thought of his suffering, prohibit my relating how he was, not merely half, but almost quite murdered: not by an axe, but by a far worse and more fatal agency, even by allopathic drugs; and yet no one says "how cruel the doctor was;" though the dyestuffs which he called "medicines" has caused the poor man to be confined to his bed for three years and a half, and much of the time, in the most intense agony. But the blame is laid on him because he tore himself from the clutches of Allopathy, who was sure of his game; and, as it were, from the very jaws of death, and resorted to *Hydrophathy, the blessed angel of health*, under whose guardian, all-healing wings he has, since the day he trusted to her, gained!

O great achievement will she accomplish if she cures him, who was once the same as dead, and his head blossomed for the grave, bleached by the snow of nearly three score and ten winters!! Ah, *Hydrophathy* has done much, and God speed her and those who labor for her advancement till the whole invalid world become vocal with her praises!

Little Rock, Ill] A WATER-CUREAN.

Pomology.

NOTES ON FRUITS AND FRUIT CULTURE. NO. III.

THE APPLE.

"Here's to thee, old apple tree,
Whence thou may'st bud, and whence thou may'st blow;
And whence thou may'st bear apples snow,—
Hats full and caps full—
Bushels and sacks full!
Hoza!"

THE APPLE should stand at the head of all the catalogues of the pomologist. Downing calls it "the world-renowned fruit of temperate climates." It figures in history, in poetry, and in the ancient mythologies, as a fruit of wonderful virtues. "The allegorical tree of knowledge bore apples, and the celebrated golden fruit of the orchards of Hesperus, guarded by the sleepless dragon, which it was one of the triumphs of Hercules to slay, were also apples, according to the old legends." We read, too, of apples which were believed to pos-

sess the power of conferring immortality, and which were jealously watched over by the goddess Iduna. The falling of an apple in the presence of the great Newton, led to the discovery of the law of gravitation; and the price of the same fruit in the markets of Paris, compared with its cost in the provinces where it is produced, awakened the thoughtful Fourier to a sense of the subversive character of civilized commerce, and resulted in the final discovery of a grand social science. Thus, the history of the apple is closely interwoven throughout, with the history of the human race.

The apple, large, rich, highly flavored and beautiful as it is, originated from a species of crab, which grows wild in most parts of Europe.

USE OF THE APPLE. "There is no fruit," says Downing, "more universally liked, or generally used, than the apple. It is exceedingly wholesome, and, medicinally, is considered cooling, and laxative, and useful in all inflammatory diseases. The finest sorts are much esteemed for the dessert: and the little care required in its culture, renders it the most abundant of all fruits in temperate climates. As the earliest sorts ripen about the last of June, and the latest can be preserved until that season, it may be considered as a fruit in perfection the whole year. Besides its merits for the dessert, the value of the apple is still greater for the kitchen, and in sauces, pies, tarts, pre-

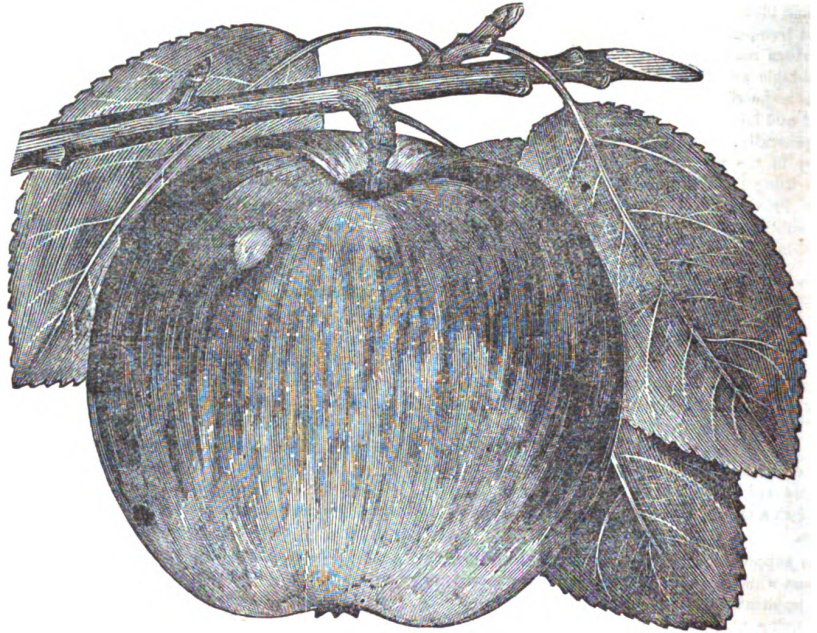
serves, and jellies, and roasted and boiled, this fruit is the constant and invaluable resource of the kitchen. *Apple butter*, made by stewing pared and sliced sweet apples in new cider, until the whole is soft and pulpy, is a common and excellent article of food in many farmers' families, and is frequently made by the barrel in Connecticut. In France, nearly the same preparation is formed by simmering apples in new wine, until the whole becomes a sort of marmalade, which is called *Raisin*. The juice of the apple unfermented, is, in some parts of the country, boiled down till it becomes molasses.

"Dried apples are, also, a considerable article of commerce. Farmers usually pare and quarter them by hand, and dry them in the sun; but those who pursue it, as a matter of trade, pare them by machinery, and dry them slowly in ovens. They are then packed in bags or barrels, and are used either at home, in sea stores, or are exported."

The value of apples for feeding cattle and swine, has been proved to be equal to the best root crops. The value of an orchard for this purpose, has not hitherto been fully appreciated.

VARIETIES OF THE APPLE. The varieties of the apple are too numerous to be even mentioned here. In the garden of the Horticultural Society of London, which contains the most complete collection of fruit in the world, there are about nine hundred varieties.

Apples which have originated in this country, are



HUBBARDSON'S NONSUCH.

generally finer and more productive here, than the European kinds, as well as longer lived. "The great centre of the apple culture in America, is between Massachusetts Bay and the Delaware River, where the Newtown Pippin, the Spitzenburg, the Swaar, the Baldwin, and Yellow Belle Fleur have originated, and are grown to the greatest perfection." The apples of the West, generally, though very large and beautiful, are inferior in flavor, in consequence of their too luxuriant growth, to those grown on the poorer soils of the East.

Barry, in his "Fruit Garden," makes the following list of varieties, best adapted to cultivation in New York. "For Western New York," he says, "the following are unimpeachable."

"SUMMER APPLES. American Summer Pearmain, Astrachan Red, Large Yellow Bough, Early Harvest, Early Strawberry, Early Joe, Golden Sweeting, Keswick Codlin, and Summer Rose.

"AUTUMN APPLES. Autumn Strawberry, Fall Pippin, Gravenstein, Hawthornden, Hawley Jersey Sweet, and Pomme Royal, or Dyer.

"WINTER APPLES. Baldwin, Baily Sweet (Patterson Sweet), Belle Fleur, Danvers Winter Sweet, Dutch Mignonne, Fameuse, Green Sweeting, Lady Apple, or Pomme d'Api, Melon, Northern Spy, Pomme Grise, Rambo (Seek-no-Farther), Red Canada, Rhode Island Greening, Swaar, Spitzenburg (Newtown,) Spitzenburg (Esopus, and Wagener.)"

The *Western Horticultural Review* suggests the following, for an orchard of one thousand trees, for the latitude of St. Louis:

"Two hundred Rawley's Jannet; two hundred Pryor's Red; two hundred Newtown Pippin; fifty Golden Russet (American, no doubt); thirty-five Newtown Spitzenburg; fifteen Fall Pippin; twenty-five each, Yellow and White Bell-flower. Early Strawberry, Early Harvest, Benoni, Williams' Favorite, Bobson, and Gravenstein, Cooper, Rome Beauty, Rambo, Belmont, and Fameuse; one hundred Carthouse or Gilpin, Michael Henry and Smith's Cider; fifty 'any others not rejected.'"

Samuel Walker, Esq., President of the Massachusetts Horticultural Society, a man of great experience and critical judgment, in regard to fruits, gives, in

Hovey's Magazine, the following list, as being best suited to New England. They are ranked in the order of merit.

"Rhode Island Greening, Gravenstein, Baldwin, Early Harvest, Red Canada, Porter, Minister, Tallman Sweeting, Large Yellow Bough, Roxbury Russet, Danvers Winter Sweet, Pomme Royal or, Dyer, Hubbardson's Nonsuch, Fall Pippin, Fameuse, American Summer Pearmain, Benoni, Astrachan, Fall Harvey, William's Favorite, Ladies Sweet, Jonathan, Peck's Pleasant, Spitzenburg, (Newtown)."

For a southern climate, Downing gives the following list :

"Early Red Margaret, Large Yellow Bough, English Golden Pippin, Sheep Nose, Lady Apple, Maiden's Bush, Gravenstein, Golden Reinette, Green Newtown Pippin, English Russet, Mal Carle, Yellow Belle Fleur, Wine Apple, Roman Stem."

A number of native varieties, which have originated at the far South, succeed better there than Northern apples. Among these, are the Horse Apple, Mountain

specimens are of the highest order ; those in the shade want character. This is a moderate grower, and the original tree is called a good bearer ; from the first to the last of September."

THE GARDEN ROYAL APPLE is a new variety, and is very highly esteemed where it is known. The New England Farmer thus speaks of it :

"This apple originated on the farm of Mr. Daniel Bowker, Sudbury, Mass. The tree is a rather slow or moderate grower, and a good bearer. The fruit is of the highest quality for the dessert, being remarkably tender, and of a fine spicy flavor, resembling a good pear in its fine qualities. It is a very good looking, but not beautiful fruit. We consider the Garden Royal one of the very best apples of its season, for the garden, or for orchard culture, or for one's own use, and it sells well in the market ; but some varieties of more rapid growth, and of larger and more beautiful fruit, though not of so high a quality, may be more profitable for the market.

"The Garden Royal is small, roundish, flat ; of a dull, greenish, and russetty yellow ground, but mostly covered with dull, deep red in the sun, numerous large light specks ; stem short, slender, in a medial sized cavity ; calyx medial, open, in a broad, shallow basin ; flesh very fine, tender, almost melting, crisp, juicy, and of a delicious, highly aromatic flavor. In use during September."

FRUIT EATING. "Fresh apples, peaches, and other fruits, have been for some time in our markets. These are the edibles which nature has provided for the season, and which, if moderately indulged in, are as healthful as they are palatable. An unfounded prejudice exists in the minds of many persons, against eating fruit in summer. But the fact, that in France, and in other European countries, fruit is almost the sole article of food at this season, and that, instead of any deleterious consequences resulting, the highest state of health is maintained on such a regimen, ought to be sufficient to explode so senseless a notion.

"We have the testimony of numerous American physicians, that the eating of fruit at breakfast is very conducive to health at this season. Indeed, fruit appears to be peculiarly fitted for the digestive organs, during the hot summer months, when other edibles, that may be enjoyed with impunity in winter, frequently bring on disease. In eating fruit, however, care should be taken to have that which is ripe. Many persons maintain that fruit is unhealthy ; if the truth was known, it would be found that unripe fruit was the cause of their sickness. The quantities of green fruit sold in our market is immense ; not less great is the quantity of decaying fruit exposed there, especially of whortleberries and blackberries, which many persons purchase, because offered a cent or two cheaper per quart, than perfectly ripe fruit of the same description. In all such kinds of fruit, the seeds of disease exist. Whoever eats decaying fruit, poisons himself, or herself, so far forth ; and if no ill effects result, it is in consequence of the iron constitution, not of the prudence of the transgressor.

"Children are sufferers to an unimagined extent, from eating unripe fruits. Without capacity to distinguish right from wrong in this matter, they yield to the temptation, so that the only safe rule is to keep all fruit out of their way. By adopting this rule, they will be able to get only what their parents know to be good. Servants frequently destroy, unwittingly, the lives of children entrusted to their care, by buying for them green fruit, when better cannot be had, in order to keep them quiet. Our parting advice is, not to be afraid of ripe fruit, either for yourself or family. But then, you must be sure that the fruit is ripe ; not over ripe, much less, green."—*Sandusky Register*.

Here we close our notes, for the present, but hope to resume them at some future time—next Spring, perhaps. Persons desiring an excellent and reliable Work on Fruits and their cultivation, cannot do better than send to Fowlers and Wells, for "Downing's Fruits and Fruit Trees of America," (price, pre-paid, by mail, \$1 50,) which we have so often had occasion to quote.



RICHARDSON APPLE.

Pippin, Father Abram, etc. These are well adapted to the climate of Georgia and Alabama.

RICHARDSON APPLE. "This Apple, according to the *New England Farmer*, originated in the orchard of Ebenezer Richardson, of Pepperell. A few years ago, it was exhibited at the Concord Cattle Show, and

among many fine specimens of apples, it was distinguished for its large size, great beauty and superior quality. It has been disseminated considerably in nurseries, but has not yet gone into general cultivation. It is one of the most tender, delicious, fine flavored apples of its season ; large, roundish, inclining



THE GARDEN-ROYAL APPLE.

to conical ; smooth ; green, mostly covered with red, bright in the sun, numerous large light specks ; stem two-thirds of an inch long, rather stout, in a broad,

deep cavity ; calyx large, open, in a narrow, deep basin ; flesh greenish white, remarkably tender, juicy, of a rich, delicious and almost saccharine flavor. Good

DIETETIC USE OF SUGAR.

BY G. H. TAYLOR, M.

SUGAR is an abundant product of the vegetable kingdom. In elaborating materials for the support of animals, Nature affords, along with other necessary compounds, a large amount of the saccharine principle. The cereal grains, such as are recognized by civilized man as the basis of nutrition, contain sugar in proportions varying from 5 to 9 per cent.; while starch, which ultimately corresponds with it for nutritive purposes, constitutes about 70 per cent., and gluten, the element of muscle, which is used in the exercise of every function, ranges from 7 to 12 per cent. Many roots contain sugar in much larger proportion, as do also ripe fruits, the farinaceous principle being in much less proportion than in grains, and from these sugar is sometimes separated for economical purposes; but the great source of the sugar of commerce is from the stalk of the sugar-cane, the juice of which being expressed at a particular point of time, cleansed and evaporated, yields it in great abundance and tolerable purity, which, however, requires to be perfected by refining.

Sugar and starch belong to the same group of non-nitrogenized bodies, and are mutually convertible into each other in Nature's processes. The stalk of maize is very rich in sugar just previous to the filling of the ear, whither it goes to from the granules of starch the seed contains; the spring sap of many perennial plants convey the nutrition of the different parts through this intermediate condition. On the contrary, the ripening of fruits produces sugar from the amylaceous material of the green state. So also may starch be artificially converted into sugar, by interposing some means to add an equivalent of water, for this is the chemical difference that exists between the two substances.

Let us inquire into the use of sugar in the healthy, also, in the unhealthy conditions of the organism.

There is abundant evidence that this substance is employed in the healthy organism, for calorific purposes only. Glucose, or grape sugar, differing from cane sugar by containing one more proportion of the elements of water, is a normal constituent of the blood, especially of the hepatic vein, and of the portal vein in herbivorous animals. It never occurs in large quantity, as it is constantly burned out in the act of respiration. This seems to be the particular form in which this group of substances is presented to the action of oxygen, unless, perhaps, lactic acid be an intermediate condition. An injection of glucose in the veins of an animal readily disappears from the circulation, while cane sugar disappears with much greater difficulty, the proportional facility being as one to fifty.

All the starch and cane sugar that serve a useful purpose in the organism, are first converted by the digestive process into this form of sugar; the change commencing by the action of the salivary secretion, and being continued by the pancreatic and intestinal secretions that are poured in and mixed with the digestive mass, whence the absorbents take up the pabulum for the calorific process; for this is a condition of the first necessity, as no function of life could go forward without the due maintenance of the calorific process. Hence the immense provision, in furnishing material for it, in the non-azotized products of the starch group, as well as the same combustible elements combined in the form of the fixed oils, wherein carbon predominates. Even in the deficiency of these combustible materials, the purposes of living are not defeated, as the animal is made to consume his own transformed tissues, thus using the same materials *twice* to subserve the different purposes of his being, muscular force first, and then temperature.

We see here the beautiful and beneficent designs of

nature for our health and physical happiness; all the essential conditions being met without any care or anxiety on our part, if we would but pursue the course so obviously in our way.

But civilized life is in practice, though we hope not and believe not necessarily, a life of estrangement from nature's elemental principles, and from the primitive use and adaptation of things. And ultimately, one scarcely knows what these conditions are, or even that there is a better life for him, or where to find it; but he would fain seek relief from the numerous penalties of his ignorance and disobedience by attempted propitiations and compromises. The most wholesome habits in society are but feeble imitations of the primitive order of things.

In some particulars, the art of cooking is the exercise of beneficent reason for the promotion of human weal. By its interference man is rescued from the condition of a constantly eating and digesting animal; he thus facilitates the work his organism would otherwise be compelled to do, and so reserves his forces to be devoted to nobler pursuits, having reference to things beyond himself.

But if cookery is a great civilizer, it is also in the present age a great disease producer. It sustains and fattens a medical profession, and thus the misery it works is duplicated. Health and its accompaniments are sacrificed to a perverted taste and morbid enjoyment.

Not satisfied by assisting in the physical and chemical labor of separating and dividing the nutritious particles so that they may be seized upon wherever they are wanted in their course of circulation (for this is the only legitimate end of this process), it is made to consist also in separating some essential alimentary ingredients, which is of more importance, of adding a great disproportion of others.

Sugar, the most grateful and wholesome of alimentary substances, is also the most abused. It is doubtful if man in a state of the natural purity of his instincts, would relish the concentrated article. Infants do not love it till after being plied with its use.

The process of fermentation destroys a good proportion of the saccharine matter that exists in our staff of life, consisting of about one-seventh of its weight. This fact may have something to do with a natural desire arising in the system to substitute what is felt thereby to be lost. Be that as it may, man is scarcely satisfied with a grateful sensation merely: it must be excessive, pungent, at whatever expense. The grateful piquancy with which this substance makes an impression upon the sense of taste he soon learns to love in a more and more concentrated form, until the due elementary proportion of his nutrition, that is only consistent with his real wants, is utterly destroyed, and what is *wanting*, his natural discrimination is annihilated. He only knows that he is unsuited with nature's mixture of alimentary principles, and in his cosmopolitan range for materials to suit his purposes, he quite forgets to consult physiology, which only is competent to afford correct information.

Suppose the individual does not have constant exposure to an atmosphere of low temperature, with exercise as a general habit; he fails to receive sufficient oxygen to counterbalance the hydro-carbons he takes as food. It is evident, that as they can be duly eliminated only through its agency, they must accumulate in the system to its serious detriment. What condition should we look for to supervene?

By a simple transformation which the organism is capable of effecting, amylaceous material is converted into fat. This condition, though hardly less than disease is the mode in which some organisms dispose of the extra materials with which they are furnished. Children and adults of good digestion will get plump. It is said that negroes on plantations, and even beasts fed on refuse *cane*, get sleek in sugar time.

But the disproportion, without a large amount of physical exercise and respiration, must induce derangement and disease. Hepatic derangements will be likely to ensue. The liver, being overtaxed, becomes incompetent to duly perform its labor; and first functional, then organic degeneration will take place. Then come piles and congestion of different portions of the viscera, and any and every pathological condition that can be conceived. The blood is in a condition capable of feeding any acute disease that may be accidentally instigated.

But in the great majority of cases the consequences are more immediate and palpable. The substance of which we are treating is capable of a facile change when supplied with the requisite conditions of warmth and moisture. The digestive powers are weakened and delay their functions, and changes in this susceptible material cannot be prevented. In attempting to coexist with chemical decomposition, digestion becomes embarrassed and contaminated, and its products are of a morbid quality, and the secretions vitiated. Eructations, flatulence, headaches, flushes, and a thousand ills of body and mind are directly invited.

We can now understand the condition of many who seek our counsel. If we look at the oesophageal extremity of the digestive tube, the fauces and the pharyngeal membrane, in a good proportion of these cases, show the condition of the stomach. The mucous membrane is of a dark venous hue, the follicles hypertrophied, and covered by a tenacious secretion, or perhaps quite dry. We are at no loss to account for such a patient's sensations, or the frequently eccentric impressions of his brain and mind.

Reason, and not medicine, must prescribe the cure. This inflammatory congestion of the mucous surfaces is constantly craving something stimulative, or in some measure exciting. Such persons are inclined to respond to these inclinations by the use of an inordinate amount of saccharine material. So long as they do so, while in this state, their chances of improvement are necessarily lessened. Such persons must lessen the amount of respirable material consumed, and increase the amount of oxygen inspired, till the system is thoroughly expurgated.

Ignorance of these principles in those who have frequented Water-Cures, has led to incalculable mischief and dissatisfaction. It has frequently rendered all their laborious efforts for health nugatory. If in these cases, the demand of the system for hydro-carbons, to supply the waste by the increased respiration, which is a concomitant of the treatment, be fully responded to, but little good, comparatively, is effected. When large water drinking is added to bad eating, thus carrying forcibly to the skin, the blood with its crudities, and perhaps destroying the corpuscles also by endosmotic action, actual disease of the skin is produced, frequently in addition, rather than in substitution for that before existing. Let not the sufferer suppose that a crisis of this description will cure him. It will only veil his old symptoms by new ones.

It may be asked—since sugar and starch chemically differ so little, why is the former condemned rather than the latter? Starch does not seem to be so readily susceptible of chemical change under the same influences, as the saccharine principle is. The warmth and moisture of the digestive cavity, especially with an imperfect and insufficient gastric secretion, readily induces a change that soon vitiates the whole system. Starch, on the contrary, may be found, unaltered, in the alvine discharges, especially of those who eat largely of substances richer in this principle than in gluten, as potatoes. It is to be remembered also, that the oils also exclude sugar. They enter the circulation readily by an entirely different channel, and as they answer similar purposes, replace the starch group to the extent that they are used.

Finally, let those in health keep so, since it is not

demand of them to compromise in the least their gustatory enjoyment, but only to maintain it in its purity, and let those with disordered health remember, that the greatest service of medical means will be that of amusing them, perhaps ineffectually, but hardly successfully, without some understanding of the principles of alimentation—and a subjecting of themselves to the discipline enforced in such cases, for the purpose of securing again an equilibrium of all the conditions of health and a restoration of correct tastes and habits.

FOMENTATIONS.

BY S. O. GLEASON, M.D.

FOMENTATIONS I esteem so highly in my hydro-pathic treatment, that a short article on their practical utility may not be without interest to the readers of the JOURNAL. Although a simple remedy, I apprehend that it is but poorly understood, and but little used, out of Water-Cures. It is so valuable and easily used, that it may be applied to relieve pains and suffering at any time, and in almost any place. To describe the method of applying this remedy would be useless, as it has so often been presented in Water-Cure books. I shall, therefore, only state some of the phases of disease and pains to which it is applicable.

I. Where there is pain and soreness in the neck or chest, fomentations for twenty minutes to one half-hour just before retiring, followed by the neck bandage or chest bandages, will give relief and procure sleep in many instances, where all other appliances would fail. In acute cases of this description, this remedy is invaluable. I have subdued the most violent inflammations of the lungs and larynx, by using these before packing, and at night, before retiring; putting on the bandages after. In two cases of pneumonia (inflammation of the lungs) which I have been called some eighty miles from my home to see, fomentations have been my chief reliance. They drive the blood to the surface so rapidly, that the deep-seated congested internal vessels are relieved of their superabundant fluid, and the patient is soon enabled to take deeper and freer respirations, while the acute pains and soreness subside. So much confidence do I have in this mild but powerful remedy, that I should hardly know how to treat the above forms of disease without its aid. I think that many, in home practice, fail in treating acute cases of chest diseases, for the want of a knowledge of the use of fomentations.

II. In congestion of the lungs, where there is a violent, racking, dry cough, almost constant, this remedy is of inestimable value. Many such cases are presented to us, especially in the early part of spring; which, if not relieved, would terminate fatally. In these cases the fomentation should be applied directly over the congested part; it should be used *hot* as can be borne, so as to redden the surface. It should be repeated from two to three times a day, according to the severity of the symptoms, and the ability of the patient to endure it; packing and bandages, of course, are to be used in connection. In a few days the incessant cough will begin to diminish, expectoration will commence, respiration will become easier, air will enter the congested part of the lungs by degrees, until the patient becomes perfectly restored.

This I have seen verified in at least (during the past eight years) one hundred cases. If the case be not too far advanced, the remedy is certain to effect a cure, if faithfully applied and persevered in long enough. It generally takes from six to twelve weeks to effect a permanent cure. Most of these cases would terminate in softening of the lungs, or consumption, if not relieved. Many make shipwreck of their lives by neglecting slight congestion of the lungs. Too early and prompt attention cannot be given to this serious and often fatal form of disease.

III. Where there is great restlessness, inability to sleep, excessive irritability of the brain, great desire on part of the patient to be on the move, *warm*, not hot, fomentations, for one half-hour before retiring, over the abdomen, will, in the great majority of cases, secure a greater amount of sleep than the patient has been accustomed to enjoy. When a girdle can be worn after the fomentation, it is desirable. If the patient cannot keep warm, sponge the surface over, to which the fomentations have been applied, with tepid or cold water, as can be well borne. If the public knew the value of this remedy, it would save a vast amount of narcotizing with the various forms of opiates that are now in use, besides saving many from a living death, who have been compelled to use opiates to soothe and allay this restlessness, and procure sleep, till the habit is formed of taking this direful drug. Oh, when will the world learn the use of simple and harmless means to secure ease and relief from many of the tormenting pains that now afflict the human race! How many a poor child has suffered from irritability of the stomach and bowels, been dosed with opiates until all its sensibilities were blunted, when fomentations from the hand of its mother, and a wet compress on its bowels, would have given more prompt and speedy relief, without leaving the terrible effects of this child-destroying drug upon their tiny frames.

IV. This remedy often changes and increases the secretions. In torpid and congested states of the liver, the secretions are often rendered healthy; constipation is overcome, by this remedy, while many violent and severe cases of diarrhoea are arrested. Where purgatives have failed, this remedy often succeeds. I well recollect one case of a physician who came under my care, saying that he had taken *five* most powerful doses of active physic, without securing an evacuation. I gave him fomentations, and secured the desired result in a short time. The kidneys are often stimulated to action when the most rigorous diuretics have failed. This I have seen in many cases of dropsy.

V. This remedy will often arrest, when applied over the bowels, the most severe headache; quiet the convulsions of children while teething, or those which arise from intestinal irritations; violent and continued vomiting will often yield, flatulence and cholice subside, under its influence. Neuralgia, that legion of torments, will often leave on the application of this remedy. Fomentations will succeed in reducing inflammation of the eyes, when cold cannot be tolerated. Too much cannot be said in praise of this appliance on sore, sensitive, and inflamed parts; joints suffering from rheumatism, in many instances, will be greatly benefited. It needs nice discrimination to use this remedy effectually. If it soothes and quiets, we may be sure that it is doing good when we use it. But if, on the contrary, it irritates and aggravates the symptoms, we must either change the temperature or abandon its use. This is, perhaps, the best rule that can be given for its application. At some future time, I may write more on this point. It needs much more said to bring out the philosophy of this appliance—this curative agent, which all can use with such gratifying results.

[*Elmira Water-Cure.*]

Practical Hydropathy.

MY EXPERIENCE IN HYDROPATHY.

BY E. A. W.

ABOUT two years ago I was violently attacked with inflammatory rheumatism. It commenced in my right shoulder, and visited every part of my system. For weeks I was confined to the house, and a good part of the time a cripple, unable to rise without making the house ring with my vociferations. My friends and

neighbors consoled with me, each one recommending a *certain cure*—for Mr. or Mrs. Somebody had tried it, and found it efficacious.

"Arabian Liniment is the best thing in the world for rheumatism," says Miss Matty Goodsell, "Pa had a lame foot once, and it cured it by one application, and he has never had a lame foot since."

So nothing to do but the horse must be brought round, and a man taken from the harvest field, to ride with all possible dispatch to the nearest vender of drugs and medicines, for a bottle of the all-healing remedy. It came—handsomely labeled—and with it a circular, the size of the WATER-CURE JOURNAL, and, by its own account, more persons had been cured by the use of one bottle than there are subscribers to that invaluable paper. So "the parts affected," (and they numbered nearly every joint in my body,) were duly bathed, and swathed, according to the directions, until the contents of the bottle were fast diminishing, and my poor "rheumatics" got no better very fast. "Tom" must go for another bottle, that's evident, for I saw one would not finish the job.

With the other bottle came another circular headed by flaming capitals, and an array of dubious sounding names of persons who had been snatched from death's door by the use of a second bottle. I believe they outnumbered Scott's army, and I am not sure but the General himself was once miraculously preserved by the timely use of this never-failing remedy. He had dislocated his hip by a fall from his horse, while in Mexico, and by using this liniment was enabled to march at the head of his staff, and give Santa Anna "fits" the next day.

Mine must have been an uncommon hard case to conquer, or else "Tom" must have failed to "beware of counterfeits," for I tried it to the entire satisfaction of myself and friends, and grew worse.

"What are you doing for yourself," says old Mr. Peabody, as he sat by my bed-side one rainy day, when, owing to the weather, I was suffering all the excruciating tortures the disease was capable of inflicting.

"I have been using 'Arabian Liniment,'" roared I, after an unsuccessful effort to change the position of my head, so as to look my visitor in the face.

"Hang Arabian Liniment—and all the quacks in Christendom! You just get a couple of ounces of gum guaiac, and put it in a pint of fourth-proof brandy, and drink that, and you'll be able to go to the dance next Wednesday night."

The mention of the dance sent daggers to my heart; my accepted lover was to take "Nelly Tracy," the belle of the village, and my avowed rival. She was determined to get "Dick" away from me, and brought all her alluring blandishments to bear upon his heart, and I was sadly afraid to my disadvantage. She played and sang, and danced to perfection; had a bewitching little foot; a rosy, delicate mouth, quite in contrast with my own—which I thought had grown a third larger, bellowing over my misfortunes.

"Do you really think it will help me," cried I, in extreme anguish, increased tenfold by the conflict going on in my mind.

"Help you! to be sure—cure you in a week."

"Well, I'll try it, for can't live so."

So Tom rode with all possible speed for the brandy and gualiacum. It not being ready for use until the following morning, I spent the remainder of the day and night in weeping over my hard fate, and dreaming of brighter days to come.

With the first flush of dawn, came fresh courage to persevere with my new remedy, and I called to the nurse who, sleeping soundly in the room adjoining, and hearing the sonorous sounds issuing from the mouth of one who the night previous declared she could not live till morning, thought there was no great danger, and again assayed to court the embrace of the rosy god.

"Do, Milly, get up, and give me my dose, then you may go to sleep again."

Milly came as requested, and, after shaking up the contents of the bottle, poured out half a wine-glass full and held it to my lips. I knew nothing of the nature of this medicine, and can only remember of gasping for breath, faintly articulating water! while Milly ran to and fro, like mad, first to the empty pitcher, then towards the pump room, but remembering her extreme state of *dishabille*, she returned to dress herself, and then flew to awaken the household, saying, "Miss Kitty was a dying of a fit." Nothing could assuage the alarm caused by this unlucky circumstance; but each one sought some restoration nigh at hand. One held a vial of ammonia to my nose; another deluged me with cologne; a third caught up a fan; while Tom, who came plunging in with the rest, sent his foot through several panes of glass—his efforts to raise the sash proving ineffectual. At length, water was brought, and a degree of order restored; but, Oh my "in'ards!" Why the pangs of Jonathan, when he swallowed the live oyster! were nothing to mine. I made known the cause of my misery, and old deacon Peabody was immediately sent for, with the injunction if he meant to escape State Prison to come over and explain himself.

The old deacon was in great consternation at the effect of the first dose of his never-failing remedy, but by his eloquent pleadings and his offering to go bail for all damages, I was induced to persevere in the medicine, though the doses were diluted and taken in smaller quantities; but lo! the bottle was soon empty, the dance at the corners numbered among the things that had been, and yet *I was no better!*

Our new minister and his lady called one afternoon, hearing that I was quite sick; they thought it was high time a physician was called. The only one in five miles was young Dr. Gedney—an old college chum of brother Frank's; so brother Frank was unanimously elected a committee of one to wait on the Doctor, and make the case known. The young doctor came, bringing with him a pair of modest, unpretending-looking pill bags of diminutive size and was as modest and unassuming himself; but oh! the learning and wisdom that were stored away in that little oval-shaped head! It was perfectly astonishing, as was also the sight of those numberless little parcels, which were taken out, one after another, until the roll of "Spanish Flies" was produced; and taking a piece of coarse paper and a suspicious-looking knife from his pocket, commenced spreading a blister the size of a supper plate.

"Surely, that's not intended for me!" groaned I, in agony.

"Oh yes! yours is a very aggravated case. You must first be sweated thoroughly, and have this applied; the parts affected to be rubbed with capsicum and brandy, and bandaged in flannel. I will ride over in the morning and see how you are getting along; I think in the course of a week you will be as well as ever."

I will not pain your sympathetic imagination, dear reader, with a detail of my sufferings on that awful night; suffice it to say, I lived through it, and many more equally bad; but it might as well have been otherwise for all the good the capsicum and blistering did me.

The Doctor continued his visits and looked thoughtful; and grew more serious every day. I was really now quite ill, and confined entirely to my bed. None but those who have been afflicted like myself can form an accurate conception of my sufferings. At times I was wild and feverish, caring not whether I lived or died. We lived in a sparsely settled neighborhood, and the news of my illness was borne on the wings of the wind. Everybody called to see me; each one recommending something that had not been tried.

"Have you tried Sloan's Ointment?"

"No!"

"Well, send and get a box of that; I know that'll

cure you, for *they say* it was never known to fail; it is better than all the blistering. *That doctor* don't know anything; you've been growing worse ever since he has attended you."

"Oh dear," groaned I, wild with excitement, to think that months had passed away and still I was growing worse; my experience taught me the fallacy of hoping to mend under the present method of treatment; the doctor thought there could no harm arise from the use of the "Ointment;" "*they say*" it has cured a great many; it may be a benefit; at least it can do no harm to try it. So Dobin was saddled and bridled, and flew like mad, understanding, no doubt, the emergency of the case; for, "*they say*," he had the year before been cured of "ring bone," or "pole-evil"—I forget which—by its application.

An hour elapsed, which seemed to me an age, and I was lifted from my bed to undergo a roasting-in of the precious ointment. Seated before a blazing fire, the "parts affected" were duly bathed, and bandaged, rubbed, and roasted. I was tortured into the belief that after the severest storm sun-shine will follow; and "hope" came and whispered words of encouragement. In an unguarded moment I had almost arraigned Providence, and questioned the justice of his permitting one of his creatures to suffer as I did. I felt now that it was no doubt intended for my good that the comforter had come at last. "Pandora's Box" never contained aught so valuable as did that little round box of shining tin setting on the table. Oh! how happy was I to find "*the only remedy*" had been discovered. I fell asleep to dream of performing a grand "*pas seul*" to let Dick see I had fully recovered from my severe indisposition; in my almost superhuman efforts to exceed one of Fanny Ellsler's tallest "hops," which I once witnessed in Castle Garden, I actually brought my swollen limbs into requisition; and my frost-work of bliss ended in a two painful reality. I awoke screaming in pain; huge drops of perspiration standing on my face.

Frank had made himself acquainted with the manner of treatment by perusing the pamphlet which accompanied the little tin-box; and, it was conceded on all sides, that I must go through the "Ironing Process." Something like a film came over my eyes, and I felt a choking sensation in my throat; the effort by which I suppressed my screams and tears was a terrible one; it convulsed my frame and made my hand tremble as if with ague; the terror this "Ironing Process" gave me nearly paralyzed my mind; but I bore it like a martyr, until one day, owing to the carelessness of the nurse, the iron slipped off the bandage, and the flesh "sis'd," and fried under it. All my philosophy was brought to the test; and I declared, live or die, I could bear it no longer; but the all-healing remedy cured burns as well as rheumatism and pole-evil: some was applied, but the prolonged and intense suffering I endured failed to find relief; despair was having its perfect work.

For weeks after I was wholly unable to rise or turn my head. I thought on death; "but with tides of joy—the mighty basis of eternal bliss."

One day a friend in need called to see me, and brought with her several numbers of the WATER-CURE JOURNAL, in one of which was an *article adapted to my case*: she read it to me; and, as a last resort, I was induced to try the water-treatment. My friends commenced bathing my swollen limbs in water with the chill taken off, removing all bandages, and following, in every particular, the directions therein given; in four or five days I could bear the water as it came from the cistern; on the third day I took a "pack," and afterwards a cool towel-bath, and slept sweetly the following night without any of those distressing nervous starts, which had so much annoyed me. My friend, who was a great reader of those valuable books, published by those indefatigable and philanthropic men, FOWLERS AND WELLS, and who treasured up

what she read, determined to remain with me, and did so; and to her unwearying efforts I owed the extreme pleasure of soon leaving my room. Everything worked to a charm, and my friends were astonished at the immediate success of the water-treatment.

My father addressed a letter to Dr. T. H. Seely, of the *Kenosha Water-Cure*, advising him of my case, and asking further instructions. A letter came, by return of post, giving instructions for home-treatment; which was kept up vigorously for two weeks. At the expiration of that time, I was enabled to ride twenty-five miles to reach his institution; I remained there four weeks, and came away as well as ever; the last ten days of my stay I exercised in the Gymnasium with the best of them, walked from two to five miles each day, and had two delightful rides on horseback.

During the long winter months I never left the house. Christmas and New Years passed; the bells ginged merrily, and I could see the sun shining on the white snow without, and all looked so cheerful and pleasant; but within my darkened room—how gloomy it was; and the smiling spring came with its bright buds and blossoms, but the closed shutters precluded my breathing the bland air for fear of taking cold. About the middle of May, I commenced the water-treatment; the second week in June I was taken to the "Cure," and on the Fourth of July, to my heart's delight, I did dance with "Dick Wilson," now my devoted husband. [Burlington, Wis., Aug.

A CASE OF DYSPEPSIA.

THE following case, copied from my note-book, may probably benefit some poor sufferer, by turning his steps from the paths of error and skepticism, into the healing streams of Hydropathy. I would premise, however, that the character of this case was such as to mislead seven different Allopathic physicians, some of whom pronounced the man—a negro slave, aged thirty years—as laboring under "*liver disease*," others treating him for "*lung disease*," another for "*heart disease*." And the last of the learned faculty, to whose professional care he was consigned, came to the wise conclusion that he was the unfortunate victim of poison, in which truth would bear him fairly out, after the poor fellow's stomach had been the receptacle of their drug remedies for nine long years. He was brought to me, as a last resort, the most pitiable object of disease and emaciation I ever beheld; his master having but little hope of his deriving any benefit from the water treatment, and none whatever of his cure. Such cases are common among the slaves of Kentucky, and are uniformly treated with drug medication into *Cachexia Africana*, and to death, for really it is the first alarming stage of that fearful malady, and is almost invariably associated with the morbid condition of some vital organ in the mind of the medical adviser, who never dreams that the poor negro can have so fashionable a disease as dyspepsia. With his extreme emaciation, there was unavoidably great prostration of the muscular strength, he being unable to walk more than a few steps at a time without exhaustion. Bowels habitually constipated, and never having a motion except under the influence of purgative medicine, which he used habitually, or daily. Distressing and almost constant pain about the shoulder blades and in the head, frequent neuralgic pains in all of the limbs, a precarious appetite, and unable to eat the smallest meal without suffering intolerable distress from distention and pain of the stomach. The tongue was coated with a whitish adhesive fur, swollen or puffed with the edges of a fringed and slightly glazed appearance. The pulse was always accelerated, after beating a hundred and twenty a minute, and giving that peculiar throb designated by physicians as the irritable pulse. With this array of symptoms, I pronounced the disease Mucous Dyspepsia, and treated it accordingly.

As an initiatory part of the treatment, the further use of drugs was prohibited, and the use of all stimulants forbidden, (he was a most inveterate tobacco chewer,) and a rigid course of *Graham bread* and water prescribed as diet. By "*Graham bread*," I mean bread from unbolted wheat meal, which may be used leavened or unleavened, as most acceptable to the palate. Wet compress worn day and night, and applied at five and ten o'clock in the forenoon and three and eight o'clock in the afternoon. Dripping sheet at five o'clock in the morning; sitz bath from five to ten minutes at ten A. M. and three o'clock P. M.; shallow foot bath five to ten minutes at bed-time. Wet and dry frictions during and after each bath, either local or general. Under this treatment, at the expiration of two weeks, he was enabled to walk a mile without fatigue, after the morning bath. His appetite had become uniformly good, his bowels acting daily, his digestion free from distress; the pains had all vanished, except occasionally the pain in the shoulder blades was annoying. The tongue had measurably cleaned off, but was still puffed and the edge red, though less fiery, and had lost its glazed appearance. Pulse reduced in frequency, ranging from eighty-five to one hundred, but still having the thrill of irritation.

In addition to former treatment, the pack sheet was used from forty to sixty minutes every morning, succeeded by a cold plunge for two weeks, and every other day afterwards until at the end of eight weeks he had a critical action, or discharge from his bowels, which, from the amount of mucous discharged, indicated the extent to which that membrane had been involved in the diseased action. The treatment in the use of dripping-sheets, sitz and foot-baths, was modified by the varying condition of the mucous and vascular systems to that extent which the discrimination of the practitioner can alone determine. During his "*crises*" he only used a morning drip sheet and a foot-bath at night.

At the expiration of the ninth week he returned to his master buoyant and vigorous, in the use of all his faculties, having gained upon his plain, and, to him, meagre diet, twenty-five pounds in substantial flesh during his treatment; a confirmed convert to Hydropathy. A strange conclusion for a darkey; for as far as my observation has extended, there is a universal opposition to the water-cure by the negroes and the whites not more intelligent, among whom, I am sorry to say, is occasionally to be found an individual dubbed Doctor.

J. W. S.

Greensburg, Green Co., Ky.

CASES REPORTED!

BY WM. A. HAWLEY, M. D.

It is the glory of Hydropathy that it has no concealments. What it does, is open as day. We who advocate it are always ready to "give a reason for the faith that is in us." Notwithstanding this characteristic of our system, there are multitudes who know little of its principles or practice, and having no knowledge, how can they have faith? There is a sober-thinking class of community whom we wish to have appreciate this health-giving system, but whose appreciation can only be secured by giving them the facts. For this end, I propose to give the public, through your widely-circulated JOURNAL, from time to time, reports of cases which have been under treatment at Dr. Bedortha's, establishment, Saratoga Springs, N. Y.

CASE I.—DYSPEPSIA.—Mr. H., the subject of this report, was, at the time of his entrance into this establishment, 33 years of age. His parents were healthy. He is of a bilious, sanguine temperament, and his health was always good till within a year of his coming here. He has always been a free liver, fond

of rich food, indulging freely in the use of meats, coffee, and wine. About a year before coming under Dr. Bedortha's care, he was attacked with dyspepsia, which showed itself by a severe pain the epigastric region, attended with obstinate constipation of the bowels. His first resort, of course, was to medicine. He first applied to Dr. H., a physician and surgeon of celebrity. His prescriptions were of no avail, and, after a fair trial, he left him and placed himself under the care of Dr. M., New York's justly celebrated surgeon. At this time, the pain before spoken of was very intense. Dr. M. ordered setons to be inserted over the stomach and prescribed morphine internally. He also ordered him to take nine pills a day, three at a time. After a few week's trial with Dr. M., getting no relief, he applied to Dr. F., who is also well known in New York. He made a prescription similar to Dr. M.'s, with similar success. This was tried a few weeks, when he went to Schenectady and put himself under the treatment of Dr. V. of that place. His prescription for internal use was very similar to the others, but in addition he applied an irritating lotion over the region of the pain, which sometimes gave momentary relief, but was of no permanent benefit. Getting worse and worse, he began to despair, and gave up all hope of relief from the drug treatment.

About the twentieth of March last he came to this establishment. He was then in great distress, *very much* emaciated, and was considered by all who saw him as but just alive. His examination revealed scarcely a favorable symptom. The pulse was frequent and throbbing, while the tongue had the shining appearance of one far advanced in consumption. The bowels were excessively constipated, while at night he suffered with severe pain in the chest and thirst, which made him almost entirely sleepless.

His treatment here was very simple, consisting of rubbing, wet sheets, and sitting baths of a very moderate temperature. These were followed up with but little variation for three weeks, when they were somewhat changed by reducing the temperature. The syringe, with tepid water, was used daily for ten days. He then began to sleep well, the bowels became regular, and the digestion good. He remained here five weeks, when he left, regarding himself as a well man, having gained about twenty pounds of flesh, and being able to walk about all day with but little fatigue. He had no trouble of digestion, his pain was gone and his sleep was like a child's. He has visited us this summer, so hale and hearty that even the attendants who nursed him in the spring did not recognize him.

[Saratoga Springs Water-Cure, N. Y.]

General Articles.

A LETTER.

Glen Haven Water-Cure, }
Scott, Cortland Co., N. Y., Sept. 30, 1853. }

R. T. TRALL, M.D.—Dear Sir,—In one month from this date you will open your Hydropathic and Physiological School. The need of such school is so great, and among water-cure people the conviction of its need is so widely felt, that, managed with prudence, and with a singleness of purpose, to the good of the cause, I can but think it will speedily prosper and secure a great patronage. As far as the WATER-CURE JOURNAL, and the other water-cure publications have gone, the idea has been extensively circulated, that the present modes and habits of our people are false, that their education is wrong, their training defective, their aims and ambitions too low. We have, step by step, made progress with our ideas till at last we have placed our Journals and publications on a basis so broad as to be firm, and made our position such as to

insure our being heard. It is not the sneer, nor the sarcasm, nor the satire of any school, that can put us down. We are being heard, we are to be heard, and we are to be felt. It need no longer be said, that we have no philosophical system. We have. We affirm it undoubtingly. We are able to maintain our affirmations not merely by arguments, but by facts. Tens of thousands of persons are scattered over the land, who, from states of bodily infirmity, which all the drug doctors could not heal, are to-day in possession—not *pursuit*—of good health; and by means of Hydropathy. On these facts, as a basis, we have established our philosophy of HEALING, which discountenances the use of drugs as medicines. It rationally and practically commends itself to us as true, and beautiful. There is force enough in the wide-spread conviction of its truth and beauty, not only to bear up the publishers of the WATER-CURE JOURNAL in devoting its columns to the maintenance of such philosophy, but, my dear sir, there is ample strength in the people's convictions to bear up you and others in the establishment of a Hydropathic and Physiological School. The time has arrived then, not only for promulgating our ideas through the Press, but through a SCHOOL. We have a Medical Philosophy and able journals, monthly and quarterly, to present it to the consideration of hundreds of thousands; let us also have a Literary and Medical School in which it shall be taught. I feel the same thrill of pleasure at the prospect of the opening of your school, that I did at the enlargement of the WATER-CURE JOURNAL and the announcement of the *Hydropathic Quarterly Review*. It betokens "a good time coming"—a time when "common folks" shall know some things, when knowledge of the human body shall be communicated as well as knowledge of abstract truths.

There are reasons which not only justify, but render commendable, the effort you have made to give to the friends of Water-Cure a school to which those who may wish to prepare themselves for practice as Physicians, and those who may wish literary education may go, secure all needful acquisitions and yet retain health. Among these reasons are the following:

1st The need of physicians—male and female—who can by their peculiar qualifications as physicians commend Water-Cure to the favorable consideration of the people. Our practitioners need, for the sake of the Cause, to be persons of rare qualifications, else they will do more harm than good. Hydropathy rests under suspicion of being unworthy of confidence, from the simple fact of its *newness*. That which is old has the preference. Who so presents himself as the representative of Water-Cure, should be so well qualified as to be able to give it the benefit of his own latter. By his own intelligence, his refinement, his points of personal life, his zeal, his modest earnestness, his undoubted and shining faith in it, by his skill and close attention, by his benevolence and well settled principles, he should commend it to the favorable consideration of his fellows, and command for it, within the sphere of his influence, success. He should bear up to high and exalted position THE CAUSE, not make, or wish to make, or expect to make, it lift him up into notice.

Of men and women of talent, of culture, and of heart, we cannot have too many. The demand will outrun the supply. May not the friends look to your College to supply such practitioners, persons who have souls as well as sense, who will value life as well as gold, who will feel that it is such a duty to *live out* a correct theory as it is a pleasure to appreciate it, who will cherish constantly the idea, that to have in charge the *sick* is a high and holy responsibility, who will show faith in truth, in Nature, in God, and in his laws, who will follow their profession as much from love of it, as from the pecuniary considerations attached to it? The friends of the cause will not complain, that you educate physicians *slowly*, that you

insist on thorough and repeated courses, that you charge such prices as will remunerate you handsomely. They will only ask, that you send out into their neighborhoods and societies persons bearing your signet, wearing on their breasts the Urim and Thummim which you have placed there, who have the qualifications as well as the insignia of a HIGH PRIEST. If you are careful to do so, your institution will be an invaluable blessing. On the other hand, if persons evidently unfit for their duties, incompetent to meet the emergencies into which they sometimes are thrown, lacking character, of doubtful habits, having no tact, unpolished in manners, and rude in bearing, mistaking eccentricity for genius, are defective in the quality of intuition, are to wear your diplomas, your school will be to the great reform of the age an unmitigated curse. It will not be in your power to say who shall, whilst obedient to your rules, attend your medical instructions, but it will be in your power to say to whom you will give diplomas. You can elevate your standard to a high degree. You can insist that a student to obtain a diploma, shall give evidence not only that he is acquainted with science, but that he has aptitude for his profession. It is by no means every man or woman whose fitness as a Hydropathic Physician I would endorse. I would not place a straw in their way—so far as legal freedom is concerned, but I would not say that I thought them fit to have charge of sick people. They might feel unpleasantly about it, but I should prefer to have them do so, to having them show my sign-manual as a proof of their fitness for Hydropathic practice. Were I at the head of a Hydropathic College, no student of mine would find in me his *under-writer*, who did not obediently follow out his convictions—who was not a model of purity as regarded his *personal* habits as truly as in his principles. What measure of self respect should I cherish to give my endorsement to the man—affirming him entitled to the confidence of the friends of water-cure, were that man a tobacco-chewer, or cider-drinker, or habitually in the use of tea or coffee, or alcoholic drink? Very likely his skill might save the sick, but that my endorsement could not add to or diminish; but it could add to his influence if the public had confidence in me, and with such habits would enable him to scatter disease where ostensibly he went to strew health, and instead of raising the ideas of the people through my pupil to my level, I should bring myself down to his level.

2. Another reason which will commend your establishment to the good sense of the friends of the reform, is, that, giving you time you will send forth men and women—who, have been instructed to believe that no curable disease was ever, or will ever be cured, by *drugs*. From no single influence is the progress of water-cure suffering so much to-day as from the administration of drugs by professedly water-cure physicians. It is not unfair, perhaps, to infer that the motive for this course grows out of the original medical education which such physicians have had. Taught to believe in drug medication, they keep up a shivering belief in its efficacy, and are every little while driven to its application. By so doing, wittingly or unwittingly, they do our cause temporary damage; but the truth will endure it, and sooner or later pay them for their want of faith in it, by creating in the people a want of faith in them.

I do not, from the extent of my observation, as to the terrible and deadly effects of drugs on the human system, wonder at the rapidly increasing distrust of the people in their efficacy. And, as in all great changes of opinion, those who change are apt to vibrate from one extreme to the other, it is not unlikely that this change will disturb and jostle the doctors who all their lives have believed that in poisons were special virtues. Were men to do knowingly, in the way of medication, what they do ignorantly, and with the sincerest and purest intentions, the execrations of

the people could not be too deep. As it is, our duty is to make the people acquainted with a better way, and thus save them in spite of the physicians, who, wedded to their errors, cannot see. Those who are acquainted with you will, from a knowledge of your character, and the theories you hold, feel sure that your graduates will be instructed in a more excellent way of treating the sick than that which saps the vital energies. This fact of itself will give greatly additional interest to your school. Our friends over the country will look forward to the day when, in their neighborhoods, physicians will approach the bed-sides of their sick without smelling of the gallipot or the tobacco pipe. Will not such day be the herald of still better things?

3. Your school will enable you greatly to add to the facilities for the development of women. In this respect, we shall all wish you the greatest success. Efforts to this end, in other directions, in my judgment, have not worked the most happily for the water-cure. It is hoped, that in your school, the Public will find no cause for censure. Certainly, females in this country need broader and more thorough culture than they receive; and whilst our literary institutions act on so narrow a basis as at present, it is next to impossible that they should be other than they are.

There is a very wide and constantly widening impression that Woman is not what she ought to be. So associations are being formed to improve her condition. This is well. For in many instances *position is power*. To talk of development out of one's sphere, is to talk at random. Woman suffers much from being out of her orbit. She is weak, timid, vacillating in purpose, and generally shows the unfairest side of her character. The greatest error of our day in regard to her education, is the want of vigorous *physical training*. A feeble-bodied person, comparatively speaking, as a sum total, wields only a minor influence. A sick Statesman is of little use in a Senate chamber. A sick Poet has no visitations from the Supernals. A sick Physician exhibits no skill. A sick Genius shows himself like other mortals, only a little more capricious and difficult to guide. A sick child shows great distinctiveness from a child who is in health. A sickly, feeble wife grows mothly and antiquated whilst her husband is yet green and vigorous. A sick mother is forced to cast her child into the lap of the stranger, whose warm blood keeps it alive. O! sir, sickness is weakness. It is Health that is Strength.

The women of the United States are not healthy; multitudes are sick; greater multitudes are on the borders of ill health. They know not of buoyant spirits, braced up by steady nerves, and well-trained muscles. The air—they know not the wealth it carries on its wings. Sleep—they prize it not at half its worth. Work—they call it toil, and almost always associate it with something unpleasant. Sports, plays, walks, rides, labor in the open fields with the sunshine on them, they are unaccustomed to. They know little of the laws which mutually govern body and mind. They do not understand, that whilst to them as a sex or class, ruddy, stalwart health is wanting, all talk of sphere is idle. There is no power, whether you seek to elaborate it from the Gospel, or the law of the State, materially to alter woman's present condition, till she, and those of our sex who labor for her, are taught the simple, yet essential truth, that improved social condition, and growth of character, are intimately connected with appropriate culture of the body.

I say, with all respect, yet with sorrow, that take woman as she is, our laws and our social institutions generally misstate her position. They mislead strangers to the conclusion that she is of a higher order of character than the facts will warrant. The knowledge of our women—making due allowance for exceptional cases—is like the strength of our women, unreliable, generally unpractical. I do not offer this as a reason why aims earnestly cherished, and sought to be wisely

applied, should be forgone. I see nothing in the argument that needs to make any relax his energies a whit. All I would urge is, that, as everything in this world finds its level, when left to find it, Woman, as she is in *this* country would not rise a particle higher in the scale of character than she now does, if no particular obstacle intervened till she was trained to better and safer *bodily* habits.

When I see a movement like yours, I have much more confidence in it than in Woman's Rights Conventions; not that I deprecate the latter, but that they will, in the expectations had of them, doom the sanguine to disappointment. Woman wants her liberty, I know, in certain directions; but in all directions she wants *power*, enterprize, energy, execution, spirit—the staff of accomplishment." She does not so much want room to act, as purpose and courage to act. She is not merely feminine, which is constitutional and appropriate, but she is effeminate, which is unpleasant, sometimes disgusting. Be it your mission so far as she comes under your hand, to evoke her capabilities, and give them refined, genial, yet vigorous culture. In a few years the silent movements you will make may send back a reflux wave whose strength shall give you joy. I long to see girls trained and taught in your school, graduating at it and going out into busy life. It must be, that they will be strong, beautiful, good. It must be, that they will gladden the hearts of their friends, that their intelligence, gentle manners, resoluteness and courage, combined, will secure to them good will and grace in the eyes of all who love to see God's image reflected in a Woman's face. It must be, that as wives, they will be helps *met* for their husbands; that, as mothers, they will have healthier and more beautiful children; and will educate them better than the wretched and twisted wives and mothers of our generation. Could I see this, and feel that the grand idea was under sufficient momentum to push its way on, I should be willing to go to rest. My dear friend, when will that day come? Shall our eyes see it?

Speaking for myself only, I choose to keep to my vocation, which is that of a Hydropathic Physician. In this sphere I have a mission, and in humble reliance on God's grace and goodness, I intend to fulfil that mission honorably. I have no time and have no enthusiasm to expend in getting up a local school for teaching such persons as might choose me for their teacher. I prefer to aid in the best way possible for me any who will do what I see needs and so ought to be done—establish a Hydropathic College for the education of physicians, and a literary institution for the instruction of youth. In my opinion, no means could be taken to run our reform into the ground, to make it unworthy the confidence of the community, more surely than to sprinkle our country with so-called institutions, whose facilities should be meagre and whose Alumni could not take rank. I much prefer to cast my force into the hands of some other who, from position, has ample facilities for making his Medical Students Physicians who can maintain, in their skill and by their characters, the superiority of the Water-Cure over other methods of healing. It will give me great pleasure to advise those who consult me to put themselves under your care, not merely out of regard to you, or them, or myself, but from a higher motive, out of love to the cause, which, wherever it can be made known, is emphatically a *gospel*—glad tidings. Sixty days from the publication of this letter, and EIGHTEEN HUNDRED AND FIFTY-THREE will have died. For the Water-Cure it will have been a year of unexampled progress. It will be remembered for the prosperity which has attended almost all well-conducted establishments, for the greatly increased circulation of the WATER-CURE JOURNAL, and other publications, for a much better understanding by the people of, and greatly deeper faith in our cardinal principle—the speedier, surer, and safer cure of all diseases by

Water than by drugs—for the establishment of our HYDROPATHIC QUARTERLY, and last, and as I trust, not least, for the establishment of a Hydropathic and Physiological School. So let the truth triumph as the years rush on, till

"Starting fresh as from a second birth.

Man, in the sunshine of a World's new spring,
Shall walk abroad o'er earth a new and holy thing."

Fraternally, yours, J. C. JACKSON.

Dress Reform.

DRESS REFORM AND WATER CURE.

"I do wish you would persuade Clara to take off those short dresses, she does look so ridiculous. Do you like to see her wear them? said my mother to my husband one day."

"Well, not very much; yet I am willing she should wear them, because she says she can get about so much easier," said my husband.

"I suppose she can, but I should not care so much about it, if any body besides Old Mother Bennett wore them; and you know she aint any body, and I should think Clara wouldn't want her name associated with such a laughing stock as she is," replied my mother.

"She says, when she is doing what her understanding dictates, she has, at least, the approbation of her conscience, and you know when she acts upon this principle, she never regards the speech of people, but does just as she thinks best," answered my husband.

"I know she always did have so many singular notions, and was always just so independent, that there is no use trying to make her change," responded my mother.

The above conversation having been repeated to me, by a friend present, I naturally expected to hear from my mother personally, in regard to her feelings, when I should again see her. I will here say, that "Old Mother Bennett" was an uneducated woman and not sufficiently polished and refined in her manners, as to place her among the somebodies. She was, nevertheless, a good-hearted woman, and independent minded enough, to take the WATER-CURE JOURNAL, and live according to its principles, actually daring to wear Bloomers. Of course, then, she was less of a body, since she cut off her dresses, yet many are very glad of her services in sickness.

Two of our children having been recently exposed to the measles, I reviewed the last two years' volumes of the JOURNAL, and the *Encyclopaedia*, to find directions for treatment, and decided to try water, thinking, if I did not succeed, I could give cayenne. (I have never used allopathic medicines.) I had great confidence in the healing efficacy of water, but I greatly feared my judgment was insufficient, and we were unable to obtain pure soft water. When the premonitory symptoms appeared, I gave some warm foot-baths, wet packs, and dripping wet sheets, varying the treatment as they indicated. Just as the measles began to appear, sitz baths were used, which, during the whole fever, they decidedly preferred. Frequent application of cold water, kept a free discharge from the head, and strict attention was paid to airing the clothes and beds. They recovered finely, notwithstanding my sister's loud protestations, that I should kill them; and were much more comfortable than others around us, who were treated with antimonial wine and paregoric; kept rolled in flannel, fearing to put a bit of water on the chest, lest they should drive the measles in. I will add, for the benefit of novices like myself, that cold wet cloths, well covered with flannel, upon the pit of the stomach, thence up the throat, and tepid water to drink, acted like a charm upon the cough.

The other two children were treated in like manner,

and recovered with equal rapidity, perfectly exempt from the "sequelae," so often the results of measles, or the treatment of them. My sister was, at last, willing to admit, that their unusual strength, their loose-cough, and so much less of it, was occasioned by the water treatment.

Soon having occasion to call on my mother, I chose to wear a long dress, which elicited the remark from her,

"Well, Clara, you do look like folks again. I do wish you would never wear short clothes again. Father and Clarence are always laughing at you, and it makes you feel ashamed, you know it does."

"No, Mother;" I replied, "I've known no such feeling as shame, in consequence of wearing these convenient dresses. I am as sensitive to remarks, perhaps, as any one, but I never undertook any reform, without first counting the cost, and ever after, have striven to pursue unwaveringly, what I viewed to be my duty."

"Then, wear them at home, and others when you go out," interposed my sister Frances.

"I may often do so in the summer;" I said, "but, many times, I could not walk even this distance, (quarter of a mile,) if I were compelled to carry the weight of long clothes."

My father, who had overheard our conversation, came in, saying,—

"I like to laugh at Clara, for I really think she makes a pretty little gentleman, and if she wants to climb a tree, or jump over a fence, pants are very handy, but as for getting her to forsake her humbug notions, I don't think of it. One can hardly tell the amount of them. Her religion is all humbug, her Phrenology,—how ridiculous! Then, woman a physician! and now, she is trying to humbug her neighbors with cold water, for medicine and dietetics, which she must carry to such extremes, as to abandon meat, which I think she really needs."

"My father," said I, "this is a formidable array of humbugs, truly; but, with all due deference, let me say, I cannot admit, for a moment, that you are qualified to judge of Phrenology, or of what you term my religion, as you acknowledged, that you have never investigated these subjects; but, passing over these, I say, for the last year I have lived without meat, I have never felt that exhaustion and sleepiness after meals, that I invariably did when eating heartily of meat."

"Possibly you are better without it; it does not follow that every one would be," said my father.

"It has been proved, that even laboring people are better without it," I replied; "but is there not something utterly abhorrent in the idea of eating the dead carcases of animals, that have a moment before enjoyed life with us?"

"Oh, you can work up your mind to almost anything," replied my father, "but I like meat."

"Just so the cannibals who love human flesh, may say, but we are Christians, and should possess more refinement, than to murder for our own gratification. We are even worse than one class of the Hindoos, (whom we call heathen,) who believe that the command,—'Thou shalt not kill,' includes all animals. I already feel that life possesses a dignity and importance, that I never before realized. I am living for a nobler purpose than to administer solely to the mere animal of my being; and I begin to understand the prayer of St. Paul can be answered, where he spoke of 'the redemption of the body.' You, who are praying for the Millennium, actually rebel, at the process by which God chooses to answer those prayers."

"Well, well;" said my father, "there is no use in our talking; we never shall agree. Work away; you cant humbug me."

"But, father, you call water, as a remedial agent, a humbug. Will humbug cure measles?" I asked.

"Did you use no medicines, not even teas?"

"None at all, nothing but water."

"Well, I must admit, your children did get up better than Frances' children did. I understood, Ella read the second day after she broke out, and Frances' children could not endure the light for a week, nor sit up, but weak eyes, and cough, are often the results of the measles for many weeks."

"Say, rather, they are the results of drug treatment!"

"That is a point I shall be better prepared to yield, after further observation."

"Just so it would be, if you would examine other subjects, instead of folding yourself up in your conservative ideas, only peeping out to cry humbug. It is a mere flimsy covering, by which you endeavor to conceal your aversion to progress, and I really think, when I see men, of your otherwise, good information, so bitterly opposed to the mighty march of truth, that they are themselves, decidedly, the veriest humbugs of the age."

"Clara, you presume much upon my patience," said my father, "but I always have charity for such fanatics as you are, and so I take it all good naturedly."

"I do not mean to be disrespectful, but you once gave me liberty in our discussions, to use the same freedom that you did."

"Yes, I recollect, therefore you are excusable."

CLARA.

WEARING JEWELRY.—Rings, from one to four on each finger—ear-rings, large and showy—necklaces, two or three in number, with hearts and crosses dependent from the same—bracelets, many and huge, casing the arms half way to the elbow—a minute watch affixed to the waist, and moored to the neck with a golden cable, four times as long and thick as need be—a world of little knickknacks called "charms," heavy inelegant and stupid—a bouquet handle, worn at the side like a huntsman's horn—pins, brooches, miniatures—and all worn at once! Does the unsophisticated reader doubt it? Let him hie to any second-rate watering place, and he will see many a jeweller's shop strolling about, of which the above is an imperfect inventory.—*Home Journal*.

The latest report of Paris fashions, says: "Bonnets are very small, and are more worn about the neck than on the head." We suppose shoes will be tied round the ankles before long!

BLOOMERS IN THE COUNTRY.—"And, above all, let every woman have a bloomer dress, for the sake of foot-excursions. We are not ultra on Bloomers. In the city or town, our eye is yet in bondage to the old forms. But in the country, where the fields are to be traveled, the rocks climbed, brooks crossed and recrossed, fences scaled, bushes and weeds navigated, a woman in a long dress and multitudinous petticoats is a ridiculous abomination. Something is always catching; the party is detained till each woman can gather up her flowing robes, and clutch them in her left hand, while a shawl, parasol, and bouquet strings fill up the right. Thus she is engineered over and around the rocks or logs; and in spite of all pains and gallantry, returns home bedrabbled and ragged. A bloomer costume leaves the motion free, dispenses with half the help from without, and, above all, avoids needless exposure of the person. If, ignorant of what is best, a fair friend is caught in the country, without such suitable dress, she is to be pitied, not blamed. But where one may have them, and rejects them for field excursions as unbecoming and ridiculous, let me assure such foolish persons, that it is the only thing decent. I should think less of one's judgment and delicacy, who, after a fair trial of either dress, in an excursion requiring much field walking, was not heartily converted to the theory of Bloomerism, and to its practice in the country. HENRY WARD BEECHER.

Voices from Home.

EXTRACTS FROM LETTERS.

FROM PLAINFIELD, IND.—[Look at the following simple and brief statement of a case of croup, cured by Hydropathic Home treatment, and realize the insane folly of the drug treatment in such cases. Such cures are performed every day, but are none the less wonderful on that account:]

My wife and I were aroused this morning, about two o'clock, by the struggles of our little boy, about three years old, who was laboring under a violent attack of croup. His difficulty of breathing was so great as to arouse persons sleeping in a room beyond the hall. I hastily folded a towel, dipped it in cold water, and laid it on his throat and breast. I then took a sheet and folded it to a proper size, wet it, and rolled him up in it, and then wrapped a blanket over that. He went to sleep in three minutes and continued to sleep sweetly until five o'clock, when he got up, was dressed, and went to play, only three hours after the attack—and, we were filled with joy at the curative powers of cold water. Yours for the Reform.

RICHARD MENDENHALL, P. M.

FROM ELIZABETHTOWN, KY.—[A correspondent, sending his subscription to the WATER-CURE JOURNAL, says:]

It is certainly the best family paper in print. Send it by the "Lightning Line," as we are very thirsty. Nothing has deprived us of it, for the past few months, except the difficulty of getting a one dollar bill to spare. A. M. B.

FROM—[We find no date or place mentioned in connection with the following, but it is worthy of publication here, as a "Voice" from somewhere:]

A Case of Asthma.—The patient, aged 68, has been a confirmed Asthmatic for over half his days, and has tried all the various remedies, (falsely so called,) ever invented by the Allopathic school. For a few days previous to the attack I now speak of, he had been riding over very dusty roads. He had been slightly afflicted for some days, but nothing had been done more than ordinary bathing. During the previous night he lay cold, and the asthma grew worse till four o'clock, P. M., when it was so bad that we thought something must be done to save life. Being converts to Hydropathy, we tried it as follows:—Hot fomentations, say 120 deg. F., to the whole chest and feet; four double of flannel, and that well incased with dry flannel, and a cold pouring head bath, at the same time, to keep it from striking to the head. When he was gently warm, (in about fifteen minutes,) he took the rub-wet-sheet, at 60 deg., with very active friction. At this time expectoration commenced, and in about half an hour he was easy. Let those who wish to be cured of asthma practice Hydropathy, but not unadvised. But get books of Fowlers and Wells on that subject.

A WATER CURMAN.

FROM SEIRLEY VILLAGE, MASS.—[The annexed extract speaks for itself. Our correspondent, if he is "A poor old shoemaker," (all honor to the gentle craft,) can, and does know and do more than a little. Practice is better than preaching, and facts are worth more than theories:]

I do all I can in my humble way—I am, however, but a poor old shoemaker, and, of course, can know but little—still, I am called on sometimes to prescribe. A few weeks since, a man sent in haste for me to call and see him. I called, and asked "What is the matter, this morning?" "Why," said he, "I am in so much pain in my right ankle I cannot live, so I sent for Doctor P., and he told me to bathe it in new rum, and gave me stuff to steep and bind on to it; now, it is hot enough already." "Will you do as I shall say?" said I. "I will," said he; "and I wish you to begin quick," he added, "for I cannot stand it so, much longer." I ordered a pail of cold water, (the limb was much inflamed,) placed his foot in, and kept it in for about an hour. The pain soon grew less, and I used the hand rubbing, put on the bandage, had him washed all over once a day and rubbed down smartly, etc., and he was about in a few days; much to his comfort. A. C.

FROM WOODVALE, PA.—[Here is the account which another mechanic gives of his Home Practice. No wonder the drug doctors begin to be frightened:]

I am a mechanic: but read and think as well as work; and when attacked with Typhoid Fever, I did with myself as I do with my iron when it gets too hot to hold, cooled my body off with water, applying it as I learned it in the WATER-CURE JOURNAL, "Manual," etc. So I, and a friend of mine,

have cooled off some sixteen cases—some of them after they were given up to die by the learned *Druggers*. From ten days to four weeks have been as long as any have been kept from their usual avocations. Our patients have been in age from four years to sixty-three. The only plea offered by the doctors in view of our success, is that our cases were the kind that almost any "milk and water treatment" would have cured, save some that they said must die, and who would have died too, if there is any truth in the laws of Nature, had their treatment been continued. What excuse they have in these cases I have not learned. I was called a few nights since to a case of dysentery. The patient was a child, four years old, severely attacked. I treated it as directed in Encyclopædia, varying the treatment according to circumstances. I completely relieved my patient in thirty-six hours. Facts are stubborn things; and if the people won't look at them, they will stand and stare at the people, and shame them for their stupidity. R. J. W.

FROM BELOIT, WIS.—MESSRS. FOWLERS AND WELLS:—Enclosed I hand you fourteen new subscribers for your popular monthlies, viz.: eleven for the WATER-CURE JOURNAL, and three for the PHRENOLOGICAL JOURNAL, together with the pay for the same. You see I am determined to "do something for my country," by circulating your valuable publications. I think your monthlies are doing more good than all the other monthlies now published in the United States. I shall keep them constantly "before the people," and shall doubtless send you another club before the close of the present month. C. G. F.

FROM LAFAYETTE, IND.—The Water-Cure is gaining ground pretty fast out this way, along the Wabash. People are finding out that it is much better to eat less flesh and grease, and apply pure water and enjoy good health, than to gorge and take poison, thereby unfitting themselves for the service of their God or country, and making their lives a burden to themselves. May the "True light" shine more and more unto the perfect day; when people will know and be willing to do right. We begin to want a good Hydropathic physician in this place. By the way, some of our doctors are getting to working a good deal of Water-Cure in their practice. The more the better. J. A.

FROM HONESDALE, Pa.—There is at present something of a waking up to the subject. One of the most prominent men in the county, after having tried all that could be done for him by the "regulars," in New York and Boston, and other places, has been greatly benefitted by a visit to a Water-Cure establishment. So it goes.

Allopaths start and wonder
At the Hydropathic thunder;
While it shakes their sandy footing,
From the mountain to the shore.

And the doctors in their raging,
Seem to think the war that's waging,
Will be all their thoughts engaging,
Making trouble evermore.

[The letter from which the above is an extract, has been on hand a long time, as have many others, of which we had hoped to make similar use. We are thankful to our friendly correspondents for their records of experience, and their reports of the progress of the cause, though we cannot print them all.]

FROM WILLIAMSBURG, CALLOWAY CO.—[The following is a picture in outline of a sad state of things indeed, not peculiar, however, unfortunately, to our correspondent's locality:]

Ofentimes when one feels a little unwell, he sends off post haste for a physician, and in a few days he is sick unto death; when, perhaps, a day's abstinence, or so, would have brought him right again. This is done weekly—yea, almost daily, and the same course is universally pursued, and the same results inevitable follow. I have known families where one after another were taken sick, and the doctor in daily attendance, until five or six of the family were cut off in the bloom of their existence; and, yet, not till all this terrible havoc was done, could the head of the family divine the cause. Now, as soon as the man with his poisons was discharged, and Nature had time to recuperate a little, the rest got up. Yet, singular to relate, after time had somewhat drawn a curtain over the past, say a year of two, if any of the family were taken sick again, why, the first thing to be done was to have the scientific gentleman called in.

H. B.

The Water-Cure Journal,

AND

HERALD OF REFORMS.

PROSPECTUS OF VOLUME XVII.,

COMMENCING JANUARY, 1854.

The WATER-CURE JOURNAL now occupies a position and exerts an influence of which its editors and publishers may well be proud, being confessedly the BEST, as well as the most widely circulated Health Journal in the world. It has attained this position and influence by an earnest and consistent advocacy of the great principles of Health Reform; a constant and fearless exposure of the errors and fallacies of the old systems of medical practice, and a faithful proclamation of the eternal laws of PROGRESS, in all spheres of human interest, as becomes its office as a HERALD OF REFORMS.

Those who are already acquainted with our JOURNAL, need only to be pointed to the past as a sufficient guarantee for the future; but as we confidently expect that this Prospectus will fall into the hands of thousands who are not yet numbered among our constant readers, we shall take this opportunity of restating briefly our aim and plan of operations, in conducting it.

OUR AIM

is a high one—the indoctrination of the people everywhere into the PHILOSOPHY OF HEALTH and the LAWS OF LIFE, with a view to the ultimate, entire PREVENTION OF DISEASE and the UNIVERSAL prevalence of perfect PHYSICAL, and consequent INTELLECTUAL and MORAL HEALTH.

OUR PLAN OF OPERATIONS,

to correspond with this lofty aim, is a comprehensive one, embracing all subjects connected with Diet, Exercise, Cleanliness, Ventilation, Dwellings, Clothing, Education, Occupations, Amusements and Social Relations—all that makes up that complex thing called Life.

THE PHILOSOPHY OF HYDROPATHY will be fully unfolded in all its bearings, in thorough and reliable but popular essays from the pens of our best writers, who will also explain the application of its various processes to the cure of disease.

THE PRACTICE OF THE WATER-CURE will be illustrated in Reports of Cases treated by Physicians, and in numerous Records of Experience in Home Treatment by the people themselves, showing the vast superiority of the system thus applied, over the most orthodox application of drugging in all its forms and demonstrating that the PEOPLE, when properly instructed, may be their own doctors. Particular directions will be given for the treatment of ordinary cases at Home, which will enable all who have occasion to apply it without the aid of a physician.

PHYSIOLOGY AND ANATOMY in their relation to the LAWS OF Health, will be explained and illustrated by writers fully competent to treat those important subjects.

DRESS REFORM will continue to be earnestly yet moderately and candidly urged, as an important means of promoting the Health and Happiness of the Race in general, and of Women in particular, and as standing in close relation with UNIVERSAL REFORM.

TEMPERANCE on the highest grounds—grounds on which the Hydropathist alone can consistently stand, will be zealously and fearlessly advocated in the JOURNAL, making it, as it always has been, one of the most efficient TEMPERANCE PAPERS in the World.

DIETETICS, holding a prominent place in the work of Health Reform, will continue to receive careful attention, and a true diet be enforced by arguments and facts.

AS A FAMILY PAPER the WATER-CURE JOURNAL, embracing articles or a great variety of interesting topics, only incidentally connected with the subject of Hydropathy, will be found one of the most attractive publications in existence for the HOME CIRCLE.

NUMEROUS BEAUTIFUL ENGRAVINGS will, from time to time, be given in illustration of the various subjects discussed.

TO OUR FRIENDS.

Believing that Health Reform—the basis of all other Reforms, and Human Progress in general—will be promoted by the circulation of the WATER-CURE JOURNAL, we rely upon the FRIENDS OF THE CAUSE OF HUMAN ELEVATION to continue their exertions until a copy is within the reach of EVERY FAMILY IN THE UNITED STATES.

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

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Clinton Hall, 131 Nassau-st., New York.

The Month.

NEW YORK, NOVEMBER, 1853.

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

NOVEMBER TOPICS.

BY R. T. TRALL, M. D.

THE REFORMS OF THE DAY.—It has been said by somebody, sometime, and somewhere, that if one man should undertake to move the whole world forward, he might, instead of making progress, find himself dragged backward. We don't believe it. There never was, and there never will be, an earnest soul devoted to the work of advancing humanity, that will not, in a life-time of labor, cause the social mind to take, at least, one step in the direction of its onward and upward destiny.

Some of the friends of the WATER-CURE JOURNAL have, perhaps, imagined that it was burdened with a greater weight of reform movements than it could well stand under. They have thought, possibly, that the medical reform, the temperance reform, the dietetic reform, the dress reform, the women's rights' reform, etc., were load enough to make any single periodical stagger and stumble. Be not alarmed, gentle friends!

All truths are harmonious; all reforms are congenial; all the diversified elements of human improvement are predicated on a few, and the same simple and fundamental principles. Hence, the more thoroughly any one mind is imbued with the essential philosophy of any reform movement, the more readily it will comprehend, sympathize with, and work for all other reform movements. Those narrow-souled beings who make themselves conspicuous in advocating, in a particular way, one measure of reform, and oppose everything aside from or beyond their own one-ideaism, are, of all persons, the least efficient propagators of the one idea itself.

This principle was illustrated—beautifully on one side, disgracefully on the other—in the proceedings of the two far-famed Temperance Conventions lately held in this city. In one—the *Whole World's*—were assembled the leading spirits of almost all the reforms known among men. They were men and women of large hearts, noble souls, pure minds, unexceptionable lives; who labor to improve the world and benefit their race in all ways according to times and opportunities. They were, moreover, not those who lived upon the cause, but who worked for it, and found themselves.

The other was the Male-Men's-Semi-World's Convention; the managers were, of course, all men, and most of them only known in the world of reform as advocates of the single idea

of the disuse of alcoholic drinks; and the time and the strength of their advocacy has borne a close relation to the salary for such work made and provided.

Now, the latter have taken it upon themselves to call the former all manner of hard names; in which they are joined by all the newspapers of the city, of high and low degree, which are supported by, and in the pay of the grogshops. Even the *New York Organ*, a temperance paper of small calibre, joins with these rum-papers in applying to us such gentlemanly epithets as, "rowdies," "disturbers," "fanatics," "ultraists," "malignant" spirits, &c., while it accuses the *New York Tribune*—the only paper which gave a full, impartial, and strictly truthful account of the doings of both conventions, as we happen to know—of untruthfulness and misrepresentation!

Now, the people all over this country ought to know, and the good of the temperance enterprise, in particular, demands that they should know, that the circulation among them of one such paper as the *Tribune*, whose sympathies and columns are large enough to "prove all things," is worth, for the temperance cause itself, more than all other papers in the wide world, whose advocacy of abstinence from intoxicating drinks, implies that no other evil must be combated and no other good promoted. In a word, we believe, the man whose mind cannot grasp but one idea of reform, and because of his narrow-mindedness, must oppose all other ideas of reform, and who maligns the motives, and slangs the persons of the advocates of all other reform movements, is really but a stumbling block in the way of the progress of that special cause he pretends to represent.

"Milk for babes," said Rev. Antoinette L. Brown, in a late sermon, at Metropolitan Hall, which, we suppose, means that men of weak intellectual stomachs must only meddle with such matters as they can digest easily. But baby reformers must be made to understand, that, because other reformers, who are as faithful and active laborers in the temperance field as themselves, and more exemplary in life, see many things which they do not perceive, and investigate many subjects they have never dreamed of, they are not lightly to be villified. The "art of all arts," and the "science of all sciences," is the knowledge of keeping "sound minds in sound bodies;" and he or she is the best reformer whose precepts and practices present the clearest evidence of the possession of such knowledge.

DR. TILT ON FEMALE DRESS.—We are glad to see the allopaths evince a disposition to meddle with new notions; and, notwithstanding many have a blundering way of handling our subjects—vividly suggestive of the antics of a young infant when it first ventures on the experiment of locomotion—we have no doubt they will acquire a method of talking to the

purpose by and by. Dr. E. J. Tilt, Senior Physician to the Farringdon General Dispensary and Lying-in Charity, and to the Farringdon Free Dispensary for Diseases of Women and Children, has written a book, entitled, *Elements of Health and Principles of Female Hygiene*. The doctor tells many common-place things in a common-place way; all well enough, to be sure. There is, however, one remarkable and almost original idea on the subject of female dress. We should have given the author credit for absolute and unconditional originality, had we not suspected him of having read more or less of our Water-Cure literature in years gone by.

The editor of the *New Orleans Medical Journal* introduces the remarkable passage of Dr. Tilt's book, with the following remarkable flourish:—

"As all cities have their wet days and muddy streets, we give the words of the author for the benefit of those ladies on this side the Atlantic, for whom the 'war of elements' and the dash of mud, has no restraining influence upon their out-door propensities. We have now passed infancy, and are now verging upon womanhood—the womanhood of Dr. Tilt's book."

And this brings us tilt against Dr. Tilt himself.

"When, however, girls are promoted to the dignified 'long clothes' of womanhood, there should be a clear understanding as regards what they are to do with them when walking in the muddy streets of London, or in the equally clogging lanes of the country. In other words: as 178 days out of the 365 of the year, are, in London, wet under foot, what is then to be done with the long petticoats and dress? In respect to walking, ladies may be divided into three classes:

"I. Those who never raise the dress, but walk through thick and thin, with real or affected indifference to mud. These are generally country ladies, who have never been abroad, and but little in town.

"II. Those who raise the dress, but allow the mass of under clothes, like the mud-carts in Regent-street, to collect the mud and beat it up to the middle of the leg. This class is most common.

"III. Those chosen few, who without offending the rules of modesty, which of course must take precedence of all others, know how to raise both dress and petticoats, so as to protect both."

The classification is admirable, and, no doubt, strictly scientific. Of "country ladies, who have never been abroad," we decline expressing any opinion. But of the "most common class," those who "beat the collected mud up to the middle of the ankle,"(?) we must say, it's awful to behold, we mean—contemplate.

But the "chosen few" are the dear creatures after all. They are neither country ladies nor "common" city ladies, but, of course, uncommonly civilized. They have a nack—of course, inimitable—of raising both dress and petticoats, so that neither will get muddy, and the "rules of modesty won't be offended!" Those rules

must be very kind, or, those uncommon ladies must be uncommonly cute. How will it square with the rules of modesty, Dr. Tilt, if we introduce a fourth class of walking ladies, whose dresses do not come down to the mud level at all?

THE GOOD OF ALL.—A periodical comes to us, hailing from Yazoo, Miss., under the title of *Botanico-Medical Companion and Temperance Advocate*, wherein the editor, in announcing his programme of contemplative operations, says:—

"We shall seek to advance the good of the many, in opposition to that of the few, and in so doing we shall cheerfully cast what little influence we may possess in the scale of virtue and morality, knowing that these tend powerfully to promote the public good."

If our contemporary will enlarge his platform a little, we shall be glad to stand with him. We have been laboring to advance the good of all in opposition to that of none. But if the Botanico-Medical man insists, we beg he will consider us as belonging to the "many."

MEDICAL LITERATURE.—Whether our allopathic cotemporaries have got tired of hunting up more remedies, or grown sick of experiments on cats and dogs, or lost confidence in cod-liver oil, or became disgusted with calomel and quinine, or have suddenly found themselves inextricably befogged with the uncertainties of medical science, we, of course, don't know; but there seems to be a sad want of material in the making up of their journals of late. The *Boston Medical and Surgical Journal*, in order to fill out its pages, has gone into the business of publishing long and prosy biographical notices of country practitioners. The following are specimens of these deeply instructive and intensely interesting articles:—

"After the death of Rev. Mr. Thacher, the medical business of the town was divided for nearly half a century among physicians in the vicinity.

"Dr. Samuel Gardner, son of Rev. John Gardner, of Stow, graduated at Harvard College in 1746, and settled on Milton Hill as early as 1753. On the 22d May, 1766, he married Mary, daughter of Rev. Dr. William Cooper, and grand-daughter of William Foy, a gentleman of standing and fortune in Milton. He was considered a respectable physician, and, it is supposed, died in 1777.

"Dr. Enos Sumner was born in 1746, and was in business as a physician in the central part of Milton, from about 1768 to nearly the close of his life, which terminated June 8, 1796.

"Dr. Benjamin Turner, a native of Randolph, graduated at Harvard College in 1791, and after having completed his medical education, had his residence in the south part of Milton, and was for some years engaged in medical practice. He then removed to Framingham, and from that time until his death, which occurred in 1831, he was devoted to agricultural pursuits."

We suggest that when the next batch of M. D.'s are turned out from the Boston Medi-

cal School, they be required to answer the following questions:—What was the maiden name of the wife of Dr. Samuel Gardner, son of Rev. John Gardner, of Stow? Where did Dr. Samuel Gardner graduate? When did he settle in Milton? Who was the father of Mary, wife of the said Dr. Samuel Gardner? Whose grand-daughter was she? For what reason did Dr. Benjamin Turner, after having physicked the neighborhood a few years, quit the business and devote himself to farming?

DR. TILT ON LABOR PAINS.—The author of "Female Hygiene," &c., gives us the following scintillation of genius on the subject of the management of pregnancy and in the lying-in room:—

"If the minds of women were properly prepared for the pains of labor, unnecessary alarm quieted, and patience and resignation earnestly sought, terror, confusion and dismay would give place to firm resolve and sure confidence; instinctive alarm would be diminished, and pain with parturition be regarded as natural as that day should follow night; or as that the gently falling dew should refresh the earth."

So long as medical men regard the excruciating tortures of childbirth as natural, they will never be inclined to seek or teach any method of avoiding them. But it is poor consolation to the sufferer, when writhing in unutterable agony, to listen to such fine poetical flourishes as "your pains, madam, are like the gently falling dew which refreshes the earth." The truth with which the minds of such women should be "properly prepared" is simply this—all pain is *unnatural*. If you would avoid "torture, terror and confusion," so live as to keep all your bodily functions in health.

A CANE EAR-TRUMPET.—Necessity is ever the mother of invention. The other day, a gentleman who had been so deaf for thirty or forty years, that he could understand ordinary conversation only by means of an ear trumpet, called into our office to exhibit an instrument, which not only answered all possible purposes of the ordinary trumpets, but several others besides. It was nothing more nor less than a hollow cane, made of tin, and painted black, to resemble a common walking stick. It was of a conical shape, the head, or upper end, being about one and a half inches in diameter, and the lower end not more than one-third of an inch. When employed as an ear trumpet, the cap was removed from the upper end, and a curved tube, an inch and a half in length, which was carried in the vest pocket, was slipped on to the lower end. The trumpet was then complete; and by placing the lower end in the external ear passage, and the open large end of the cane to the mouth of the other party to the conversation, talking was rendered easy. But besides being an ear trumpet and a cane, the instrument had other uses. On removing the caps from both ends, it was an excellent horn, or dinner trumpet; and then

again the hollow cylinder was perforated with holes, which made a very good flute. And all this machinery—ear-trumpet, walking stick, "toot horn," and flute, did not cost but a single dollar!

CHILLS AND FEVER.—There seems to be, in this vicinity, and in various parts of the country, an unusual prevalence of that disguised form of intermittent, commonly termed chill-fever. We have also heard of several deaths resulting—of course, under drug-treatment—of persons who, previous to the attack, were considered to be of good constitutions, and in ordinary health. Whether these cases were necessarily fatal we have no means of ascertaining. But all we have treated, and all the cases, with the particulars of which we have been acquainted, have recovered without difficulty. In all these cases there has been unequivocal evidence of extreme derangement of the biliary secretion, all have manifested much of the jaundiced appearance, indicative of a diseased liver.

The plan of treatment we have pursued, in general terms, has been the hot bath, or dry pack, just previous to the cold stage, the wet pack, whenever the hot stage was fully developed; the abdominal wet bandage worn as much of the time as practicable, without inducing chilliness; hot and cold foot-baths whenever the feet were cold, or the head severely oppressed; and, occasionally, warm hip-baths. Fomentations to the abdomen have also proved serviceable whenever there was much nausea, pain, or gastric disturbance of any kind.

THE DOCTOR'S "OCCUPATION GONE."—A HEALTHY COUNTRY.—[A physician writing from Western New York, gives the following gloomy picture of his professional prospects:]

"My receipts since I practiced medicine have not been at all sufficient to support me comfortably. The fault of this has not been in a want of friends to myself, or to my practice, but to a prevalence of health in the communities in which I have resided. My business is to keep the people well, and if they are already well I have no business. No amount of energy will make a practice for a physician in a healthy community. During the last eleven months I have not realized \$100 from my business. This is, of course, quite insufficient for my support; and now, to cap the climax, my horse, which cost me \$80, is dying, aye, dead. To remain here, and depend only on my practice for a living, is to live on a bed of coals."

[We are sorry for the doctor, but can offer no consolation. The "medicine business" will continue to decline till, finally, the good time coming shall usher in Universal Health. The truly conscientious physician, who realizes, like the friend whose words we have taken the liberty to quote, that his "business is to keep the people well" is helping to hasten the advent of the New Era, but he will be forced to look to some other pursuit for a living.]

WHEN virtue leaps high in the public fountain, you seek for the lofty spring of nobleness, and find it afar off, in the dear breast of some mother who melted the snows of winter, and condensed the summer's dew into fair, sweet humanity, which now gladdens the face of man in all the city streets.

Reviews.

THE NEW ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW. New York: FOWLERS AND WELLS, Publishers. Terms, Two Dollars a Year, in advance.

The first number of this anxiously looked for Magazine is now ready. It will not disappoint expectation. It is such a work as we had reason to look for, from the pens of men of sincere convictions and earnest purposes, like the leading spirits of the Hydropathic School. It is replete with vitality—the quick, active life of the present age. It is scientific and learned, without being dry, dull, or old fogyish. In this, it presents a striking contrast to the publications of the Old School, whose conductors stand in such awe of new ideas, that they timidly confine themselves to learned commonplaces and technical conventionalisms, lest they should fall accidentally into the utterance of some unorthodox doctrines. But it is not our purpose at this time to speak at length of the NEW QUARTERLY. We desire simply to commend it again to all our readers, to ask their aid in giving it a wide circulation, and to introduce the following attractive TABLE OF CONTENTS, which will not fail to awaken in the reader a wish to see more.

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A NEW AND IMPORTANT WORK ON WATER-CURE. Now in Press of FOWLERS AND WELLS, New York. By JOEL SHEW, M.D.

It is known to many of the friends of Hydropathy in the United States, that for ten years past, while I have been, almost without interruption, engaged in practising the new method, now widely known by the plain and expressive term—*Water-Cure*, I have also, at the same time, during my leisure hours, been engaged in writing on the same great subject. I had early imbibed the notion that there was a most important work to be done in connection with this matter;—to wit, *instructing the People with reference to the principles and practice of this greatest of all medical improvements.* And I am happy to add, that my humble efforts have met with a degree of success, thus far, which, to me, was altogether unexpected. Let the reader look back just ten years;—what did he know of water-cure then? Witness, too, the foot-hold it has now obtained among us. This, be it remembered, has been the result of the efforts—not of the medical profession at large—but of a few earnest, honest workers in the great reform,—a work, too, of instructing the mass.

Why, in the old country no one ever thought of placing Water-Cure upon a footing with other systems in private practice! But *here*, we thought differently. If pure water is so much better than calomel and opium among the mountains of Austrian Silesia, why not in Paris, London, and New York? And have we not already proved the practicability of the new method, wherever we can obtain water of so good quality as the Croton, the Schuykill, and the Cochituate, with the aid also of a few sheets, bandages, and a wash-tub for a bath?

Mark, too, what has been done in *Midwifery*—that last of all departments in which water would be supposed to be safe. Priessnitz, to be sure, would tell how the treatment would operate if put into practice in such cases. But who was there to do it? In England even, at this day, the thing is unknown comparatively; and if a water practitioner attempts to explain the hydropathic treatment proper for the parturient state, he speaks so feebly on the subject as to leave us to the conclusion that he has had no experience whatever in the matter. But, in this country, we have struck out a path of our own in this branch of medical practice; and its success is wholly unparalleled in the obstetrical art.

But, says one, we have already a great number, if not too many, books on Hydropathy. What need of any more, when we are already so abundantly supplied? I admit that we have a very good proportion of works of this class; but, at the same time, I must remark that I have never yet met with a book treating on Hydropathy which, although it might contain some errors, was not, on the whole, a good and valuable one, and worth many times more than its cost. Now all this indicates that the subject is by no means exhausted.

In writing the HYDROPATHIC FAMILY PHYSICIAN, I have had several things in view. First, I have considered that water-cure physicians, for obvious reasons, cannot, for a long time yet, become so numerous as to afford all who desire it their professional aid. Second, the great mass of those who have confidence in the method, have not the means to enable them to go to an hydropathic establishment. Third, it is the part of benevolence to teach people the *prevention of disease.*

I have endeavored to make this work the most full and explicit with reference to the *nature, causes, symptoms, and treatment of diseases and accidents of any popular medical work extant.*

An important feature, as I look upon it, in this work, is a full and detailed account of the HUNGER CURE. This system which, in its proper place is so valuable, is yet destined to become a useful adjunct to the water-practice. It has, for a long time, been carried on in the Silesian mountains of Germany under the same sanction of government and the same police surveillance that has been placed over the Water-Cure.

The above work is now in press, and will be on sale in a few weeks. It will be issued in one compact volume, illustrated with several hundred engravings, and bound in the most substantial manner. In due time, the price will be announced.

It has been the author's object in preparing the foregoing volume to make it in ALL RESPECTS A COMPLETE FAMILY PHYSICIAN.

THE WATER-CURE IN AMERICA: Over Three Hundred Cases of various Diseases Treated with Water, by Several Distinguished Practitioners. By A WATER PATIENT. One vol. 12mo., 380 pages. Price, pre-paid, by mail, \$1 25. New York: FOWLERS AND WELLS, Publishers.

This is a good book, and should be in the possession of all water-cure folks, and "the rest of mankind." The *New York Evangelist* says: "The candor and trustworthiness of this work we know to be un-

doubted; and springing from no motives but those of philanthropy, and the impulses of gratitude for health recovered by this means."

It is filled with reports of cases, treated on Hydropathic principles, which will prove instructive to all who read them.

A few copies of a cheap, paper-covered edition may be had, pre-paid, by mail, at 87 cents per copy.

THE HYDROPATHIC COOK BOOK. By R. T. TRALL, M.D. FOWLERS AND WELLS: New York.

This work has at length emerged from the press. And we hope our friends, whose dollars have accumulated by thousands, since its commencement, will find some consolation for the unexpected delay attending its publication in a perusal of its contents.

It is not always a small task to make even a small book, when there are no precedents to follow, and no similar works to borrow from. Indeed, the book before us might as well be called an educational, or school book, as a cook book; for in lieu of the engravings of calves and lambs, and beeves, and swine, and pigs, and poultry, and boned turkey and baked codfish, which we are accustomed to see in common cook books, the author gives us pictures of ice-houses, and water-filters, and trees, and plants, and roots, and herbs, and flowers; and, instead of pointing out the dainty bits, and delicious morsels, and choice pieces, of sucking pigs, and snapping turtles, and canvass-back ducks, and how to fatten fowl and raise beef, and cure pork, and fry out hog's lard, and manufacture sausages, he runs off into agriculture, and horticulture, and botany, and natural history, and even into an illustrated disquisition on the structure and functions of the digestive organs! It is, hence, as much a book for the drawing-room as for the kitchen; as proper to be studied by the mistress as by the cook.

It presents a full exposition of the chemical and physiological properties of alimentary substances; a concise, yet clear explanation of the phenomena of digestion and the theory of nutrition, all of which subjects are beautifully illustrated with about one hundred engravings.

When, after having prepared the reader to market understandingly, eat intelligently, and digest judiciously, the author provides us with as many recipes for preparing food philosophically, as one ought to "eat through" in the course of an ordinary life-time. It is a work which, placed in the hands of all the mothers and daughters in the land, will do more to preserve the health of society, and renovate the degenerate bodies of this people, than can be conceived of by those who have never made the relations of food to health a special subject of investigation.

Miscellany.

A PEEP BEHIND THE SCENES.

BY VERITOR.

"SLEEPY HOLLOW," Aug. 20, 1853.

MR. EDITOR: As you are quite willing to receive letters from friends, even though they do travel from the vicinity of the Rocky Mountains, I have ventured to give you a peep at the distant spot in which I am writing.

Your friendly "JOURNAL" has found its way to our post-office, small as it is, and, by dint of borrowing and lending, we have read until our faith in Doctors and Drugs is somewhat shaken, and we begin to wonder what we have been about all the time we have lived. We see that we have been bled, blistered, lanced, and cupped, have taken emetics and cathartics, calomel and opium, have lingered for days and weeks on the verge of the grave, rising from our beds prostrated to

unfitness for a return to the smallest duties of life; that we have lived on pork and cabbage, drank coffee and whiskey until we have made ourselves unworthy of our birthright as human beings. We are astonished that our women should so long have worn their ponderous skirts trailing in the mud and dust, and girded about their vitals tighter than the cords of a maniac, and not have felt they were sinning against themselves and the God who made them. But, thanks to the rays of light which have penetrated into our "Hollow" from the brightness of your "JOURNAL," we begin to look about us and to think we discern "a more excellent way."

This little village in which I at present sojourn, lies in a valley environed by high hills and gentle slopes on one side and the tall dense forest upon the other. Whatever beauty belongs to this location is the gift of the God of Nature—the works of man's fingers are seen but to mar the glory of the prospect. Side by side with a sparkling, babbling little streamlet, winding around the suburbs of the place, a dull, sulky canal "drags its slow length along," a relic of the infatuated folly of the first settlers of Sleepy Hollow, useless for all intents and purposes of good, but abundantly productive of evil in the miasma brooding over its surface and spreading the dark wings of ague, fever, and a host of other ills. Thanks to the age of steam, the iron horse, so proudly curling his nostrils in contempt at the snail-like inefficiency of these subterranean labors, will ere long trample under his hoofs all traces of their very existence. By the way, this idea of digging open the fair bosom of the earth and turning the streams of Nature from their rightful course, seems always to be attended with the displeasure of the Creator. Where is there a neighborhood on the banks of a canal that is not frequently visited by destroying epidemics, and constantly infested by that waster of health, fever and ague; while, on the contrary, the residents along the meanderings of some pure crystal stream, or among the everlasting, the majestic hills, these are the favored ones indeed, theirs are the unfurrowed brows, the sparkling eyes, the glowing cheeks, the elastic, enduring frames? Health dwells in the summer's breeze, the autumn gales, and the winter's storms. Their's are the pure, cold streams of life-giving WATER, gushing unsullied from the rocks. Who would not choose the glorious hills? But I have strayed from my first track of thought, and find that I have wandered as far as these same hills of my native clime, so vividly present to my mind's eye. How much more despotic would have been the reign of Allopathy in this delightful region, and how long it would have continued, had not the "WATER-CURE JOURNAL" made its appearance, we cannot imagine. But, thanks to the influence of this timely publication, the spell is broken, the spirit of inquiry is roused. Nature rebels in consequence of the abuses she has endured, and reason and common sense are asserting their supremacy over "patent medicines" and "apothecaries' stuffs." Were I to lift the veil, and reveal to you all the horrors which have been enacted under the old regime in this benighted region, you would stand back appalled, and rejoice in the pure spirit of love which called into being that system whose banner you have so nobly unfurled to the breezes of Heaven. While gazing at the pictures of covetousness, heartlessness, cruelty and murders which these self-constituted sons of the Art of Healing present, you would mourn at the desecration of that most holy temple by the feet of the unfaithful. Your JOURNAL is the only daguerreotype of themselves as they are, which is held out to the public view, and well would it be for the world and them, could every eye behold. Now

"Look at this picture, and then on this."

I can point to where, amid these Western forests, there stands a "Medical College"—so called. The

principal of that college was a man of origin obscure, who came to these Hesperian wilds to earn for himself fame, wealth, and friends; of the two former he has made sure, while the latter have been but as dim shadows in the distance. Young, heartless, and unthinking were those who gathered around him to learn the art of trifling with the lives of their fellow-creatures, and cutting in pieces the dead bodies of those who were, perchance, better than they. A poor pedlar of pills, one luckless day, passed through the village where stood this pile of bricks. At nearly every house his wares were declined, until some one directed him to the college. The moment the eyes of these sons of Satan rested upon the man they marked him as a capital victim for "a joke," and forthwith it was carried into execution. The man was gravely invited up stairs to see "the Professor," and display his wares. After being led from room to room, round which he cast glances of awe, three of them ushered him into the dissecting-room, locked the door, and asked him "if he did not know that was the place where they cut up men?" and, presenting a dissecting-knife, bade him strip off his coat. The poor fellow plead for his life in the most agonizing tones, but they would not listen; off must come the boots, as they had not time to wait. The distracted man, fully believing their intentions serious, looked imploringly around for a chance of escape, but none offered, save an open closet, whose window was raised. With the desperation of despair, as the student touched him, he made one spring for this open window of the third story, and flung himself out. A portico arrested his fall, but it was to receive his broken bones as they jarred against the railing, and when lifted up, apparently lifeless, his back was broken, and his arms maimed. The students hushed the matter up, and the principal covered it, but to this day, the memory of that cruel act lingers with the residents of that place. A kind family in the village took him in and nursed him, "the Professor" pretended to heal his broken bones, but that poor man went home to his wife and children crippled for life, a helpless dependant on those whom he should have sustained. Can any of your WATER-CURE Institutions boast a scene like this?

Again: there had resided in the village a native of Europe, a feeble old woman, who, in her early days, had mingled with the highly-born and bred. Intelligent, well-principled and kind, she drew respect from all who knew her virtues, and Mother was looked upon as some sacred relic of the past. But she was poor, very poor, and, when she died, the charity of strangers found her a Christian burial. Not very long after her death, some children, in their play by the banks of the river, discovered a human hand floating by itself, and not long after an ear and a nose. Running home in alarm, the parents and neighbors assembled. The parts found seemed to have been a long time in the water, and a few thought they resembled those which had belonged to the old lady. The excitement was great, and crowds repaired to the burial-ground; her grave was opened, but she was not there! Suspicion immediately singled out the students of Dr. —, but when summoned, lo! they had fled, far out of the reach of justice. As usual, the Dr. was innocent. "He knew nothing of his students; they could not have done such a thing." Oh, no! But when the day of retribution arrives, where will he hide his head? And would a Water-Cure Doctor or Student have been thus guilty? Your "JOURNAL," methinks, replies indignantly, "It is not in us, nor in our system, to work such deeds of darkness."

And look again: here is an aged man; he has toiled early and late, with the sweat upon his brow, to gain a home for himself and children; he has reared that home with the hard labor of his hands, and surrounded it with the comforts of life; he has no luxuries, nor do his children eat the bread of idleness. Just as he is about to feel that he has a resting-place for his old age, disease comes upon him; he tries all the remedies he

knows, but in vain, and finally the celebrated Dr. — is sent for, to say if there is yet hope. "Oh, yes!" answers the puffed up knight of the knife and lancet, "but he must submit to an operation." Life is precious, and the deed was done, but carelessly; "he was but an old man anyhow," and here might be made an experiment which had long been wanting. The experiment was made, and failed; neither the victim nor his friends knew other than that he was daily growing worse. But death will not come to him yet; he is on a martyr bed, and may linger long to suffer; but the Dr. has presented his bill, *the price nearly of the labors of a life time*; it must be paid, and he will die a poor man! while the wretch who has robbed him of his hard earnings, struts the street with his gold-headed cane, and his daughters dazzle the eye with the splendor of their attire.

But I will not longer hold up the veil. We must pause awhile, until you gather strength for "peeps" at still greater enormities.

COLLOQUY—NO. III.

SCENE—Small room in Grocery Dealer's house.

(Appear *Groc. Deal.*, lying on a bed, haggard and emaciated, evidently very near his latter end. By his side, in full regalia, a clergyman,—face red and long; eyes somewhat red, small, dim, and nearly closed.) *Clergyman.* (Speaking very slowly.) Our blessed Saviour once said,—blessed be the name of God for His words—"Blessed are the meek in heart, for they shall see God." (Pause.) "Whoso believeth on me, shall have everlasting life." Holy promises! Worthy of an Infinite, an All-wise, an All-merciful God. (Pause.) Again our Saviour saith,—"Ho, every one that thirsteth—

Groc. Deal. (Groaning.) God grant!

Clerg.—"for they shall drink of the Fountain of Life freely, without money, and without price."

G. D. Shall drink of the Fountain of Life, freely. God Grant!

Clerg. Brother, how do you feel now? Your hand is cold.

G. D. I feel as though my breath was leaving me. Perhaps it would do to raise that window, just a little.

Clerg. No, no, brother; don't you remember what your physician said?

G. D. I know; but it does seem hard in the month of August. I don't believe that man has done me any good. I wish I had sent for Dr. T. before.

Clerg. (His eyes opening three degrees.) Have you, then, sent for that fanatic? He is a dangerous man, brother. As a Christian brother, and spiritual adviser, I counsel you to countermand your order. All has been done that could have been done; and now, dear brother, let us not, infidel-like, seek to thwart the decrees of our merciful and All-wise God.

G. D. (Groaning faintly and gaspingly, and striving for resignation.) Our merciful Father!

Clerg. Shall I countermand your order, brother?

G. D. (After a long silence,) I think not; I want to live, if it be the will of God.

Clerg. Hem! (His eyes closing three degrees and a fraction; his face becoming damp and shiny.) I think it very warm. Have you a fan, brother?

G. D. Yes, I believe so, somewhere in the room. They said I shouldn't use it, except I was likely to faint. Do you think I am faint?

Clerg. (Rising, and searching for the fan.) Y-ee-s; I don't know; yes, here it is. A fan is really a great comfort. Hark! Did n't some one knock? Yes; bless me! That's Dr. T., I'll warrant. (Sits again, using the fan vigorously upon himself.)

(Enter then, Gentleman, with gold mounted spectacles, and a cane, upon the golden head of which has been lately engraved, in plain, simple, roman characters,—"**DEATH TO DRUGS.**")

G. D. (Brightening up,) At last.

Thin Gent. (Looking steadily at the Grocery Dealer.) At last.

(They contemplate each other steadfastly some time.)

T. G. (Going nervously to the two windows successively, and throwing them up spitefully.) Well, sir, I can tell you, this is first. Where's your fan? have you got another?

C. D. Brother Dean has the only one.

T. G. (Scarcely civilly.) Can you spare that fan, sir?

Clerg. (Yielding the fan reluctantly.) I beg your pardon, sir; but I must say, I think you harsh in your treatment of this poor, dying brother.

T. G. (Using the fan upon the poor, dying brother, and addressing him.) I want your nurse.

(Nurse is called.)

T. G. Bring me some cold fresh water, about ten gallons in a tub, a pitcher of warm water, a sponge, and two coarse towels.

Clerg. Merciful heavens!

T. G. (Seeing some phials and powders on the stand.) What is this? Smelling one after another, with great disgust, then rising, makes a general grab, securing them all in both hands, and going to the window, casts them out with fierce muscular expression of vengeance.

Clerg. May I ask you, sir, why you take such especial pains to show your disrespect for an honored practice, which don't meet your f— n— notions?

T. G. (Thrusting the head of his cane conveniently near the vision of the Clergyman.) There's my motto.

Clerg. I see it, sir; but in the presence of this dying man, let us be more calm. I wish to know why you throw off so utterly all the restraint which it was formerly your habit to exercise concerning the practice which you must know, appears to me right, and worthy of respect?

T. G. Do you refer to the circumstance that just happened?

Clerg. Yes.

T. G. Well, sir, my answer to that is, asking you calmly—as you desire calmness—if a seducer should seek your hospitality, and having ruined the youngest and loveliest of the flock, should, under pretence of doing a vital service, show unmistakable evidence, of an intention to likewise ruin the next loveliest, would you allow him to remain, even though he should assert the sanctity of his garb, for he might be a clergyman you know—or would you?

Clerg. You know my answer very well. Why do you put your question as though such a thing might happen in my family?

T. G. Only to bring it home to you. You have daughters, and can realize my feelings when I say, that drugs have been in my family a seducer of life unto death. Daughters and sons, who were to me as the apple of my eye, have been eaten as with worms,—their vitals gnawed insidiously away; the bloom and elasticity of health perishing, as it were, in the embrace of an invisible friend, until death came a blessed relief. And when I tell you medicinal drugs have done it, will you wonder any longer?

Clerg. There are many causes of disease and death in this vale of tears; and I believe, medicines are instruments in the hands of men, through God, to work cure; and when they fail, we are to look to God for the result.

T. G. Rather say God will look to us for the result.

Clerg. (Eyes closed.) I cannot listen to blasphemy, sir; it ill becometh the insignia I wear.

T. G. When I have spoken blasphemy, revered sir; I will excuse you from listening.

Clerg. (Eyes still closed.) I am always willing to hear good argument.

T. G. I do not intend to use any other. Furthermore, I do not want to make assertions without proof. I do not want to carry this motto on my cane head, and not be able to give it dignity.

Clerg. I hope you may.

T. G. I hope I can. Let us talk a little. I want to ask you what medicinal drugs are.

Clerg. I should call them remedies, you might not. And our calling them so, or not, would n't make them so, you know.

T. G. No, that's true. You are disposed to be candid. I am glad of it. I'll tell you my position. I deny emphatically, and not unadvisedly, that any, or all the simples and compounds of Pharmacy are remedies at all.

Clerg. Well, sir, you've taken a bold position; go on.

T. G. And, in hearing opposing arguments, I do not allow any force to apparent cures. I have a good right to say, and no one has a better right to contradict me, that patients, in such cases, recovered in spite of the medicines. But I will not rest on this. We all know, there are thousands of cases occurring yearly, in this country, of death manifestly the result—direct result of medicines. Now, these cases are by no means confined to quackdom; skillful men, as skillful and pathologically learned as books, lectures, and long practice can make them, have seen their patients perish miserably before their eyes, from the direct effects of medicine. Now, men generally consider skill the best test we can have. I mean, if skillful men fail to make a tool work, it is condemned. Accordingly, to this rule, drugs must certainly be condemned. And I think it a very good, though not infallible test.

Clerg. It is well you qualify it; for it can turned against your water practice with equal force.

T. G. Hardly, my dear sir; nay, scarcely at all. It is a thing yet to be known, that a skillful man, in our practice, has, undisturbed by the previous use and presence of drug (so called) remedies, lost a patient. And, I am quite confident, that water in the hands of a skillful man will never kill any body. Yet, water is far from an indifferent agent in the treatment of disease, which the bungling administering of it, by the unskillful, abundantly shows. However, here comes the water. We can now have something practical; though I do not pretend to skill in this practice, I am quite confident I can cure this man; and the regular faculty have given him up, leaving him full of their drugs.

Clerg. I hope you will be able to do something for him; poor man! he's asleep.

(The fanatic's remedy is applied. In a few minutes the poor dying brother clasps his hands, and seems lost in adoring gratitude.)

G. D. (In a tone of voice so cheerful, that the clergyman starts to his feet in surprise.) I live! Dear doctor, I am so much better.

Clerg. Praised be God! Let us unite in prayer.

T. G. I crave your pardon, my dear sir; I am not yet done, and what I do must be done quickly.

Clerg. (Awkwardly seating himself.) Yes, sir.

T. G. I beg your pardon, sir, sincerely. I hope no offence is given.

Clerg. O! no, sir, (aside) wicked wretch!

(Another administering ensues, which results in the supposed dying brother falling into a peaceful slumber.)

G. D. (In an undertone.) Now, my friend, we will leave him for an hour in the care of his nurse. If you please, we will go to another room, and finish our talk. I have always found it unpleasant to leave a thing undone, when it can be reasonably done.

Clerg. (Blowing out a long breath.) I don't know. It's pretty hot. I am afraid we shall be no nearer agreeing than now. But, as you please. (To himself.) It is my duty to meet error face to face. It is a duty to my God. (Exit Clerg. and thin Gent;— Clerg. going before, like a man pursued.)

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.

A CORRESPONDENT, (E. S. W.), writing from Woodstock, Vt., says that the people there need instruction in the Gospel of Hydropathy, and are ready to receive it. We hope some one of our Water-Cure lecturers may pass that way, and expound to them the grand truths of our health-giving system.

GENTILITY vs. LOAFERISM.—A man's dress has a wonderful influence upon his character. Dress like a rowdy, and in less than a month you will commence acting like one. To cure dirty men of fighting we send them to a Penitentiary; confining them to a diet of clean shirts for sixty days, however, would prove more effectual. Cleanliness is as much opposed to vice as the ten Commandments are. In our opinion, the man that invented yellow soap has done more for the morals of society than all the Howards that ever lived.—*Life Illustrated.*

[All Water-Cure'd folk keep clean, as a matter of course, while many of the most indecent and filthy tobacco-chewing-rowdies are patrons of the patent shop-shop-cool-liver-ol fraternity, who don't believe in Hydropathy. They smell as strong as a Wethersfield puppy.]

LITTLE SUE wishes to see in the WATER-CURE JOURNAL a series of engravings, representing the American costume, and designed to aid those who desire to adopt it in adorning themselves, not only comfortably but tastefully. We are happy to inform "Little Sue," and all others interested, that we have in preparation outline drawings and views of the American costume, which will appear in the coming volume, and will, we trust, meet the wants of our fair friends.

ECONOMY OF CLEANLINESS.—Col. West, of Vicksburg, Miss., has been led by reading the WATER-CURE JOURNAL to require his negroes to bathe and change their clothes twice a week, instead of once, as formerly, and finds, he says, that it is more profitable to him, as well as more comfortable to them. The amount of quinine he now uses is astonishingly less than formerly. Such facts tell, and point to still further reform in the same direction.

A GOOD EXAMPLE.—[Read the following, and go and do thou likewise.]

We—wife claims her equal share—have lent, given and mailed our JOURNALS to friends and "sundry," who we thought, would read them and we have now about a dozen numbers out doing their work. More than this, we never fail to *drive in* a wholesome word, whenever there is the least possibility of eliciting attention to the subject; and are generally gratified at the result. The "civil war" that we wage, is *exclusive*—no admissions of permanent good from drugs, and all the host of disease and death producing agencies, that are hourly "cracked up" and "swallowed down" by the multitude around us; no lengthening of skirts, tightening of waists, nor the heavy stench of browned coffee, or of frying flesh, nor yet any fawning or cringing to the mottled beast, two thousand years old marks our way. W. W. M.

GEORGIAN DIET.—[A correspondent writes from Covington, Newton Co., Geo., as follows.]

I have heard the remark made, and my experience confirms it, that many of the wealthiest planters live the poorest. And *poor* it is indeed! Let me give you a bill of fare: For breakfast: fried bacon, fried almost black; hot corn bread, half mixed, and less than half done; hot biscuits, saturated with lard, and half baked; fried sweet potatoes, fried in the bacon grease, half burnt and half raw; hot coffee, prepared from coffee burnt black, and never settled. Sometimes to this is added, waffles, swimming in grease; eggs, fried or boiled hard; and buttermilk, or what passes for sweet milk, though in summer it seldom reaches the table in that state.

For dinner: boiled bacon, or ham and "collards," as they denominate cabbage. In large families, eight or ten pounds of swine flesh is boiled with the "collards," or snap, or string beans, as the case may be. Turnip-tops are boiled or greens in the fall and winter. Irish potatoes, with the

skin rubbed off before cooking, and saturated with grease; beets, cucumbers, radishes and tomatoes in their season; and also peaches, which are good. Pastry, if any, consists of dumplings, solid as putty; or pies of dried peaches and apples in winter and spring, and fresh fruits in summer and fall; the crust like the dumplings. Supper similar to breakfast. You may think I have exaggerated, but I have hardly come up to the reality. H. B.

[True as the Gospel! We have "been there," and know all about it. And the same state of things prevails, with rare exceptions of single families, throughout the entire upper and middle regions of Georgia and South Carolina. With a climate the most salubrious in the world—a climate, worthy of Eden, it only needs correct dietetic habits and general obedience to the laws of life to ensure these universal health. The true remedy for the existing state of things is the diffusion of knowledge among the people. Get them to read the JOURNAL and the various Hydropathic books, and the work is more than half accomplished.]

To Correspondents.

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.

ONLY ONE MORE NUMBER TO COMPLETE THE SIXTEENTH VOLUME OF THE WATER-CURE JOURNAL.—A new Volume, will be commenced with the New Year. Already our Engravers, Printers, and Paper Makers, are at work, preparing to present the reader with that which will enlighten his intellect, and gladden his heart. THE JOURNAL has proved a welcome VISITOR, to many thousands of Families, in times past, and its Editors and Publishers hope to render the Volume, for 1854, still more acceptable.

Clubs may be formed at once in every neighborhood. Circular Prospectuses, on which to record the names of Subscribers, will be furnished to all who wish them, by the Publishers.

THE NEW HYDROPATHIC SCHOOL.—A fine hall has been fitted up for the School department of the Hydropathic and Hygienic Institute, 15 Laight Street. It will accommodate one hundred or more pupils, and is so arranged as to be conveniently convertible into an ordinary school-room, lecture hall, place for debating, vegetarian, and other society meetings, calisthenic exercises for invalids, *clinique* for out door patients, &c.,

The programme of teachers, we believe, is now complete. Dr. Trall has secured an array of talent which will not only ensure the success of the enterprise, but cause it at once to take high rank as a model school.

A glance at the different teachers will give the reader an idea of the character this School is likely to maintain, and the influence it is destined to wield, in converting the people of this world to a knowledge of themselves. Dr. Shew, whose professorship is surgery and obstetrics, was one of the earliest disciples of Priessnitz, and has long been a most prolific writer, and industrious practitioner of Hydropathy. Dr. Taylor, who is to teach Anatomy and Chemistry, is one of the most thoroughly educated physicians in the country, and has practiced water-cure successfully for many years. Dr. Trall, whose province is Clinical Practice and Hygiene, is widely known as an able author on these subjects, and as the proprietor of one of the most extensive establishments in the country. Dr. Snodgrass, whose theme is Medical Jurisprudence, has been duly qualified by an education, both legal and medical. Mr. Clubb has taught his subjects, Phonography and Reporting, in England, with credit, for many years. Mr. Steere, whose lessons will be mainly on elocution and music, is not only a teacher of rare ability, but is the author of an improved system of teaching. Mr. Fowler will give the phrenological exposition of mental philosophy, as he has ever done, satisfactorily. Miss Cogswell is one of the best and most practical teachers in this country, and will be assisted by Miss E. M. Johnson, who has been herself educated for a female water-cure physician.

With these remarks, and a good-speed to the enterprise, we refer our readers to the advertisement.

DR. S. B. SMITH'S DIRECT CURRENT MAGNETIC MACHINE.—We have conversed with Dr. Smith on the subject of this newly invented Machine, and if, as he states, it will effect whatever is done by the direct agency of the Voltaic Current, it is certainly a most valuable invention, both as a curative agent, and as a chemical power of great potency. We have seen some specimens of gilding and plating done by it in a beautiful style, in the short space of six minutes. It decomposes metals and other substances with great facility; and, as the poles of this instrument exert a specific action, peculiar to each, we should judge it superior to the ordinary kind of Magnetic Machines.

IN OGDENSBURGH, N. Y., our Publications may be had of S. L. BYINGTON, at New York prices.

Professional Matters.

COOKING AND GENTILITY.—P. S. F. of Orange, writes: I would just say a word to Dr. Trall in regard to a piece written by him in the May No., one idea, in which is asserted that the cooking of meat is so degrading, that no "genteel" person is willing to act as cook. Now I think there are some "genteel" ladies about here, and I do not know of one so "genteel" that she would not fry or broil a steak for a husband's or a brother's dinner.

Now I never was in the city, but I have been told that a city lady never associates with her cook. She thinks the girl that works in the kitchen is not a fit companion for a lady.

This being the case, is it a wonder that any person of refinement avoids the kitchen? Who for wages would forego good society, and associate with ignorant, vulgar foreigners? I do not think cooking meat is all the reason there is no "genteel" cooks.

Well, Phæbe, or Parney, or Prudence, or whatever your name may be, we will just whisper this in your ear. When you, and all the rest of the ladies cease trying steak and fish for your husbands' dinners, husbands will have better tempers, children better manners, wives less drudgery; and one half the labor and energies of the world will not be mispent in trying to make us what God and nature never designed us to be—predaceous animals; and, then too, we prophecy both country and city ladies will take pride and find pleasure in preparing meat, luscious, beautiful, and bloodless, vegetables and fruits, for the dinners of their husbands, brothers, and lovers. What say you?

EAR-ACHE.—S. W. M., Bardstown, Ill. During the inflammatory stage, use warm fomentations, or cold cloths, as either feels most agreeable. She should take hip and foot-baths frequently as derivatives. If there is a consumptive tendency, be very strict in diet and regimen.

ERUPTION FOLLOWING SCARLET FEVER.—R. C., Guilford, O. In the cases you described, a cataneous eruption has succeeded an attack of scarlatina, in two children, who were treated hydropathically. The question then is, what causes the eruption? You mention no habits in the training of the children which give a clue to it. But you say the mother has taken a great deal of medicine, &c. Now the children probably inherited a drug-poisoned organization, and the determination to the skin, which got rid of the Scarlet Fever may also be protracted into an effort of nature to derange the constitution of its inherited taint. One or two tepid baths daily is sufficient, as far as bathing is necessary; but you cannot be too careful in regulating the diet according to the Encyclopaedia.

DEAFNESS, WITH NOISES IN THE EAR.—J. W., West Stockbridge. A daily pack in the wet sheet for about forty minutes, followed by the half bath or dripping sheet, and a very plain vegetable diet, very abstemious in quantity also, with the avoidance of all grease, salts, spices, alkalies, hard water, &c., comprise the remedial plan.

FEVER SORE.—A. W. R., Athens. My boy has a fever sore on the shin bone, of nine month's standing. It is about an inch and a half below the knee-joint. I wish to know your opinion about removing the carious bone, and the administration of chloroform in such cases? If a loose fragment of dead bone can be clearly detected within a formation of sound bone, it may save time to remove it, but

If the caries is confined to the surface of the shin bone, an operation is not advisable. We would not advise chloroform; but if the operation is likely to be very tedious, sulphuric ether, which will produce a great degree of, though not always complete insensibility, may be used with safety.

SHOCKS, &c.—R. N. C. Perry, Me. The "spells" or shocks you complain of are probably owing to torpid liver and constipated bowels. Take a sponge bath in the morning, not very cold, a tepid hip bath in the afternoon, move, and diet principally on brown bread, apples, potatoes, &c.

FLOODING.—V. H. G. Burns. "In case the afterbirth adheres after childbirth, and there is continued flooding, what shall be done to arrest it?" Inject cold water; if this fails, and the placenta is nearly detached, it should be removed. "In case the patient faints from loss of blood, should she be allowed to remain long in this condition?" Keep her quiet and in the horizontal position, and she will recover in due time.

SPECS ON THE EYE.—J. C. B. Milton, Vt. We could not determine the precise nature of the specs or pimples you speak of, without seeing them. But be they what they may, you should not read much—none by candle light—bathe them frequently in tepid cold water, and take derivative baths; always to keep down irritation will promote the cure.

LEUCORRHEA AND ERYSIPELAS.—S. K., Keene, N. H. Against the opposition you mention by the part of the patients, urged on by the opposition of their allopathic physicians, it would probably be impossible to carry out any successful plan of water-treatment at home. Send them both to an establishment for a month or two; they will then have faith enough to practice the whole water-cure, and knowledge enough to take care of themselves.

TIGHT CLOTHES.—H. H., East Wareham. "I am a reader of your WATER-CURE and PNEUMOLOGICAL JOURNALS, the Encyclopædia and other Water-Cure books, but see nothing prescribed for those, who, having transgressed nature's laws by wearing tight clothes, have permanently reduced the size of the waist. Such cases are, I suppose irremediable. But if any thing can be done, please state what. Must the lives of such be surely abridged?"

"Cease to do evil, and learn to do well." is the lesson taught in the Encyclopædia, and other works, in relation to corseting the chest, as well as in relation to all other bad habits. All sorts of gymnastic or calisthenic exercises which tend to expand the lungs, and invigorate the muscles of the chest and abdomen, are useful in these cases, which are generally remediable to a very great extent. See Encyclopædia, vol. 2, p. 163, for a variety of directions on this subject.

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.

HINTS TOWARD REFORM.—By HORACE GREELEY.

Published by FOWLERS AND WELLS, 131 Nassau st., New York.

Every body that has not a Library should have one, no matter if it be small to commence with, and every body's Library should contain this work of Mr. Greeley's. It is a well printed book, and contains many of Mr. G.'s best lectures, addresses, and Essays. To the last edition, the lecture on the Crystal Palace, has been added, which contains a description and remarks that give a better idea of the uses of such exhibitions than any thing else we have read. Mr. Greeley's fame as a lecturer precludes the necessity of our saying any thing in his praise; and here are many lectures, all for a dollar and a quarter. It would cost five times that amount to have heard them delivered. Send for the book.—*Fountain Journal*.

This work may be sent pre-paid by mail, to any post office

for \$1.25. It should be in the possession of every young man.]

HOPES AND HELPS FOR THE YOUNG, of both sexes.

by REV. G. S. WEAVER. Published by Fowlers and Wells, 131 Nassau st., New York.

This work might have been appropriately called Hints and Helps to Health and Happiness. There are few books in the examination of which we have taken so much pleasure as in this. It is written in an easy, plain, and concise style, and every sentence speaks the sincerity of the author. No one can read it and not be convinced that the work was written to do good. Every page contains advice and instruction that cannot fail to be of use to any young man or woman that will read it. Parents cannot select a more beneficial work to put into the hands of their children than this. If it has as extensive circulation as it deserves, no young person will be without it. Price for the bound edition, pre-paid by mail, 87 cents.—*Fountain Journal*.

[GIFT BOOKS for the HOLIDAYS, are now sought by parents, teachers, and guardians, and we commend this as a presentation book, for both sexes, between the age of twelve and twenty. And older people, may read it with profit.]

HENRI; OR, THE WEB AND WOOF OF LIFE. By

WILLIAM G. Cambridge. Boston, A. Tompkins and B. B. Mussey & Co. 1853. [Price \$1.00.]

This is in form and, if we mistake not, partly, at least, in spirit an autobiography. At any rate the writer's heart was in his work—he had something to say which *must* be said, in some form, and he has made this story the medium through which to reach the public. He had at least a text in his own experience of life. It may be "seen through a thin veil of fiction," but how thin the veil is we cannot always tell. The merits of the work result from the fact that it has a purpose beyond the story, and a basis of fact for the superstructure of fiction. This gives life to some of the scenes, which would otherwise be dull and commonplace. We think that to this cause too, we may attribute its unequal character. Where the writer feels, he writes with power and pathos, while he fails most signally where he attempts to invent. The faults of the work spring from a lack of creative talent, defective intellectual culture and a want of verbal skill on the part of the writer. Both in its plan and in its execution, it shows the marks of an unpracticed and unskillful hand. Some of the characters seem to us unnatural monsters; they may be only such however, as our unnatural social life has occasionally developed. But our space allows us to speak only in general terms and very briefly at that. "Henri" is a "progressive" book and will obtain thousands of sympathizing readers, who will find after all much more to praise than to condemn in its pages. Buy it and judge for yourself.

THE STORY OF MONT BLANC. By ALBERT SMITH.

New York: G. P. Putnam & Co. 1853. [Price 75 cents; Postage 12 cents.]

This book contains, following an interesting introductory chapter, a sketch of the Early history of Chamouini; the Visit of Pocooke, Windham and De Saussure; the First Adventurers on Mont Blanc; the First Ascent; De Saussure's successful and Dr. Hamel's fatal Attempt; with a very interesting account of the Author's Ascent in 1851. On the whole, it is a very pleasant book, and, to those who design to visit the region to which it relates, a very useful one.

THE WHOLE WORLD'S TEMPERANCE CONVENTION,

held at Metropolitan Hall on the 1st and 2d of Sept., and PROCEEDINGS OF THE WOMAN'S RIGHTS CONVENTION, held at the Broadway Tabernacle in the City of New York, on the 6th and 7th Sept. 1853. New York Fowlers and Wells Publishers. 1853. [Price, pre-paid by mail, 30 cents each.]

In reference to these pamphlets we cannot do better than to quote without comment the noble words of Horace Greeley in the *Tribune* of Oct. 5th.

The first of these works gives the proceedings of the preliminary meeting at the Brick Church Chapel last May; the call of the Whole World's Convention, with the signatures; the meeting of the friends of Woman's Rights at the Tabernacle last May, at which this call was resolved on; Mr. Carson's exposition of the "Carson League," &c., &c.; with appended essays by Dr. R. T. Trall and H. Greeley, on the Temperance Reformation and the Nature of Alcoholic

Liquors; the speech of Lucy Stone, and a list of Delegates and Societies represented in the Whole World's Convention;—the whole covering 112 large octavo pages. The "Woman's Rights Convention" is quite fully reported, including the riots by which it was interrupted and finally brought to a close. It covers 96 pages.

These handsome pamphlets should be not merely read, but preserved and bound. Our children will recur, with interest to documentary evidence that a Convention of capable, reputable, truth-seeking men and women was annoyed and disturbed, throughout the evenings of its two days' session, by decently dressed and not unmanageably drunk rowdies, because it dared to consider the Rights of Woman to a voice in the disposal of her own hard-earned property, in framing and modifying the laws whereby she is governed, in choosing the magistrates by whom she must be judged, and in determining who shall have the custody and guidance of her own child.

The other pamphlet narrates the history of one of the most important movements yet made in the progress of the Temperance Cause—namely, the full recognition of Woman as the compatriot and help-met of Man in the arduous work of rescuing the Human Race from the destructive sorceries of Alcoholic poison. Nearly or quite half the speakers at the Whole World's Temperance Convention were women, as were a portion of the officers and of the committees; and the arguments of women as well as men are reported in a condensed form in this pamphlet. Let the public read these arguments, and then judge those who, a few days afterward, with clamor and coarse epithets, suppressed the voice of a noble and pure-hearted woman, an undoubted delegate to their body, and drove her with insult from their platform. Read what Woman says for Temperance in this pamphlet, and then judge how ardent must be the love of the cause in the souls of those who wasted hours to prevent her speaking to them a few minutes, because (as they phrased it) "*common usage*" does not admit her right to the platform! It has long enough been a fashionable "*usage*" for Woman to circulate the wine-cup and invite Man to partake of its seductive contents; suppose she had resolved to do this no longer, but give her best efforts instead to the work of persuading men *not* to drink—ought Temperance men to be foremost in defeating this change?

THE THEOLOGY OF THE BIBLE, or the True Doc-

trines of the Christian Faith, plainly stated and defended, with a Key to the Revelations. By S. C. CHANDLER, Independent Minister of the Gospel. New York: Published by the Author. [Price \$1.00; Postage 25 cents.]

The design of this treatise, as we are informed in the author's preface, is to aid in the great work of reform, in what passes for the Orthodox Theology of our age, and restore to the Church and the world the apostolic faith and doctrines. The writer is evidently a thinker and a true earnest-hearted man, whose words are worthy of respectful consideration. Of the soundness of his theology, we leave each reader to judge for himself.

WHY I AM A TEMPERANCE MAN; A Series of Let-

ters to a Friend. Together with Tales and Sketches from Life, and Hearth-Stone Reveries. By THURLOW W. BROWN, Editor of the "Cayuga Chief." Auburn: Derby and Miller; New York: R. T. Young and Fowlers and Wells. 1853. [Price, \$1.25 cents, postage 25 cents.]

This is another attractive and useful contribution to the literature of the Temperance Movement. The Essays and Tales of which it is composed were originally written for the columns of the *Cayuga Chief*, of which the author is editor, and he disclaims all idea of book-making in their preparation. Nevertheless, the book is made, and a good one it is—full of freshness and earnestness, and pregnant with saving influences. Its circulation will aid the noble cause, and make converts among those whom our speeches and tracts may not reach. It can be ordered of Fowlers and Wells, 131 Nassau street, New York.

PUTNAM'S MONTHLY.. New York: Geo. P. Putnam & Co.

Among the noteworthy articles in the October number of this sterling periodical, we may notice "The Text of Shakespeare;" "What Impression Do we Make and Should we Make Abroad?" "Art Manufactures;" "The Early Poetry of France;" "Fishing at the West;" and "Sketches in a Paris Cafe." It does not fall behind its predecessors in interest.

Advertisements.

A LIMITED space of this Journal will be given to advertisements, on the following terms: For a full page, one month, \$ 75 00 For one column, one month, 30 00 For half a column, one month, 15 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. The establishment has recently been enlarged by the erection of a rear building, and the addition of the spacious double house adjoining, so that nearly one hundred patients can now be accommodated.

The buildings are warmed throughout by steam-pipes, thus securing any required degree of temperature, and obviating the annoyance of dust and smoke from fires and stoves.

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

DR. SHEW, 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, Chataqua Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. The house is new, commodious, and the rooms pleasant and airy. Every facility will be afforded the patient to make the stay pleasant, and favor the restoration of lost health.

HIGHLAND HOME WATER-CURE, at Flakhill Landing, Dutchess Co., N. Y. O. W. MAY, M.D., Proprietor.

The pure air and water, beautiful scenery, fine large edifices, an easy access in every direction, combine to render this a desirable place for those who need Hydro-pathic treatment. This establishment is intended more particularly for the cure of Female diseases; but all other remediable diseases are here treated successfully.

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

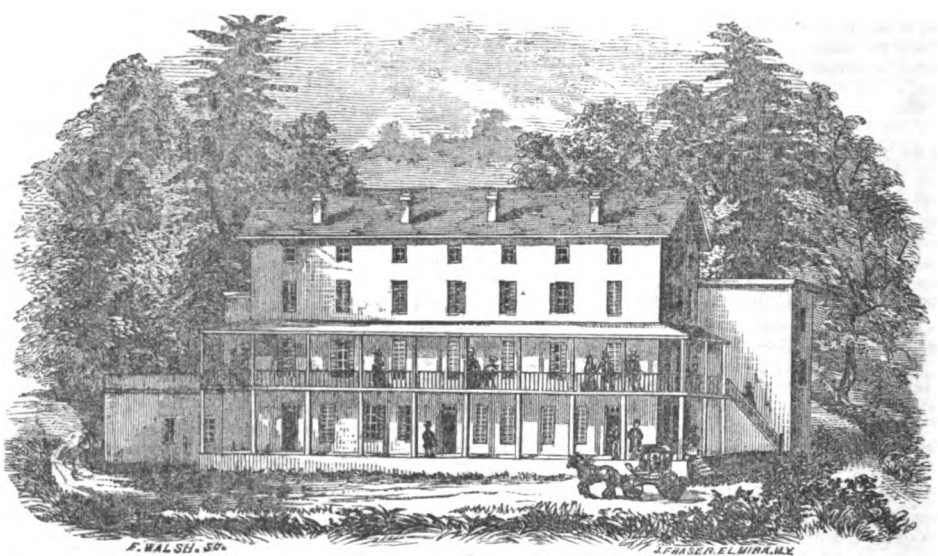
CONCORD WATER-CURE, CONCORD, N. H.—Dr. VAIL'S ESTABLISHMENT, at the Capital of the "Granite State," will be found open winter and summer. No place affords to the invalid superior advantages for treatment. The building is undergoing improvements, and the Dr. will spare no pains for the health and comfort of his patients. Letters of inquiry will be answered without charge. If a prescription for home treatment is desired, a fee of \$2 will be expected.

CINCINNATI WATER-CURE, five miles from the City, on the Cincinnati & Dayton Rail Road, and but a few rods from the Carriage Depot. This large and flourishing institution is open Summer and Winter for the reception of patients.

AUBURN WATER-CURE, AUBURN, Maine Co., Ala. Dr. Wm. G. REED, Miss L. A. ELY, Physicians.

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 hydropathist, on liberal terms. The buildings are commodious, the water pure and abundant, and the locality one of the most salubrious in the State. Address the proprietor, Dr. S. E. PERKY, as above, or apply to Dr. TRALL, 15 Light-st., N. Y. Aug 15.

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. 2.



ELMIRA WATER-CURE.

THIS INSTITUTION is situated on an eminence east and just out of the beautiful and enterprising village of Elmira—the Queen City of the Southern Tier, commanding a fine view of the same, and of the lovely, wide-spreading, and luxuriant valley of Chemung, through which flows a river of crystal transparency, from which the vale derives its name, and whose silver sheen appears in the distance. Beyond, tower range after range of royal hills, forming a magnificent background to this majestic and picturesque scenery. In close proximity to the Cure is a charming and romantic glen, affording a delightful retreat for those who love to gaze on the wild, the sublime, the reverential, and awe-inspiring phases of Nature, and "hold communion with her visible forms."

From this place the New York and Erie Railroad stretches forth its iron arms, embracing the East and the West, and by the numerous thoroughfares connecting with the same, renders the Cure accessible by railroad from most of the States in the Union and from the Canadas. Finally, for accessibility, for purity of air and water, for delightful walks and conveniences of arrangements, it is not surpassed by any Cure in the country. The building is new, having been planned and erected some eighteen months since, by Dr. S. O. GLEASON, whose eight years' experience in Hydropathy renders him a competent judge of what is necessary for the convenience, comfort, and well-being of patients. The Cure has 300 feet of piazza, a saloon 40 feet in length, while the main building is 76 by 35, and 4 stories high; besides, there is a bath-room at each end, 2 stories high, accessible from the second and third floors, without any intervening stairs. In connection with the Cure is a Gymnasium and Bowling Saloon, where, under the guidance of an experienced gymnast, patients take exercise calculated to call into action and develop every muscle of the human system.

Dr. S. O. GLEASON and Mrs. R. B. GLEASON, M.D., opened the fourth Cure in the United States and the first one west of the Hudson. They for two years had charge of the Green Wood Springs Cure, Allegheny Co., N. Y.; for three years of the medical department of the Glen Haven Cure, N. Y.; one year at Forest City, Tompkins Co., N. Y., and have now made a permanent location. They have treated between 3,000 and 4,000 cases. Mrs. GLEASON has eminent success in treating Female Diseases, as hundreds can testify. The management of

the Cure in all its departments is in their hands and under their immediate supervision. They will continue to treat as heretofore the following diseases, to wit:—Inclined Consumption, Bronchitis, Catarrh, Nervous Headache, Dyspepsia, Chronic Diarrhoea, Constipation, Rheumatism, Neuralgia, Hysteria, Epilepsy, Spasms, Apoplexy, Paralysis, Spinal Complaints, old Ulceration of any part of the Body, Inflamed Joints, Inflammation of the Eyes, Female Complaints, General Debility, Liver Complaints, Dropsy, Diseases of the Kidneys and Bladder, Spermatorrhoea or Nocturnal Emissions, for which Dr. G. has adopted a new and efficient mode of treatment. Besides the foregoing, they treat a host of other diseases of a complicated character. To their friends they feel under lasting obligations for their influence and patronage, and would still solicit favors so long as they can be confidently recommended for medical skill and for efficiency in their department.

They will endeavor to do everything in their power to accomplish a speedy cure of those placed under their charge.

At their establishment will be found stont, sympathizing, and cheerful hearts, and prompt and willing hands, to assist, to encourage, to cheer, to buoy up each sinking spirit, and to bear the on-ward and upward against the tide of opposing circumstances—to disperse the murky clouds of despondency which brood with raven wing over the sky of their minds, blotting out from their vision the star of hope; and at their Cure the afflicted will have for their associates many who are pressing successfully forward toward the goal of health, and whose example and triumph will be worth much to the sufferer, till he, too, is enabled to tread with them the same joyous pathway.

TERMS MODERATE.—\$4 00, \$5 50, \$7 00, and \$8 00 per week, according to size and location of room occupied.

Each patient will furnish three comforters, one woollen sheet or blanket, one linen sheet, two cotton ones for packing purposes, and half a dozen bath towels, or they can be accommodated with the same at 50 cents per week.

Patients can be furnished with Livery at the Cure, at a moderate charge. All letters should be post-paid. Address S. O. GLEASON, M.D., Elmira, N. Y.

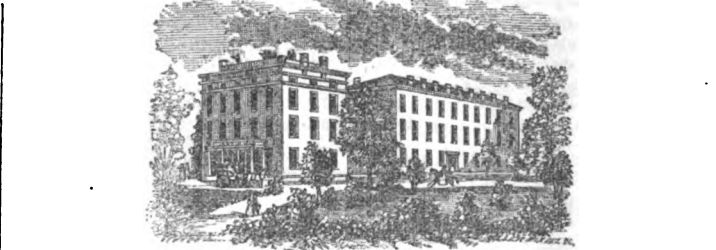
CASTLE WATER-CURE.—DR. GREENE having, for the purpose of extending his knowledge in the complicated details of the treatment, devoted the past season to visiting a large number of Water-Cures in the different States of the Union, has again resumed the charge of the above Establishment. With combined facilities for successful treatment believed to be unsurpassed, and with a practical experience in Water-Cure, which dates next to the opening of the Battleborough Cure, in 1815, he hopes to be able to satisfy the sick that they can pursue treatment here under favorable auspices for the removal of disease.

TERMS.—From \$5 to \$8 per week. For further information address, post-paid, J. GREENE, Castle, Wyoming Co., N. Y. Cure located near the Buffalo and New York City Railroad. Aug 17.

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. It has excellent rowing and gymnastic privileges, and fine shady mountain walks. Terms from \$1 to \$5 per week. O. V. TRAYER, M.D. Resident Physician. Aug 17 H. M. RANNY, Proprietor.

SUGAR-CREEK FALLS WATER-CURE is 12 miles south of Massillon, O. It is supplied with pure Soft Spring Water, which should be remembered by invalids. To the purity and softness of the water, as much as to the skill of the physicians, do we attribute the remarkable, and in some cases seemingly miraculous, success that has attended our efforts. Terms \$5 per week, in ordinary cases, payable weekly. Address: Dr. HOZ. S. FRANK, Deardorf's Mills, Tuscarawas Co., O. Aug 17.

DR. LANDES' WATER-CURE ESTABLISHMENT, at the most beautiful Ephrata Mountain Springs, Lancaster Co., Penn., is open for the reception of patients summer and winter. It is completed in a superior and improved style, with all the conveniences to Exercise, Bathing, &c. Its situation is well calculated for a Water-Cure establishment, for its pure air, pure, soft water, beautiful shady walks on the mountain, and most beautiful scenery from the observatory. It has been as successful as any Institute in the United States, and is flourishing. Fifty to sixty patients can be comfortably accommodated, with good servants, and a competent and experienced Female assistant. If desirous, patients can bring with them two sheets, two blankets, and a half dozen towels; or they can be furnished at the Institute. TERMS.—Board, fuel, and treatment, \$4 to \$12 per week, according to rooms occupied. Payable weekly. For particulars, address S. M. LANDES, M.D., Oct. 17. Ephrata, P.O., Lancaster Co., Pa.



LAKE VIEW HYDROPATHIC AND HOMEOPATHIC INSTITUTE, at Rochester, Monroe Co., N. Y., is one of the first establishments of the kind in the United States, in its beautiful and beautiful location, its capacity and convenience as a WATER-CURE. It is supplied with pure soft water, unsurpassed, which is used in connection with the Homeopathic healing art, by a physician of great experience. It has a department especially for FEMALE DISEASES, where they are treated with the greatest success. It has also new and successful auxiliaries for the cure of Consumption, Dyspepsia, and Liver Affections. HORNBACK RIDING forms a part of the daily exercises. This is a new and important

feature in such an establishment, and is of great value to invalids. This institution will not suffer by a comparison with any other in the country. It has accommodations for nearly 150 persons. Open winter and summer. It is unsurpassed as a summer retreat. For full particulars, address L. D. FRANKLIN, M.D., Principal and Proprietor, Lake View, Rochester, Monroe Co., N. Y. REFERENCED BY: Gov. Seward, Auburn, N. Y.; Hon. John Greig, Hon. Francis Granger, A. Worden, Esq., Rev. O. E. Duggett, and Rev. Maaly Tockor, Canadaigua, N. Y.; Hon. T. B. White, and Rev. Moses How, New Bedford, Mass.; H. Bennett, M. D., and P. M. Bromley, Esq., Rochester, N. Y.; Lewis Tappan, N. Y.

MISS M. H. MOWRY, PHYSICIAN, No. 92 South Main street, Providence, R. I. Mch 10*

MRS. HESTER A. HORN, WATER-CURE PHYSICIAN, No. 9 Abington Place, Troy st., N. Y.

NEW GRAEFENBERG WATER-CURE.—FOR full, printed particulars, address R. HOLLAND, M. D. New Graefenberg, N. Y. Aug 17.

WATER CURE at Coldwater, Mich., is in successful operation. Will be open fall and winter. DR. JOHN B. GALLY, N. T. WATERMAN, Proprietor. Oct 31.

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

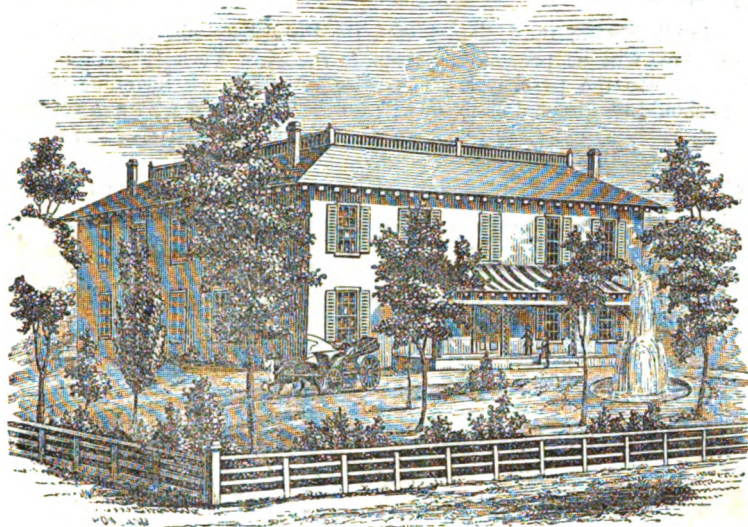
DR. BEDORF'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug 17

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

G. H. TAYLOR, M.D., Practitioner of Water-Cure, No. 9 Eleventh st., cor. 4th Avenue. Domestic practice and office consultations particularly attended to. Also, letters for advice. July 17.

CHICAGO WATER-CURE RETREAT, corner of Indiana and Rush sts., Chicago, Ill. At this establishment, pure soft water is the only medicine used. Female diseases receive special attention. J. WEBSTER, A.M., M.D. Aug 21.

DR. E. A. KITTEBOND continues to receive patients at his establishment, 34 Franklin Place, Boston, and visits the sick anywhere in New England. Aug 17.



WYOMING WATER-CURE INSTITUTE, AT WYOMING, N. Y.

This establishment is thoroughly warmed and ventilated, and now in fine order for winter treatment.

Patients reach us by the Buffalo and New York City Railroad. Those coming from the East stop at WARSAW, those from the West at LINCOLN. At either place they will find both public and private conveyances. The public conveyances leave at 11 o'clock, A. M. The institution is an hour's ride from either station.

MERCER WATER-CURE, Mercer, Pa. By Dr. J. and Mrs. M. F. R. CARLIS. Terms \$4 to \$6 per week. July 1st.

WORCESTER HYDROPATHIC INSTITUTION, No. 1 GLEN STREET.—This institution is well arranged for treatment at all seasons. It will remain under the medical direction of Dr. GEORGE HOYT until the return of Dr. ROBERTS from Paris, in April, 1884. Terms, usually from \$7 to \$9 per week. For treatment without board \$3 to \$4 per week. Nov 1st.

PHILADELPHIA WASHINGTON SQUARE WATER-CURE ESTABLISHMENT, No. 81 South Sixth street.—Dr. H. F. MEIXER and T. D. REA, proprietors. Surgery, Obstetrics, and general practice attended to by Nov 1st. Dr. H. F. MEIXER.

CONCORD WATER-CURE.—Dr. Vail's establishment, at the capital of the "Granite State," has heretofore been extensively patronized during the winter season, being most favorably located for this purpose. Pleasant walks are accessible at all times. Terms moderate. Nov 1st.

GRANVILLE WATER-CURE.—FOR THE TREATMENT OF DISEASES OF FEMALES. Address—W. W. BANCROFT, 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. Address, F. D. PIERSON, Tarrytown, N. Y.

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

GEORGIA WATER-CURE.—At Rock Spring, near Marietta, Georgia, is open, summer and winter. C. Cox, M. D., Proprietor. Sept 1st.

Business Advertisements.

NEW-YORK HYDROPATHIC AND PHYSIOLOGICAL SCHOOL.—The undersigned and associates have made arrangements to open on the 1st November, 1883, a department of the extensive Hydropathic and Hygienic Institute, No. 15 Light street, as a general educational and medical school. It will afford unexampled facilities for the attainment of a useful and practical education to three classes of persons: 1. Those who desire, in addition to the usual branches taught in High Schools and Academies, a better knowledge of the Theory, and an exemplification of the Practice of the Laws of Life and Health. 2. Those who wish to become Physiological and Health-Reform Teachers or Lecturers. 3. Those who seek to qualify themselves as Hydropathic Physicians.

In each sub-department competent and experienced teachers will be provided; and in each the educational course will give especial prominence to those subjects which are most intimately connected with the actual duties of life. And whilst the rudiments of all the

branches of an ordinary collegiate education are thoroughly taught, each student will be enabled to devote particular attention to those subjects most essential to the success of his or her prospective avocations.

Engagements have been made with Joel Shew, M.D.; Geo. H. Taylor, M.D.; J. E. Snodgrass, A.M., M.D.; L. N. Fowler, Wm. A. Steere, H. S. Clubb, Miss A. S. Cogwell, and Miss E. M. Johnson—all of whom are experienced teachers.

Medical students will be enabled to witness the treatment of nearly all forms of chronic diseases amongst the patients of the institution, whilst the outdoor 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. The educational exercises will not pattern after the usual routine. Several lectures and lessons will be given daily; but the grand idea of self-education will always be kept in view; hence examinations, in which all will be alternately scholars and teachers; readings, recitations, conversational parties, debates, &c., under the personal direction of the professors, calculated to lead the mind to think for itself, rather than imitate from others, will constitute a leading part of the programme.

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.

CHICAGO.—First class, per term, \$30; second class, \$20; third class, \$10. Tickets for anatomical dissections, \$3 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.

As many students as there are rooms for in the establishment unoccupied by patients, will be accommodated at the lowest boarding prices. Lodging rooms can be had in the neighborhood, with meals at the establishment—the whole expense not exceeding \$3 to \$4 per week. A liberal discount will be made to those who attend two or more terms.

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

WEBER'S ANATOMICAL ATLAS OF THE ADULT HUMAN BODY, NATURAL SIZE.—EDDYOTT & CO., No. 59 Beekman street, New-York, have lithographed and republished from the original German edition (the only American edition) the eleven entire figures contained in part first of the above-named well-known anatomical work, by Prof. M. J. WEBER, of the Royal Prussian University, "Frederick William," at Bonn. Figures 1, K, and L, representing the veins and arteries, are accurately colored from the original copy, and the whole work, with a comprehensive "Explanation," is offered for sale in sheets or mounted in the usual style of maps. Sets in sheet, \$15; mounted, \$25. [Nov 24]

They relate to almost everything of feeling, duty, foible, and things of beauty, and leave a moral impression.—N. Y. EVANGELIST.

She stirs the profoundest emotions of the heart, and awakens the noblest impulses of the soul.—N. C. ADVOCATE.

They are the genuine offspring of an original mind, the characteristic products of New England.—HOMER JOUR. She is keen as a razor in her satire, and her graver sketches go straight to the heart.—N. H. PALLADIUM. We can say, "with a clear conscience," that it is truly one of the most superb books in the universe.—SCOTIA SUN.

Do you wish to laugh? Do you wish to cry? Read "Fern Leaves from Fanny's Portfolio."—LITERARY ECLECTIC.

Aims to make men happier, women better, Christians more devoted, children more obedient.—PERRILLILL EAGLE.

Her success is the triumph of genius, and of a true, earnest, heroic heart.—PHYSIOLOGICAL JOURNAL. They go right to the feelings, and it is impossible to resist their plea, as to avoid reading them.—NEWPORT MERCURY.

Keep the mind of the reader constantly on the qui vive, and nourish every humor of his head and heart.—N. Y. COM. ADV.

We do not hesitate to pronounce it one of the most remarkable books of the day.—CHICAGO JOURNAL. She overflows with the abundant sympathies of her nature; heart, soul, and rare witchery are in her words.—N. Y. JOURNAL.

Read it, all: it will make envy and distrust, jealousy and discontentment, blush for their folly.—COOPERSTOWN REPUBLICAN.

The young and impulsive, are rapturous in their praise.—"COURTESY GENTLEMAN." Every article, and every line in her book, sparkle and glow with exquisite pathos, keen satire, and brilliant wit.—BOSTON TRUE FLAG.

It is emphatically a home book, and every word on its neatly printed pages will find its way to the heart.—CLARION, Penn.

As a brilliant writer, Fanny is unequalled by any writer, either American or foreign.—N. Y. DUTCHMAN. Sparkling with the freshness of the dew-drops, and redolent with the heart-inspiring fragrance of clover blossoms and new mown hay, or, what is better, the real scent of the Fern.—PHILADELPHIA COURIER.

There is not a heart that will not commune with her—there is not a heart that will not echo back the beatings of her nature.—BUFFALO HERALD. She often wrote her articles as the gray dawn was breaking, after a night's weary watch by the sick couch of those dependent upon her—their only support being the meagre pittance received for her early productions.—MUSICAL WORLD AND TIMES.

A right readable, witty, aptly volume; well printed, beautifully bound, and exquisitely illustrated.—ILLUSTRATED NEWS.

Copies sent by mail, POST PAID, on receipt of price. Publishers of newspapers giving the above one insertion, previous to January, 1884, will be furnished with a copy, postage paid, on forwarding their paper (MARKED) to DERRY & MILLER, Auburn, N. Y.

FOR SALE.—A valuable Farm, containing fifty-four acres of excellent land, admirably adapted for the location of a Water-cure. Plenty of timber, coal, and a few fruit trees; but its chief attraction is a remarkably pure, clear, cold spring of soft water, than which no better can be found for the purposes of Water-Cure. Said farm lies three miles southwest from the flourishing town of Salem, in Columbiana County, Ohio; a place rapidly increasing and prospering, and connected with the two great railroads, Cleveland and Pittsburg. There is but one building—a two story frame—not yet completed, but several log cabins. The place is beautiful, healthy, retired, and yet at a convenient distance from several thriving towns on the line of railroad. Salem is about fifty miles from Pittsburg, and no Water Cure Physician in the place, or in any other town for many miles around.

This can be made known, and inquiries answered, by application to "C. C.," box 64, New Lisbon, Columbiana Co., Ohio.

THE NEW HYDROPATHIC COOK-BOOK; with receipts for cooking on Hygienic Principles. Containing, also, a philosophical Exposition of the Relations of Food and Health; the Chemical Elements and Proximate Constitution of Alimentary Principles; the Nutritive Proportions of all kinds of Aliments; the Relative Value of Animal and Vegetable Substances; the Selection and Preparation of Dietetic Materials, etc., etc. By R. T. TRAIL, M.D. With numerous illustrative engravings.

This much-needed and long-looked-for work is now ready. A copy should be found in every Water-Cure family in the land. Price, pre-paid by mail, paper, 62 cents; muslin, 87 cents. Address FOWLER & WELLS, Clinton Hall, 131 Nassau street, New York.

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LOOK ON THIS PICTURE:—

A WATER-CURE BLOOMER, WHO BELIEVES IN THE EQUAL RIGHTS OF MEN AND WOMEN TO HELP THEMSELVES AND EACH OTHER, AND WHO THINKS IT RESPECTABLE, IF NOT GENTEEL, TO BE WELL!



AND THEN ON THIS.

AN ALLOPATHIC LADY, OR A PURE COD LIVER OIL FEMALE, WHO PATRONIZES A FASHIONABLE DOCTOR, AND CONSIDERS IT DECIDEDLY VULGAR TO ENJOY GOOD HEALTH.

Varieties.

"Brevity is the soul of wit."

A FASHIONABLE YOUNG LADY.—"What is the life of a *would be fashionable* young lady?"

It is to go to a model boarding school, kept by an ex-French milliner; to be put into a room with four promiscuous young ladies, and to learn, in three days, more mischief than her grandmother ever dreamed of. It is to stay there at the tune of thirty dollars per week, for several quarters, and come home "finished," and superficial, with a taste of Latin—a touch of French—a smattering of Italian—German, and Spanish, and a portfolio full of crooked horses, distorted houses, lame sheep, and extraordinary looking abortions of cattle and fowl in general, the types of which were never found in Noah's menagerie. It is to sit in the drawing-room, in a flounced silk dress, with a waist half a yard in circumference, be-curl'd, be-scented, and be-jeweled; to receive morning calls, while mama looks through her spectacles, and tries to mend Mademoiselle's stockings. It is to have Mr. Fitz Humbug, some fine day, get on his knees, and request Mademoiselle to make him, what she has all along been desiring to do, "the happiest of men." It is to wear a white satin dress, an orange wreath, a long, fleecy veil, a diamond pin, and respond Amen to a quantity of things, of which Mademoiselle does not understand the full import. It is to commence house-keeping where "the old folks" leave off; it is to patronize fast horses, ruinous upholsterers, operas, concerts, theatres, balls and fetes of all kinds. It is to bring a few sickly children into existence, to be tortured into eternity by careless hirelings. It is to find, after a few years probation, that Mr. Fitz Humbug is just what his name imports. It is to have "an execution" in the house; it is for Madame to go into hysterics, and on "coming to," to find herself in the sixth

story of "lodgings," with a tight husband, an air tight stove, a loose wrapper and a crying baby. FANNY FERN.

[Fanny might have added the usual round of diseases, drugs, and doctors, slops, pills, and plasters, tea-pots, bottles and death. But the looking glass above is sufficiently large to permit many poor souls to "see themselves as others see them."

THE most amusing instance we remember of stilted English is in an apology made by an English Clergyman to his congregation, who had petitioned him to use a simpler style of expression in the pulpit. It was as follows:

"RESPECTED FRIENDS—My oral documents have recently been the subject of your vituperation. I hope it will not be deemed an instance of vain elocution, if I laconically promulgate that, avoiding all syllogical, aristocratic, or peripatetic propositions, whether physiologically, philosophically, politically or polemically considered, all hyperbolic expressions, either in my diurnal peregrinations, or nocturnal lucubrations, I assure you that they shall be categorically assimilated with, considered and rendered congenial to, the caputs, occiputs and cerebrums of you, my most superlatively respected auditors."

It was said at the time the congregation considered the remedy worse than the disease, and concluded to let the minister have his own way.

WHAT an appeal for the Maine Law is thus made by an English writer, who puts the following language in the mouths of those who visit the rum-seller's den:

"There's my money—give me drink! There's my clothing and my food—give me drink! There's the clothing, food and fire of my wife and children—give me drink! There is the education of the family, and the peace of the house—give me drink! There's the rent I have robbed from my landlord, fees I have robbed from the schoolmaster, and innumerable articles I have robbed from the shop-keeper—give me drink! Pour me out drink, for more I will yet pay

for it! There's my health of body, and peace of mind! there's my character as a man, and my profession as a christian—I give up all—give me drink! More yet, I have to give. There is my heavenly inheritance and the eternal friendship of the redeemed—there—there—is all hope of salvation. I give up my Saviour. I give up my God! I resign all! All that is great, good and glorious in the universe, I resign forever, that I may be DRUNK!"

A popular writer, speaking of the proposed oceanic telegraph, wonders whether the news transmitted through salt water would be fresh!

MORE than half the bar-rooms in the neighborhood of the Crystal have been closed from want of customers.

WANTED, an intended bride who is willing to begin housekeeping in the same style in which her parents began.

THERE is nothing like courage in misfortune; next to faith God, and in His overruling Providence, a man's faith in himself is his salvation.

BYRON says:—"A thousand years scarce serve to form a State." He had never heard of California.

THE "old fogy," who peeped out from "behind the times," has had his head knocked off by a "passing event."

AN old bachelor, having been laughed at by a party of pretty girls, told them, "You are small potatoes?" "We may be small potatoes," said one of them, "but we are sweet ones!"