

WATER-CURE

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ESSAYS.

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

HOUSEHOLD SURGERY. NO. II. OF CERTAIN WOUNDS AND HEMORRHAGES.*

BY JOEL SHEW, M.D.

BITE OF RATTLESNAKE.—This is supposed by many to be necessarily fatal. It is said, however, on good authority, that such is not the fact, but that, on the contrary, death seldom results from it. When a wound of this kind does prove fatal, death may occur either in a few hours, or not before days have elapsed.

The symptoms in a bad case following an accident of this kind, are these: "When the poison of the rattlesnake has actually been introduced into the general mass of blood, it begins to exert its most alarming and characteristic effects. A considerable degree of nausea is a very early symptom. We now discover an evident alteration in the pulse; it becomes full, strong, and greatly agitated. The whole body begins to swell; the eyes become so entirely suffused, that it is difficult to discover the smallest portion of the general covering of the eyeball and eyelids that is not painted with blood



FIG. 1.

In many instances there is a hemorrhage of blood from the eyes, and likewise from the nose and ears; and so great is the change induced in the mass of blood, that large quantities of it are sometimes thrown out on the surface of the body in the form of sweat; the teeth vacillate in their sockets, while the pain and groans of the unhappy

sufferer too plainly inform us that the extinction of life is at hand. In this stage of its action, and even before it has induced the most alarming symptoms which I have mentioned, the powers of medicine can do little to check the rapid and violent progress of this poison."

TREATMENT.—One old method of treating a case of this kind is, immediately on receiving the bite, to cut out the portion of flesh bitten. If this can be done quickly enough, it is probably the best thing that can be resorted to. By this means we keep the poison from spreading into the system. Another method is to suck the part thoroughly, or to have some friend do this favor as soon as possible after the bite. It is said that if this is done faithfully, the poison is extracted, and does no harm to the one who sucks it, because it does not enter the circulation. A large quill or other tube may be used in sucking the wound. (See fig. 1.) Another method recommended in such cases, is to ligate the limb a little above the bite, until suction or other means of removing the poison can be resorted to. (See fig. 2.)



TREATING POISONED WOUNDS.

BURNING POISONED WOUND.—Burning out a poisonous bite has been resorted to by some. If it could be done sufficiently soon, it would probably prove effectual. This may be done with a common fork, one prong of which has been broken off, and the other heated red-hot in a fire. The burning should be done thoroughly, if at all. (See fig. 3.)



BURNING POISONED WOUND.

OUR DEAD LETTER OFFICE.—We find on our files several letters, enclosing money and ordering various books and journals, which we are unable to send for want of proper directions. If correspondents would be more particular in these small matters, they would save themselves from anxiety and delay, and us from blame.

The following are without signature, or name of the writer:

- Lebanon, Boone Co, Ind.
- Savies Island, Oregon.
- Arrows—(No county or State.)
- The following have incomplete addresses:
- Sam. B. Clark, (no P. O.), Warren Co, Indiana.
- Il. H. Ladd Appleton, no State named.
- J. A. Cox, Gibson Co, Tenn., no P. O. named.
- Batler Sheldon, Auburn, no State.
- J. Judson, P. M., Newtown, no State.
- Dr. Isaac B. Witbe, Bunham, no State
- Oriow W. Parish, no P. O., County, or State.
- Clara Kilgore, same omission.
- Benj. B. Porter, Focksville, no State.

When writing relative to the above, please state, "Now in the DEAD LETTER OFFICE."

Letters properly headed and signed, with the name of Post Office, County, State, and Writer, properly directed and prepaid, will seldom fail to reach their destination. I will be sufficient to direct post paid letters for us as follows: FOWLERS AND WELLS, 151 Nassau st., New York.

THE MANUAL OF DIRECTIONS, with illustrations for using the NEW POKKET SYRINGE, by DR. TRALL, is sold only with the instrument. Price of the syringe, with extra vaginal tube, including the Manual of Directions, \$3.50 Address FOWLERS AND WELLS, New York.

* In part from the HYDROPATHIC FAMILY PHYSICIAN.

In all these cases, as well as in others of poisoning, it is an object of great importance to arrest both local and general fever from the very start. This, as is now beginning to be well understood, can be best accomplished by means of water-treatment.

ADDER AND OTHER BITES.—The bites of other poisonous reptiles, the adder for example, should be treated on the same principles as that of the rattlesnake. That the same good success will be found to attend the treatment, I have not the least doubt.

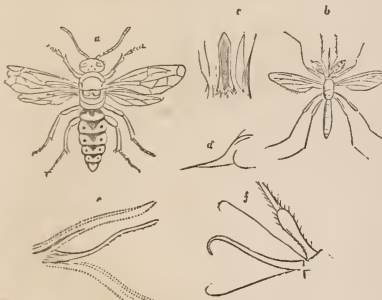
FIG. 4.



AN ADDER.

STINGS OF WASPS, HORNETS, ETC.—The same also is to be said of the stings of wasps, hornets, etc. (See fig. 5.) All of them are to be treated on the principle of an active inflammation.

FIG. 5.



POISONOUS INSECTS.

a. Hornet. b. Gnat. c. Lancets of horsefly. d. Sting of wasp. e. Lancet of flea. f. Lancets of bug.

HEMORRHAGES.—In a former number of the JOURNAL, hemorrhages arising from wounds and injuries were considered. There are also a variety of ways in which bleeding takes place, not arising from direct or severe accidents, and which it is important the general reader should understand. This becomes the more necessary on account of the fact, that in hemorrhages generally the most important time for treatment is that which occurs before a physician can be obtained.

HEMORRHAGE FROM LEECH BITES becomes every now and then a serious affair, and life even has been lost in this way; but the time is not far distant when leeches will be forever banished from medical practice.

FIG. 6.



LEECH AND ITS BITE.

To arrest this kind of hemorrhage, the follow-

ing plan, in connection with that of cooling the mass of the circulation generally, is, probably, one of the best:*

"Take a small pinch from the felt of a beaver or other fur hat; pile it on the bite; or if there be several points, pile one respectively on each, and spread over the whole a piece of thin muslin, drawing it tightly, so that any blood which flows must pass directly through both; then with a fine sponge soak up the blood as it oozes out, and in a short time both felt and muslin will have become dried by the coagulation of the blood in the thin, fine meshes, and the hemorrhage arrested. The muslin may then be all cut away except the adhering points, which in the course of a couple of days will of themselves drop off, leaving the parts healed, and free from any such disfiguring marks as those which necessarily follow the cautery, caustics, or needles."

NOSE-BLEED—epistaxis, or hemorrhage from the nostrils, appears to be more frequent than that of any other part. It happens to persons of all ages and conditions, but is probably, on the whole, more frequent in females. It is very irregular in its occurrence, duration, and progress. It comes on at any time of the day or night, and may last only a minute or two, or several hours, and even days or more. It often proves a source of relief to headaches, fulness of blood in the head, and various other disorders. It is seldom alarming in extent, although cases have occurred, it is said, in which death has resulted from it. In some cases persons are evidently enfeebled and injured by the great quantity of blood lost in this way; but nose-bleed, as a general thing, need excite no alarm, although, if it tends to become excessive, the proper means should at once be taken for arresting it.

As to the *symptoms* in nose-bleed, there is not unfrequently sensation of "weight, tension, and pain in the forehead, giddiness, and general headache, buzzing in the ears, dizziness, disordered vision, redness of the eyes and nostrils, flushing of the face, and coldness of the hands and feet." There is also a feeling of fulness, heat, and sometimes itching in the nostrils. These symptoms are not, of course, all of them present in any single case, but vary, both as to number and severity, indefinitely. The blood is usually of a bright red color, and coagulable. It flows from one nostril only, in most cases, but sometimes from both. It generally flows anteriorly only, but sometimes posteriorly, finding its way into the mouth, and even not appearing at the nostril at all. In most cases it issues only drop by drop, but in others it bursts forth in a continuous stream. If the hemorrhage is considerable, portions of the blood may be swallowed sufficient to cause nausea and vomiting. In such cases, the mistake is sometimes made of supposing that the hemorrhage is from the stomach. Small portions of blood, too, it is said, sometimes find their way into the glottis, in which case hemorrhage from the lungs may be incor-

* Professor Wood, of the University of Pennsylvania, in his "PRACTICE OF MEDICINE," asserts that the "bleeding from leech bites, especially those of the European leech, is profuse, and in children sometimes dangerous, particularly when there is a tendency to hemorrhage."

rectly surmised. If nose-bleed takes place while the person is asleep, there may be some difficulty in determining its source; but on blowing the nose, it may at once be known from whence the blood issues.

The *causes* of epistaxis are various. Time of life exercises an influence in causing epistaxis, it being most liable to happen at about the age of puberty. It appears sometimes to result from pregnancy. It often attends polypos and other diseases of the nostrils. An overheated state of the blood is very apt to bring it on. A blow upon the nose, picking it, sneezing, violent straining or lifting, a sudden jar of the body, stooping down too suddenly, standing upon the head, having the cravat too tight, too great exposure of the head to fire or the heat of the sun, as well as powerful and sudden mental emotions, such as anger or the like, may bring on this hemorrhage. Bleeding at the nose is not an uncommon occurrence in fevers of a low or typhoid kind, and it is apt to follow the sudden check of the menses, bleeding from piles, or any other habitual discharge. An apoplectic state of the system and scrofula predispose persons to nose-bleed.

TREATMENT.—In most cases of epistaxis *no treatment whatever* is needed, since it is certain to cease spontaneously. In those instances where it is manifestly a symptom of relief or benefit to the system, as in headache, fulness of the head, etc., it should not be interfered with, but allowed to go on to its fullest extent. But whenever the blood has been overheated, or there is a tendency for it to pass to a debilitating extent, means should at once be taken for arresting it. In order to do this, the patient should be placed in a cool place, and in a comfortable posture, the sitting being, as a general thing, the most appropriate. The head should be either erect, inclined a little backward, or at least not too much forward. Every thing tight about the chest and neck should be loosened or removed, and it is useful to fan the patient whenever it is agreeable to his sensations. At the same time, *tepid* water, not cold, as many assert, should be freely sniffed up the nostrils. Simultaneously, also, measures should be applied freely to the head and the nape of the neck, and the hands and feet are to be placed in cold water. If there is much fibrile excitement in the system, speedy measures should be taken to remove the pyrexia. The sitting-bath, shallow-bath, plunge, pail-douche, cooling-pack, dripping-sheet, affusion and water-drinking, are all appropriate measures. We can, indeed, hardly go amiss in the cooling applications, provided we do no violence to the system. The way in which cold, thus applied at a distance from the bleeding parts, acts, is to produce constriction of bleeding vessels by sympathy. It is a beautiful operation of nature, and shows well how admirably the means is adapted to the end. Even a cold key, or other piece of cold metal, placed on the neck, will often thus arrest epistaxis, by sympathy.

So powerful is cold, when properly applied, in its effects to arrest hemorrhage, I have no doubt that, in most, if not all of these cases of severe bleeding, where it has been necessary for the physician or surgeon to plug the nostril, if it were applied to a sufficient extent, it would of itself arrest the difficulty. Plugging, however, is evi-

dently useful in many cases, for which reason the ways of doing it should be understood. To plug the nostril, a piece of sponge, surgeon's lint, or fine, soft rags, formed into a cylindrical shape, and moistened with water, or, as some prefer, an astringent liquid, may be used. Some are very partial to the scrapings of sole-leather, and these, no doubt, form as good a plug as any thing. It is said that Abernethy never failed in arresting nose-bleed by winding a piece of moistened lint round a probe—and a knitting-needle would answer quite as well—so as to form a cylindrical tube, passing this along the floor of the nose for its whole length, then carefully withdrawing the probe, and allowing the lint to remain for three or four days. Any one who has a good share of resolution and a steady hand can perform this little operation; and the patient should remember, that although it may be in some degree unpleasant, it causes no severe pain, and can do him no possible harm. Another plan is "to introduce a portion of hog's intestine, properly prepared, and closed at one end, deeply into the nostril, then to inject some cold water forcibly, and tie the other extremity of the tube." Abernethy's plan, however, is a more simple one, and, on the whole, to be preferred.

Dr. Négrier, of Angers, France, has adopted a very simple method of treatment in this affection, which he is said to have employed frequently, and with uniform success. The method consists in causing the patient, in a standing posture, suddenly to raise one or both arms perpendicularly upward, and to retain them for a short time in this position. If one only is raised, it should be that of the side from which the hemorrhage proceeds; and then the patient may compress the bleeding nostril with the other hand. In young children, the physician or some one must perform these offices for the patient. It is said that this simple method has always succeeded, even in very bad cases, when all other means had failed. The elevated position of the arm should be sustained a few minutes, in order to give the blood in the bleeding orifices time to coagulate. Dr. Négrier explains the result of this method on the principle that, as the blood in the erect position of the arm requires a much greater force to sustain it than when the arm is pendent, the energy of the heart's contraction must be in the same proportion diverted from the carotid artery, leading to the head, to the subclavian in the arm.

If the hemorrhage arises from an overheated state of the blood simply, it may be doubtful whether the above method will succeed. It is, however, well worth knowing; and if it does not prove so effectual in all cases as has been claimed, it may yet prove a valuable aid in the use of other means.

HEMORRHAGE FROM EXTRACTING TEETH sometimes becomes both troublesome and alarming, and lives have been lost by it. In treating it, the general methods we adopt in other hemorrhages are equally applicable here. If cooling the mass of the circulation does not arrest the bleeding, the cavity must be well plugged with lint, cotton, or the scrapings of sole-leather. With right general and local treatment, it is believed that no patient need ever be lost by this kind of hemorrhage.

HEMORRHAGE FROM THE MOUTH—stomatorrhage

gia—is, on the whole, a rare affection. Not only the gums, however, but all the parts of the mouth are occasionally subject to spontaneous bleedings, which, though not in general dangerous, are sometimes attended with fatal results. Besides, also, a wound of the mouth may be received which would cause a fatal or dangerous loss of blood. Dividing the frenum linguae, for tongue-tie, has also been known to cause fatal hemorrhage. Severe hemorrhage may also occur from the buccal cavity as an effect of scurvy, malignant fever, &c.

In the *treatment*, care must be taken to ascertain from whence the blood issues. In some cases it is swallowed, so that it causes coughing or vomiting, in which case we might mistake the hemorrhage for that from the stomach or lungs. If the mouth is washed out well with water, we can usually discover from what part the blood issues. Once the source of the difficulty is ascertained, it is to be treated on the same general principles as other hemorrhages.

HEMORRHAGE FROM THE THROAT is not a common occurrence. It is to be managed in the same way as hemorrhage from the mouth.

HEMORRHAGE FROM THE LUNGS—hemoptysis—though often alarming to the patient, seldom destroys life at the time; but in many cases, though not all, it is indicative of fatal disease of the lungs. It is characterized by the throwing up of frothy, froid blood. If the blood is dark-colored, it is supposed to come from the stomach. It is generally preceded by cough, dyspnoea, with heat and oppression in the chest. Its *remote* causes are such as relate to passive hemorrhages generally; the *exciting* are such as lifting or straining; over-exercise; too much and too loud speaking; blowing wind-instruments; becoming overheated, &c.

The *treatment* must be like that for other internal hemorrhages. Pyrexia is to be subdued; cold wet cloths are to be freely applied to the chest, and frequent sips of cold water, iced or otherwise, and small pieces of ice, swallowed. The feet are to be kept warm, and the patient quiet. Experience teaches us that patients bear cold to an almost unlimited extent in this affection. Dr. Elliotson, who is high authority in the old school, says of the treatment of hemoptysis: "It is safe to apply ice in front of the chest;" that "we ought always to do it;" and that "we should throw cold water on the chest." True, Dr. Elliotson believes in other things, bleeding for example, besides; but I introduce his remarks because there is a great prejudice in this country against the use of cold water in this affection, even among physicians.

I will remark, for the encouragement of the reader, that I have known a considerable number of persons who have bled at the lungs, many years since, some of them, and who are now in the enjoyment of good health. Hemoptysis is, however, I admit, always to be looked upon as a serious evil, especially if it be profuse.

HEMORRHAGE FROM THE STOMACH—hematemesis is generally preceded by a sense of general uneasiness, a feeling of oppression, and a dull or sharp pain in the epigastrium. Fainting may also be present. The blood, which is dark, passes by vomiting, and sometimes by stool. It is sel-

dom an immediately dangerous affection, but ought always to put the patient well on his guard as to his general health.

The *treatment* is the same, externally, as that for hemoptysis, except that local cooling should be practised over the abdomen. As to swallowing ice and other cold things, I maintain that such applications, made directly upon a bleeding surface, only increase the difficulty. Besides, we can cool the mass of the circulation sufficiently in other ways. The cold hip-bath, if the patient is not too feeble, is an invaluable means.

Some in the treatment of this affection feel great concern in regard to the blood that accumulates in the bowels. Blood always helps itself away soon enough in such cases; and life has been destroyed simply by giving a dose of oil "to purge away the clots." Beware!

HEMORRHAGE FROM THE BOWELS is to be managed in all respects like hematemesis. Give no cold injections. If there is thirst, drink tepid water.

HEMORRHAGE FROM PILES.—This sometimes takes place to an alarming extent, in which case we treat the same as in hematemesis.

UTERINE HEMORRHAGE is likewise to be treated on the principle of internal hemorrhages generally. Cold wet towels often repeated, the folded four-double wet sheet about the body, drinking very cold water, and the cold sitz-bath, even, if necessary, do noble work in this complaint. But pour no cold water from a height, as some of the "regular" books strongly recommend; a shock would only tend to increase the trouble.*

WATER VS. DRUGS.

A LETTER.

Glen Haven, Feb. 1, 1854.

JOHN C. FULLER and others, Dover, N. H.:

FRIENDS!—You have invited me to your pleasant village to address your citizens on the subject of Water-Cure. I cannot come. I deeply regret it; for to present the claims of this great Reform—preëminent to all others—to the attention of your people, would give me heartfelt pleasure. It is no laggard I would be under such a call. It is not niggard of praise in its behalf I would be, could I visit you; for however earnest or enthusiastic one may be in expatiating on its value, depend on it, he will fail to tell its full merits to any people. It is replete with blessings to all who adopt it; raising up the fallen and straightening the bowed down; strengthening the weak and making firm the feeble; carrying Health to the homes of the vast majority of those from whose hearthstones she has been banished long and dreary years. Oh yes, friends, I sometimes wish I were not a practitioner, but only a preacher whose mission it should be to proclaim glad tidings; to go from village to village and tell the sick and their friends that at last, among the good things which it was given man to enjoy, was a rational, natural way of preserving health, and of restoring it when lost. But this is *not* my lot. I am shut up to a beautiful, quiet nook,

*For a more full elucidation of this whole subject, I must refer the reader to my recent work, entitled "MORRUE AND THE DISEASES OF WOMEN," published by FOWLER and WELLS, New York.

amid high hills, removed from busy haunts of men, and about and around me is my own little world, sprung up under the fostering care of good old

"Dame Nature,"

to whom we all in our republican pay morning, mid-day, and evening obeisance. So I cannot come. Could you look in on me this day and see our little hamlet, made up *entirely* of sick folks and those who serve them, you would yield up all idea of my "going forth" to *proclaim* what it seems to be my duty to *do* at home. But I am not the less thankful or grateful to you for the invitation; and the words of confidence and friendship in which your letter is couched have made me to know you and to love you. I honor you for your faith, and am pleased with your zeal; especially do I rejoice that you are keensighted enough to discriminate between that Water-Cure treatment which aljures the drug-system, and that which enters into copartnership with it. You ask me to come and speak to you about treating disease by water, *without* drugs. Could I come, I certainly should speak in behalf of water, and against drugs. The one has my entire confidence, exhibited in and through a treatment of over twelve hundred cases in three years, and not less than ninety-five per cent. of them benefited to their satisfaction. They have come from the East and the West, the North and the South; they have come crippled, and have gone away well. Stricken, smitten, palsied, blind, deaf, and insane, and God has blessed us, and they have gone away to build us monuments in their memories. And what is true of myself, I have the best reason to suppose to be also true of others who are engaged in various parts of the United States in treating the sick *without the use of drug exhibition*. At any rate, those practitioners who correspond with me, who give no medicines, state their success to be better than those of other schools who give medicines.

ALL HAIL, then, to WATER-CURE! It is God's good messenger to man. It is full of benignity and strength. It embodies virtue sufficient for all. Judiciously used, it will cure every case which is curable; and if cherished with any thing like a fair degree of faith by those who should be its best friends, and combined in its administration with those other agents, air, light, heat, diet, exercise, dress, and the due regulation of the passions, it will change the entire current of opinion in this country in less than fifty years, and demonstrate what to some persons is now clear, that of all the systems of *quackery* which have been popular among mankind, that of giving sick people *poison* to cure them is entitled to the *precedence*.

Already can one hear of dissatisfaction widely spread among able and learned men in respect to the uncertainty of the effect of drugs. Dr. James Johnson, editor of the *Medico-Chirurgical Review*, has said publicly, and with great solemnity, that it is his "conscientious conviction, founded on long experience and reflection, that if there was not a single physician, surgeon, apothecary, man-midwife, chemist, druggist, nor *DRUG* on the face of the earth, there would be less sickness and less mortality than now."

Dr. Forbes, editor of the *British and Foreign Medical Review*, makes, on various occasions,

statements not less startling. Instance: "In several of our commonest and most important diseases it is hardly to be questioned that the proportion is little if at all on *our* side, and in others it is *manifestly* against us." Dr. Hollick, of Philadelphia, says: "The fact is, and there is no use in denying or concealing it, the practice of medicine is for the most part a mere matter of guess-work and experiment, or slavish adherence to routine and empiricism. It is not based on established principles, nor supported by facts and reason, but is often in opposition to both."

There is lying before me now a letter, just received from one of the ablest physicians on the Western Reserve, Ohio, in which, after saying that he could not cure himself, and proposing to put himself under my care, he goes on to say: "I regard physics as a *curse*, and pellets as a *lie*. Having tried both for fifteen years, I am enabled to judge."

A distinguished physician in Vermont writes me relative to a patient of his whom he sends to the Glen, and also relative to his daughter, who is in a decline, and who is now, by his wish, a patient of mine: "I firmly believe that water, judiciously applied, will cure in all cases which are curable."

A distinguished physician of the Allopathic school has put into my care two adult daughters, both in failing health. One has left the Glen, in robust condition; the other is still with me, but improving.

An English physician, of Canadian celebrity, writes me: "I endeavor to introduce Water-treatment as fast as I can; but physicians are, in some respects, as Christ was with the people: 'I have many things to say, but ye cannot bear them now.'" Another writes me: "I have read with care your reports, and have been profited, interested, and highly gratified thereby."

I might quote a volume to the same effect, but it would add nothing to the value or force of the argument. Thinking men in the old schools know that drug medication in some instances is a cure, in others an injury, in others that it does no good. They oftimes seek to evade giving medicine, but, like all advocates and devotees of false systems, each waits for others more courageous than himself to commence the work of exposure and reformation. Others, *less* thoughtful, follow their leaders, content to have *masters* to furnish them with precedent. Whilst the people, who receive ideas slowly, and who *reform by inches* always, and never make great leaps over chasms, are the victims. For myself, I have never seen a human being of whom I could truthfully say that I was sure that drugs benefited him; but I have seen thousands whose health, I know, was ruined by it. Coolly, deliberately, conscientiously, I can only curse the system; curse it as I do WAR, FAMINE, or the PLAGUE. All that God or man can ask of me is, to see that the *excretion* falls on the *system*, and not on those who practise it. For if there ever was a delusion deep, world-wide, almost universal, and terribly ruinous—if ever the human race, at any period of its progress from the depths of barbarism to its present civilization, were spell-bound, given over to believe a *lie*, that they might suffer needlessly and die

foolishly, it seems to me they are, on this subject of treating and being treated when sick.

It is said that in the last twenty years there has been improvement in respect of giving medicines, physicians giving less by far. But it may be seriously entertained, whether what is lacking in quantity or bulk may not be more than compensated in concentration. It is well understood that chemical science has been exhausted to furnish of any medicinal substance its *active principle*, detached or separate from those constituents that to a good degree heretofore rendered it inert, and perhaps innoxious. However *this* may be, one thing is certain: the number of remedies which are poisonous has greatly increased. It would puzzle the brain of the astute of all doctors to name a *poison* which has not been made "official," and obtained the sanction of the profession. Especially is this true of Homoeopaths. They ransack the animal, mineral, and vegetable kingdoms for poisons. Their specifics are favorites in proportion as they are poisonous; and as far as they have secured the confidence of the public, they have scattered *broadly* the horrible delusion that each family should keep and administer, in cases of slight ailment, their medicines, under general directions obtained from *little books* which accompany the *little cases* of medicine; thus impressing all over whom they wield influence with the idea that in every abnormal state or condition of the body the *little book* should be consulted, and the *little case* should be "exhibited." Their prescriptions are so minute, extending to "hang-nails," and "thick-nails," and "nails that grow in;" to "dull vision," to "dirty taste in the month," to "effluvia from the body," to "dryness of the brain," to "lowness of the spirits," that the devotees of the system are rapidly forsaking those hygienic rules which underlie fundamentally everywhere human health, and "cutting cross-lots" to the accomplishment of their object. Take an infant a span long, and two days old. The mother is a homoeopathist, and has "Hempel's Domestic Physician." The child has, on the third day after its birth, a stoppage of the nose, from an accumulation of dried mucus in the nostrils. The mother, if able, if not, the *nurse*, opens the book to "Diseases of LITTLE Children," and finds *sambucus* good for stoppued nose, and down the little thing's throat *sambucus* goes. Neither mother nor *nurse* knows what *sambucus* is. It may be, for all they know, the deadliest poison. What if it is? It is good for stoppage of the nose. By and by the baby begins to *cry*. They hunt for pins, for strings tied too tight, for the *cause*; they nurse the little creature, but it cries on; and so they consult Hempel, and under the head of "Cries of Infants" they find, "*Belladonna may be administered, when no cause for the crying can be traced.*" And so for every little disturbance of the child's system, owing to the ill-health of the mother, the want of proper care of the nurse, the bad air in its nursery, or any thing else, that baby's stomach is familiarized to poisons the most deadly, till its constitution, naturally good, but tender, is broken down; the child dies, and the blame is laid *nowhere*, though the death is ascribed to *Providence*.

Homoeopathy, Allopathy, Eclecticisim — offshoots of the same principle—they all live and

thrive on the falsehood that Nature, in great trials, needs poisons to assist her: a terrible falsehood, a horrible deception, and one over which those who know better are alternately indignant and mournful. You may think, perhaps, that my feelings are altogether disproportionate to the evil. I could not blame you, were you thus to think. But could you spend six months with me, and read my correspondence from all parts of the Union; see my patients, bereft of all capability of usefulness, coming hundreds and thousands of miles to put themselves under my care, in the hope that I may be unto them

"As a God
Who can make alive,"

you would feel as I do about this human butchery; for at least seventy-five per cent. of all the men and women who visit Glen Haven, or who consult me by private letter, are *where they are*, and where they never would have been, but for *drugs*.

Let me tell you, for an illustration, what I have seen. I have known a young, mature, unmarried woman of good general habits, with robust constitution, poisoned nearly to death by six pellets of medicine *homoeopathically* administered; so poisoned, that she swelled from the scalp to her toe-tips twice her natural size. After awhile the swelling subsided, and was followed by great soreness of the whole alimentary tract, great lassitude, great weakness, and almost blindness from paralysis of the optic nerve. Her physician admitted his mistake, said he had given the wrong medicine, but refused, under any circumstances, to tell what it was which he gave. After trying all sorts of things, she tried water-treatment at home five months, and then came to the Glen, and spent a long time with us. When she left us, she was cured, and in fine physical vigor.

I have known a large, vigorous, strong man struck with paralysis of the left arm and right leg, from the exhibition of strychnine, homoeopathically administered, and probably incurably so, through any resources outside a Water-Cure.

I have known amaurosis produced by homoeopathic medicine.

I have known a woman laid on a bed helpless, her muscular tissue relaxed as if struck by lightning, by the exhibition of belladonna. I have known a fine girl, in good general health, made insane from taking lachesis, or serpent's poison. I have known a man made sick unto death with night, and an invalid for years, through the taking of tincture of lobelia. I have seen a young girl with ulcers of the most putrid character, literally rot to death from arsenic given by a physician. I have visited a man whose joints were unhinged, whose deformity was worse than any other human being of whom I have knowledge, brought into that condition by calomel administered by a doctor. Twisted limbs, enlarged joints, rotten teeth, putrid gums, tie-doloreux, rheumatism, bald head, sore eyes, and almost every variety of human ailment I have seen induced or aggravated by taking medicine; till, disgusted and sick, come what might to me and mine, I vowed opposition to drug medication for ever. No patient of mine can have it with my consent. Rich or poor, who puts himself or herself into my hands, must be content to forego medicines. I

rather crave the wisdom which cometh from *above*, as displayed in the use of all those agencies whose effect is legitimately to *cure*, than those other agencies known as *poisons*, however skillfully chosen and given to the sick, whose legitimate sway is destructive to life. My heart swells daily with gratitude to God, that of the large numbers which apply to me, and of whom I hope I am successful in curing as fair a proportion as my noble co-workers in other institutions, not one has had a *pellet* dropped into our beautiful lake, and then asked to drink of its waters. No, no; not any comminglement of the two for me! Others may unite water and drugs, and have the satisfaction of *not* knowing, when their patients get well, whether the drugs or the water, or both, cured them. My guests know, and I know, when they get well, *what* has done it. All hail again, then, to the *Water-Cure!*

But, friends, the entire labor of carrying on this reform should not fall on the proprietors of the WATER-CURE JOURNAL, and those physicians who are in active practice. The people who hold to the sentiments we advocate should help us. I am at times made sad at the *want of enthusiasm* displayed by those who professedly have abjured drugs, and have joined the Water-Cure ranks. They lack *earnestness*. They view the matter as affecting them specially as individuals, and so think that the interest needful to be shown is a degree equal to personal wants. They are mistaken. The life of this movement is in its universal adaptability and its universal *want*. There is no man or woman above the need of just such a reformation as our view proposes; for none is above the liability of being sick, and once sick, needs the true method of treatment. He needs to understand its leading principles, especially those which contradicting it from the other schools; so that, when sick, he may put himself quietly into right conditions, and avoid dependence on drug-giving.

Such a person cannot stand to the best advantage *alone*. He should have helpers, and so he should work to convert them. His benevolence should be actively exercised, and his pockets should have appropriate draughts made on them in purchasing books, tracts, pamphlets—and most certainly the WATER-CURE JOURNAL—to be placed before his neighbors and fellow-citizens. Why, in this way, in your village of Dover, you can silently, quietly, and in kind spirit, subvert the faith of one-half your population in blisters and the lancet, in emetics and cathartics, in Croton oil on the outside, and calomel within. The money which you would readily have paid me for visiting you and addressing your people would purchase a good many copies of the WATER-CURE JOURNAL for a year. The impression thus made would not be evanescent, like a *speech*; but it would be slow, repeated, lasting, triumphant. The reformation has underlying it, as I have said above, the *grandest idea of this AGE*; one which, if properly conceived and carried out, will ultimately be so acknowledged; and it wants *vitalizing*. All through God's creation lie germs of life; but to germinate, the quickening power must come into contact with them, else they lie as inert as the grain of Egyptian wheat in the envelopings of a mummy laid away in the catacombs three thousand years ago.

This great truth of the nineteenth century—which bespeaks for the race health and its countless blessings; which promises to the masses the full use of their powers, bodily and mental; which holds out to the thinker proof that he may think for a livelihood and not die; which declares to delicate and taper-fingered woman that a sound body is not incompatible with *real* delicacy and the highest refinement and breeding—this truth wants vitalizing. And, in my judgment, nothing can quicken it but CHRISTIAN BENEVOLENCE. If those who value it highly, as thousands and hundreds of thousands do, esteem it *merely* for what it has been to them, or what it may be, they add nothing to its strength or influence. One might as well argue that he appreciated Heaven's kindness, by thanking Him for sending a genial shower upon *his* parched corn-field.

You in Dover—you say you are a small band—need to have your faith strengthened and made firm by the thought that the work of enlightening your neighbors is sure to repay you for all its costs, by deepening in *them* a regard for *life*; by causing them to know the paths which Health treads, and that her ways are ways of pleasantness and her paths peace. You are to be missionaries—redeemers, vicarious workers in this cause. Remembering that at home and abroad the missionary to the *soul* is at work; that in every village, temples wherein the sonorous bell swings, calling to worship, are pointing their steeples heavenward, you are *not* to forget that Health has no temples, no sacred groves; that nowhere in this beautiful land have we reared to her a statue, wreathed for her a crown, or in any way paid to her special honors. Hydropathists must be as earnest, as enthusiastic, as self-sacrificing, to secure the preaching of the gospel of the life that *is*, as they are to secure the preaching of the gospel of *everlasting* life; and more so; for where one can be found to circulate intelligence relative to the welfare of the body, thousands will donate cash to supply the needs of the soul.

The reformation needs lifting above the sphere of selfishness; it needs baptism from on HIGH; and till those over the country who believe in it recognize this fact, the greatest influence in its behalf is left un wielded. Water-Cure doctors that give drugs; Water-Cure patients who take them; Water-Cure women who wear long skirts, bodice-waists, whalebone dresses, thin shoes, thin-cloth arms and legs; Water-Cure dietarians who, when away from home, eat meat, drink tea and coffee, take glasses of wine, smoke cigars; who go weeks without bathing, and who laugh sideways at the laws of health, are not the persons who are to carry great principles triumphantly to the confidence and affection of the people. Truth will have her disciples, and apostles shod with her own preparations, and they go forth to conflict under her own eye. See ye to it, my friends, that you are staunch and upright, willing to work and ready to bestow, and my word for it, a short time only will elapse before you will find your numbers greatly increased.

"God's love hath in us wealth unheaped,
Only by giving is it reaped;
The body withers, and the mind,
If pent in by a selfish rind."

Give strength, give thought, give deeds, give self,
Give love, give tears, and give thyself.
Give, give, be always giving;
Who gives not, is not living;
The more we give,
The more we live."

I close this letter to you by reporting a case which may not be entirely devoid of interest to you and the readers of the JOURNAL generally :

On a beautiful day, near the close of last summer, there drove up a carriage to my office-door, having three persons in it, one of whom was on a bed. He was lifted up and brought in, when, after announcing that he was sick, and had been pronounced incurable by the physician of his section, he had at last induced his friends to bring him to me, to see what Water-Cure could do for him. He gave, himself, the following statement: By birth and rearing a healthy person, though somewhat predisposed to bilious disturbances; had seldom had sickness of much severity or of long duration. By occupation is a farmer. Some weeks since lost a cow, from disease; had a sore on his hand, or cut it, and in skinning the animal, absorbed the poisonous matter, and was that night seized with violent pains in the thumb, hand, arm, and head. Sent for a doctor, who pronounced him poisoned; declared the case an anxious one; said it might end fatally, but he would do what he could. Gave him medicine which was very powerful, making him very sick in its operation, and doing him no good. Kept growing worse, and kept being doctored, till at last he was told he could not live, and then he made up his mind to come and see me.

A diagnosis of his case showed great muscular weakness, great excitability of the nervous system, rapid but irregular pulse, great heat of the scalp, great dilatation of the pupil of the eye; tongue fiery red in the centre, with pale blue edges; slight cough, weak stomach, great tenderness along the spinal track, lower limbs inclined to bloat; costive, painful urination, and feeble appetite. To this add great mental exaltation and depression alternating, and you have his chief symptoms.

I pondered, took time for thought, and finally came to the conclusion that I could cure him. When I told him my decision, no uncajoed prisoner ever had a greater sense of personal deliverance than he. He was overjoyed. His eyes filled with tears, and he looked like a new being.

I put him under treatment of the mildest kind, made his diet very spare and very simple, and in a little while the skin gathered new force, and the work of excretion began. Over his body came a rash; on his legs came sores and boils; his flesh—he was far from being thin, on his coming to the Glen—faded away like the vanishing of a cloud, till he became a skeleton almost. His friends declared I was killing him. His old doctor said he had the quick consumption; and every means was tried that was possible to induce him to doubt me and my prescriptions. But I urged him to hold on to the effort, declaring to him that he would live, and so he did. After one of the most marked efforts of vital energy in a recuperative direction that I have ever witnessed, he began to get better, gained flesh and strength, and is now, I am credibly informed, in good health, cutting cord-wood. The case was well

known; all his kinsfolk, his neighbors, and a large town-circle were greatly, though happily, disappointed, that he *did not die*. To myself the case presented aspects that greatly strengthened my faith in what we "Water-Doctors" call the curative results of crisis.—With sentiments of high regard, I remain your friend,

JAMES C. JACKSON.

DEATH FROM CHLOROFORM IN EDINBURGH.—The first case of death from inhalation of chloroform, in Edinburgh, took place at the Royal Infirmary, on the 28th of September last, in a patient under the care of Dr. James Dunsinure, Surgeon to the Infirmary. The man was forty-three years old, of intemperate habits, and had twice before inhaled chloroform without injury. He was admitted for retention of urine, and the operation to be performed was division of the stricture by an incision in the perineum. An ounce of chloroform on a handkerchief was used. Four or five minutes elapsed before the pulse began to fail. Artificial respiration, opening the trachea, and galvanism, were had recourse to.

We have not the shadow of a warrant for assuming that alcohol exists, as such, in sugar, and, consequently, as is sometimes said, in grain. The production of alcohol involves the destruction of one compound, and the creation of another.

Practical Water-Cure.

Facts are the arguments of God—the outworkings of his power. He who fights against facts fights against God.—Dr. F. Liss, F. S. A.

ANIMAL INSTINCT ADOPTING THE WATER-CURE.

BY W. H. CHANEY.

It is a conceded point that every thing having animal life is possessed of a certain faculty which we denominate *instinct*. With the nice distinction between this attribute and *reason*, we shall have nothing to say, but shall treat the subject under consideration by employing the term *instinct* as it is commonly applied and understood.

Instinct is incapable of progression, yet it seldom errs; reason is capable of infinite improvement, yet it is always blundering while making experiments. Instinct is limited to a narrow sphere, and is unpretending; reason grasps the universe, and pretends familiarity with all its laws. By instinct, when diseased, the lower animals invariably either refuse food, or partake only of such as will effect their cure; by reason, when diseased, man often curbs his appetite, refuses what would effect his cure, and with horrid grimaces swallows a deadly poison.

Perhaps the reader may infer by this time that we have so far *lost* our reason that we are intending to live without it altogether; but such, we trust, is not the case. No person can possibly set a higher value upon this excellent faculty of the mind than we do. The point we are driving at, that mankind have altogether too much reason for their instinct, not *naturally*, but *practically*.

We will illustrate, by way of anecdote. Some

fifteen years since, we had the misfortune to be landed in Ohio from a lake steamer, almost distracted with the bilious fever. Oh for water—how we begged and prayed for a draught of cold water! This was a demand of nature, the pleadings of instinct; but the physician said no! He was a man of science; had cultivated reason so industriously that he looked upon every prompting of instinct as inimical to reason. Like a bigoted fanatic who believes in total depravity, the very fact of our wanting cold water was to him sufficient evidence that it would be injurious.

It is to cases like the foregoing that we allude when we say there is too much reason in the world. But upon the principle that every thing runs in a circle, and that "extremes meet," the case cited is one where reason is lost in its antipodes. But we will come more directly to the point, in illustration of the text which heads this article.

A few years since, while travelling in the State of Iowa, we chanced to stop over-night with a plain, blunt old farmer, living away in the prairie, some ten miles from a neighbor. Although he could neither read nor write, yet we found him very interesting in conversation. Nature had given him a good intellect, but having always lived upon "the borders of western civilization," it had never been cultivated, save in his own peculiar way.

After discussing with him the various methods of curing disease among his cattle and horses, in which we found he was indebted almost entirely to his own experience and observation for his recipes, we ventured to inquire (we were at that time a subscriber for the WATER-CURE JOURNAL) if he had ever tried the Water-Cure.

"Water-Cure," said he, as if trying to refresh his memory. "Why, yes; b'lieve I have. But, say, you don't mean any thing about that Dutch doctor I've heard of that lives in Burlington, where you come from?"

We assured him that we meant nothing of the kind, but had reference only to the use of *pure water* for the cure of disease.

"Wall, stranger," he replied, "I reckon I can give you an idee you never thought out."

Taking an extra nibble from a twist of the "weed" he had raised "down in Missouri" five years before, he moved his chair round so as to look us fair in the face, and prepared to enlighten us with the "idee." We will not attempt to give his language, but the substance of what he said is as follows:

While building the log-house he then lived in, they accidentally let a heavy timber slide back upon a skid reaching from the ground to the eaves. An old horse happened to be standing just in the way of it, and had his leg broken. Our host was too busy that day to knock the horse in the head and take off his hide, but intended doing so next day. On the following morning the old-horse was discovered standing in a creek of clear running water, a short distance from where the accident happened. There he had hobbled during the night, and appeared to enjoy the cold bath in a high degree. All efforts to drive him ashore having failed, the old man concluded to let him remain, and see what effect cold water would have upon a compound

fracture; for he assured us that the bone actually protruded through the skin.

The weather was very hot, and he had not the least expectation that the horse would live a week. For two days he never left the creek; but the third morning they discovered he had been out during the night and filled himself with grass, returning again to his cold bath before sunrise. This induced the old man to cut a quantity of grass, which, with some oats, he placed upon the bank, and that night concluded to watch his movements.

About ten in the evening the poor horse hobbled ashore, ate very sparingly of the grain, but more heartily of the grass. While standing still, he barely rested the broken limb upon the ground, but when trying to move, raised it clear, depending entirely upon the other three. To the old man's surprise, the leg was swollen but very little, with scarcely any signs of inflammation. He concluded to supply him in this way with food, and the result was, that the horse entirely recovered, and was living at the time we were there. True, his leg was crooked, and he limped in travelling, but the bone appeared perfectly solid, and not the least tender.

Now, here is a clear case of instinct. Had that horse been endowed with reason, he would have been very careful to keep out of the cold water, lest he might "take cold and lose his leg." We think further comment from us is unnecessary, but should be pleased to hear the remarks of some gentleman better qualified to handle this subject than we profess to be.

Education.

ACKNOWLEDGMENT.

TO JAMES C. JACKSON, M.D.:

DEAR SIR: Some six months ago, you addressed me a letter through the columns of this JOURNAL, in view of the opening of the New York Hydropathic and Physiological School. I was encouraged by your remarks, and felt grateful for your suggestions; and it occurred to me then, that when the enterprise reached the consummation of its first term, I would acknowledge your favor in a manner which I well knew would particularly interest you, and generally interest many thousands of those for whom we both labor, and teach, and write. I now sit down to the realization of that intention.

Briefly, Sir, our "experimental" term has been a season of arduous yet pleasing toil on the part of the teachers; and of deep, earnest attention and devoted study on the part of our pupils. Our class, though not large, (indeed, *very* small, compared with the 640 pupils of one of the five or six Philadelphia Medical Schools,) was yet large enough to have twelve States represented; and what is better still, all its members, without an exception, seem destined to turn out thorough, radical, "ultra," and revolutionary Hydropaths. The teachers have reason to be proud of the intelligence of their pupils, some of whom had previously devoted one, two, and three years to

the study and practice of hygienic medicine; and among the most advanced members of the class, I am pleased to regard the gentleman and lady who spent the summer with you at Glen Haven.

On "Commencement"-day, several of the more advanced pupils volunteered addresses; and I can in no way so well give you and the public (who have a life-interest at stake in the character and qualifications of our students) a sample of the material of which we are educating teachers and practitioners, than by submitting the following *thesis*, a part of which was written during the examinations and other Commencement exercises, and handed me (at my solicitation) without alteration or revision:

"THE DUTY OF THE PHYSICIAN.

By Dr. James Hambleton.

"In the contemplation of the beautiful mechanism of our being, the admirable relation existing between all its parts, mental and physical, and the perfect adaptation of all nature around us to secure the legitimate gratification of all our natural wants, desires, hopes and aspirations, are clearly indicated the design that perfect happiness should be the lot of mortals here on earth.

"Like every thing else in the universe, man, in all the departments of his complex nature, is under the control of, and subject to, fixed and immutable laws, the strict observance of which would necessarily and inevitably result in happiness to the individual; for happiness is nothing more than the harmonious and correlative development and action of all the faculties and functions of our being in accordance with these natural laws.

"But, alas! when we look around upon society, and behold the wretchedness and misery that everywhere prevail, we are fearfully reminded that man is but an imperfectly-represented *caricature* of that central Principle of Perfection in whose image he is said to have been created.

"On every hand we see the poor victim of disease, hear his agonizing groans of despair, and witness the sad lamentations of those whose holiest feelings have been lacerated, and fondest hopes blasted, by the untimely and premature death of the most cherished objects of their affections. That this wide-spread ruin, this universal suffering, and wreck of the deepest feelings and strongest ties of our nature, is no part of the scheme or design of Providence in our creation, I am fully persuaded.

"What, then, in view of all these facts, becomes the duty of the individual who assumes the title, and presents himself to the world as a physician?

"Does he discharge his tremendous responsibility by quietly sitting down until some poor ignorant brother or sister, by the habitual violation of physiological law, has brought upon himself, or herself, the consequences of that violation, in the form of disease, and then silently and secretly apply his remedies, pocket the fee, and administer no counsel to the erring sufferer? Does he discharge his duty when he suffers his neighbors, unadmonished, to pursue a course of conduct that must inevitably induce pestilence in the community, though he labor never so faithfully to meet its progress, and mitigate the sufferings of its victims? *Emphatically* I answer, No! This is but the smallest part of the obligation he has

taken upon himself, when he claims to be acknowledged as the minister of health. And to this matter I ask the serious consideration of those ladies and gentlemen who, as class-mates of mine, are fitting themselves for the medical profession.

"The sphere of our duties, as I understand them, is as broad as the wants of humanity, and as universal as the application of nature's laws.

"It is ours to dive into the deep arcana of nature, trace out the hidden mysteries pertaining to the origin of life, discover the causes which, operating upon the formative elements, impress certain characteristics, mental and physical, upon the future human being, and thus, in a great measure, determine, for weal or woe, his destiny on earth; ours, to carefully mark the workings of the human passions, feelings, and propensities, ascertain the cause of their abnormal manifestation in any given case, inquire how *much* and what *kind* of influence is exerted by diet, by various modes of living, by dress, and all the voluntary and involuntary habits of society; to study carefully the normal functions of all the organs of the system, and ascertain what is essential to their normal development and healthy action; to analyze carefully the nature of the elements of which we are composed, and by which we are surrounded, the relation existing between them, and the mutual influence they exert upon each other; to examine thoroughly into the cause of disease, its nature, and prevention; in a word, study nature in all her manifestations pertaining to the phenomena of life, of health, of disease and death, and spread the knowledge thus obtained broadcast over community.

"We are to consider ourselves the special guardians of the health of the community, and in a great degree responsible for its diseases until we have faithfully testified against their cause.

"And especially are we to live a life of strict conformity to clearly-ascertained physiological law.

"Thus much it seems to me we are bound to do as conservators of the public health.

"But as healers of the sick, what are we to do? Nothing but supply the conditions necessary to enable nature to do the work, to remove obstructions out of her way, and prevent all needless interference with her recuperative efforts. As Hydropathists, this is all we claim to have the right to do; and the means we use are those which nature employs in sustaining the organism in a healthy condition, namely: pure air, pure water, wholesome diet, proper exercise, and the harmonious regulation of all the mental functions; for we must know that bodily disease very frequently has its origin in disturbed mental manifestation. It is by ignorance of, or inattention to, this fact, that physicians often fail in controlling diseased action.

"If the patient has been tossed upon the turbid billows of affliction, or borne down by the rude blasts of sorrow and anguish; if the barbed arrow of disappointment has pierced the heart's best affections, or keen remorse wrung with cold despair the recollections of the past, the services of the physician will avail but little, unless he can pour into the wounded soul the healing balm of consolation, dry up the mourner's tears, and in-

spire a hope for the realization of a brighter future.

"The intimate relation existing between mind and body, and the mutual influence exerted by one over the other, cannot receive too much attention from those who practise the healing art.

"Many a keen pain can be dissipated by a cheerful smile, and a kind and gentle word of encouragement and sympathy.

"Of the nature and adaptation of our remedies to the cure of disease, I need say but little at this time.

"Pure air is the first want of our system. It is the force that puts the machine in motion, the generator of vital changes, the active principle of the phenomena of life; and if in health a due supply of this life-sustaining element is indispensable, how much more is this necessary in disease, when all the vital functions are obstructed, and the greater elimination of diseased matter from the system is rapidly deteriorating the surrounding atmosphere!

"Exercise, in connection with oxygen, is necessary to facilitate these vital changes for the promotion of healthy action. It facilitates transformations of dead, effete and luorganic matter; for living, vital, healthy tissue, promotes the strength and growth by intensifying all the vital functions. On the proper regulation of this instrumentality will depend in no small degree the ability of the physician to control the various phases of chronic disease; to build up and strengthen weak and enfeebled organs, and properly distribute and appropriate the amount of vitality at his command.

"The diet, too, is a matter of great importance. To know just how much, and what kind, the system can appropriate under given circumstances, and how far certain pathological conditions can be controlled and changed by proper alimentation; or when and how long to withhold food altogether, in order that tuberculous and scrofulous depositions may be burned out of the system, so that the nutritive function may thereby be restored to its normal condition; all these are subjects demanding the closest scrutiny of the practitioner.

"Water is the great instrument by which we can most effectually control pathological and restore physiological conditions, because it enters more largely into the composition of our bodies than any other element. It is the medium through which the materials of growth are carried into, and the products of decay borne out of, the system. By its varied application we can excite and control electrical and vital currents, equalize temperature, reduce excessive and intensify sluggish action, and control all vital phenomena to a greater extent than by the use of any other agency.

"The control of the passions and propensities—here we shall meet with the greatest obstacles; and in proportion to our success here will be our triumph in the management of disease.

"We must obtain the confidence of our patient, by making him feel that we are his friends, and desire to do him good. We shall then be admitted into the inner temple of his soul, and permitted to read there the secret causes of his trouble, and by a kind and tender sympathy we may so direct the action of his mind as eventually to restore

the equilibrium of all his faculties. But let us ever remember that kindness and tenderness are the essential elements of success in these matters; that what may seem to us a very small affair, will be to one differently organized, and under different circumstances, the source of untold misery. We should never, therefore, trifle with and make light of the afflictions of others, for by so doing we act unkindly towards them, and at the same time lose our influence over them for good.

"To sum up in a few words what I conceive to be the duty of the physician, I would say, Study nature in all her various manifestations, so far as they relate to human happiness and destiny, clearly ascertaining the laws in accordance with which the highest development of humanity is associated, and then, by example and precept, propagate this knowledge extensively throughout the community.

"Having definitely ascertained the physiological conditions of health, we will have but little difficulty in controlling the action of disease, for those agents which are essential to the proper maintenance of physiological conditions are mainly such only as are proper to apply in the management of pathological states of the system.

"Let community once be fully impressed with these truths, and the great tide of disease will be stayed, and quackery and charlatanism be banished from the land, and marred and deformed humanity be restored to its pristine beauty and perfection; and go on, triumphantly approximating the perfection of the great central Principle of the universe."

Other addresses, deserving publicity, I have only space to allude to. Dr. A. Smith's thesis, "The Water-Cure Doctor," was an able contrast of the relative positions of water-cure and drug doctors towards physiological reform and human progress. A brief extract will exhibit its spirit:

"He must go forth to teach mankind the laws of nature; to promulgate and illustrate doctrines that are new to the larger part of the world. To do this well, he must be correct in doctrine, pure in life, clear in thought, honest at heart, and firm in purpose. What a noble, what a glorious calling is that of alleviating human suffering, and elevating human happiness! With the pure and sparkling element he assuages the racking pain, allays the throbbing inflammation, and cools the fevered brain; nor leaves a poison where he takes a pain, to canker and corrode during the remainder of life. Though there may be dark seasons of wearying strife and unrequited toil, illiberal opposition from the regular sons of Esculapius, and ingratitude from professed friends, still the true physician, the Water-Cure Doctor, has a mission to fulfil which must carry him onward and upward, high over and above them all; for his business is to redeem humanity from disease, and from its innumerable evils and untold sufferings."

Dr. Thomas Nelson, of Illinois, addressed the class on "Professional Courtesy." I extract a single paragraph: "We are about to separate, perhaps for ever. It is with unfeigned regret that I part from those of you who will remain another term, and from our teachers, who have

labored diligently and efficiently to instruct us in the great calling to which we are to devote our lives, our talent, and our strength. We have been associated here as a band of brothers and sisters. But I have other ties and other duties. As a husband, a father, and the last one of a large family now left to a widowed mother, I must return to my home-circle, and the field of my labor and, as I fondly hope, of my usefulness. I shall ever cherish fond recollections of the hours we have here spent together; and I hope and trust that wherever we go, and whatever we do, we shall all convince the world that it is for their good we are battling against the established fashions in medicine. Let us, in the exercise of our vocation, ever bear in mind the address of a British officer to his comrades, in the days of the American Revolution: 'We are fighting for honor and emulation, whilst the Americans are contending for principles and rights; it is no use to fight against such men.' When we sufficiently convince the hosts of Allopathy that it is not fame and emolument for which we struggle, but truth and humanity, they, too, may exclaim, 'It is no use to fight against such men.'"

Would you not like to see Dr. Hambleton's thesis circulated broadcast by the side of the best one they can turn out from the regular College of Physicians and Surgeons, or either of the inaugurals of our Allopathic professors? Verily, the contrast would not be to the disadvantage of our side. I have only room to assure you that the "profession" all about the "up-town" schools look with evil eye upon the little cloud rising in this part of the medical horizon, not yet "larger than a man's hand," but destined ere long to spread over the whole land.—Very truly yours,

R. T. TRALL, M.D.

Miscellany.

THE Rhode Island Freeman, of recent date, says:

WATER-CURE JOURNAL.—The first number of a new volume is before us.

What a change has been wrought in the opinions and the practices of the world, in regard to water as a remedial agent, since this Journal commenced its existence!

Before that period, the element was shut out of the sick-room, and kept at a distance from the suffering patient, lest he should "take cold," and aggravate his disease. It was an article generally prohibited by the medical faculty, and only used occasionally, and then by stealth, like a piece of contraband merchandise. How often, when we have heard the parched and fevered lips murmur "water," have we replied, "No—'tis against the doctor's order—take a spoonful of warm tea;" and thus, laying aside our common sense and stifling the voice of nature within us, we obeyed the directions of the doctor.

But that inexorable law of progress which bears alike on matter and on mind, changing and improving the particles and combinations of the former, and developing and enlightening the powers of the latter, has performed its legitimate work on medical practice, and water, once the

dreaded and forbidden thing, is fast becoming the primary and indispensable healing agent.

The WATER-CURE JOURNAL has contributed more, probably, than any other publication to effect this change in public sentiment on the use of water as a remedy for disease, and as an element for frequent use at all times.

Published by FOWLENS AND WELLS, New York, at one dollar a year.

[We publish the above from one of our exchanges, simply to remind the regular medical faculty of a fact—namely, that the Water-Cure is "something new." We have no doubt but hundreds of our readers painfully remember hours of terrible agony, while burning with fever-heat, craving a draught of clear, cool water. But it was denied them! Water would, in nine cases out of ten, have quenched the raging thirst, reduced the jumping pulse, and quieted the throbbing brain. But, no. The poor dying patient must literally "burn up alive;" and, to increase the heat and aggravate the pain, fresh fuel must be added, in the shape of calomel, to increase the flame. The patient dies—unless, by some mere accident, or neglect on the part of the doctor, he rejects his doses, bribes a child, obtains water, rest, and—recovers! We say, *without* some such oversight, the patient—though young or middle-aged—is numbered with the dead. The mother of the writer was sacrificed when thirty years of age. She died craving, begging, *praying* for a drink of water. It was denied her. She suffered and groaned out her life, in the presence of her children, her friends, and her—doctor. But this is only a *single* example, to illustrate *thousands* of others, indelibly impressed on the memories of bereaved survivors. *Is the Water-Cure nothing new?*]

BLOODY FLUX.—[An esteemed correspondent residing in Dover, Tenn., reports the following case:]

An Allopathic physician of this village, of liberal sentiments, once a subscriber for the JOURNAL, standing fair in his profession and possessed of a good practice, was taken with a malignant bloody flux. At first prescribed for himself. Getting worse, called other physicians. At the end of about two weeks from the time he was first taken, their last medicine, as I understood, had been administered, and the opinion expressed that he must die.

About this time I called to see him, as a friend, and expressed my conviction that he yet might be cured by water. On a consultation of the physicians, I was told to go ahead. They however said, as I understood, that he might possibly sink immediately or be affected with a delirious fever, as a consequence of the new treatment.

His bowels were very active at this time; pulse 120 to the minute; his flesh was shrunken and pitted, had no elasticity; countenance exhibited a mortal distress.

My treatment was, first, a wet-sheet pack for a half hour; then washed, wiped dry, and clean linen; a wet bandage about his abdomen, to be changed every two hours and covered with flannel. His bowels were now quiet for five hours. After this, small quantities of bilious matter were

discharged every few hours. An injection of cold water after every discharge of the bowels was administered. Cold water in small quantities given as a drink. Sitting-bath morning and evening for fifteen or twenty minutes. On the third day his abdomen was covered with pimples, discharging water and pus. His skin had recovered its elasticity and softness. A critical fever followed. Pouring head-bath and tepid whole-baths were given every other day after the bandages were omitted, which was at the end of a week. In a few weeks he was as well as ever he was, having returned to his father's near Clarks-ville.

This occurred last autumn. He has been examining the "Encyclopaedia" since. He is disposed to be *eclectic* in his views. H. E. R.

THE DOCTORED DOG.—The following lines may, perhaps, be pronounced "*doggerel*" by the critic, and we are inclined to confess that there is quite as much truth as poetry in them; but they have a moral, and we give them a place:

ROVER.

My dog is sick—what shall I do?
Dose him with calomel, most true;
A blue-pill give him every hour,
Until just five he doth devour;
And quinine, give him just ten grains,
Then feel his pulse to find his pains;
Put him to bed—and then, oh, what?
Decide—a fever he has got!
Yes, one thing more, and do not fail
To put a blister on his tail!
Then roll him off into his straw,
And put no food within his paw;
Keep him nine days up in his kennel,
Let visitors be grave and civil.
Now, take good counsel o'er his case:
Let other dogs go on the chase,
To bring the other currish train
To ease my good dog's awful pain!
Give him to eat but just a bite,
And water give to him but slight:
Just one good spoonful every hour
Is all this sufferer must devour;
And should you see him gasp for breath,
The signs look dim—he'll lie in death;
Then haste and put him out the way—
Go throw him in the pond to stay.
But see! ah! see him kick and splash!
He's not so dead, at last, by gosh!
He snuffs, and blows, and swims ashore,
To run again with dogs once more.
And this I write, to let you know
'Twas not disease that made him so;
It was that cursed stuff he took
That all his bones his flesh forsook.
Now, when I got him fat, my Rover,
I think he'll bark as well as ever:
I think he'll do all dogs to teach,
And then I'll send him round to preach!
To cure the sick and heal the lame,
This Doctor Rover will be named.
And well you may believe my Rover—
He's learnt just how to cure a fever—
He'll never dose with calomel!
He'll never give that old blue-pill!
No quinine will he give—all hail!
He'll put no blister on the tail!
He'll quickly take them to the water,
And cure them as a good dog ought to.
Then hear him howl a while—
From medicine all dogs are free!
His lesson now he's got by rote:
When dogs are hot, he makes them cool;
And when they're not—reverse the plan:
Thus, teach a lesson unto man. N. E. T.

WATER-CURE IN MEASLES.—Wishing to add my testimony in behalf of the cause of Hydropathy, I will give you a statement of home practice in my own case. I was taken with a violent cold, as I thought, (not knowing that I had been exposed to the measles,) on the 9th of last January. I took three towel-baths, which did not seem to remove the soreness from my skin, which appeared dead; I kept about for a week, when I was confined to the bed. Thinking I had the typhoid fever, I took another towel-wash, when the measles began to show themselves, and I found out what was the trouble. I took a towel-bath every two hours till they were all out, using tepid water at first, then cold; drank nothing but cold water, and used nothing warm or stimulating as food. My diet was cold boiled rice, and good mellow apples raw, but very little of either till the measles were drying up. I was about in a week; and what seemed strange to my neighbors, my cough, which was hard at first, disappeared with the measles.

I continued the hand-bath, which I had practised for some years, which soon restored my strength. Many persons were astonished when I told them that my medicine was pure water, and nothing else. Hydropathy is gaining ground here quite fast, yet we need much more light on the subject. Wishing you abundant success in the good cause, I remain yours, in the cause of medical reform, J. L., JR. *Blundinville, Ill.*

A WATER-CURE COUGH RECIPE. By one who has "tried it."—Place a glass or cup of PETERSOFT WATER within reach, and whenever inclined to cough, or feel an irritation or tickling in the throat, take a swallow or sip, with a determination not to cough. Continue this perseveringly, and "my word for it," the most vexatious cough will be removed in a much shorter time than by the use of any other means known to—yours truly,
E. F. R.

THE ATLANTIC CROSSED IN SIX DAYS.—The February number of the AMERICAN PHRENOLOGICAL JOURNAL contains a splendid engraving of the STEAMER WILLIAM NORRIS, which it is believed will easily cross the Atlantic Ocean in *six days*; with description of the vessel, and Portraits, Phrenological Characters and Biographical Sketches of her builders, WILLIAM NORRIS and JOHN W. GIFFERSON. This number also contains, among other valuable matter, "A Physiological and Phrenological Description (with a portrait) of Herr Driesbach, the Lion King;" "Chang and Eng, the Siamese Twins," (with portraits) "Memory," a Psychological article of singular interest; "Phrenology and the Professions," "Phrenology as Exemplified in Literature;" with a number of miscellaneous articles. Terms, ONLY ONE DOLLAR a year, in advance. Published by FOWLENS AND WELLS, Clinton Hall, 131 Nassau street, New York. Now is the time to subscribe.

HAZEL-EYED GIRLS.—Major Noah says that a hazel eye inspires at first a platonic sentiment, which gradually but surely expands into love as securely founded as the Rock of Gibraltar. A woman with a hazel eye *never slopes from her husband*, never chafes scandal, never sacrifices her husband's comfort to her own, never finds fault, never talks too much or too little, always is an entertaining, intellectual, agreeable and lovely creature. We never knew but one uninteresting and unamiable woman with a hazel eye, and she had a nose which looked, as the Yankee says, like the little end of nothing, whittled down to a point.

A NEW MAGNETO-ELECTRIC MACHINE, for medical purposes, has recently been invented, and is now offered for sale. See Advertisement in the present number. This new machine is said to be superior to all others now in use.

Literary Notices.

ALL BOOKS published in AMERICA may be obtained through the office of this JOURNAL at Publisher's price. FOREIGN WORKS will be imported by order by express steamer. Books sent by mail on receipt of the cost of the work. A list of new titles should be post-paid, and directed as follows: FOWLETS AND WELLS, Clinton Hall, 131 Nassau St., New-York.

FRUITS AND FARINACEA THE NATURAL FOOD OF MAN. By JONS SMITH, Esq., of England; with Notes and Illustrations by R. T. TRALL, M.D., FOWLETS AND WELLS, Publishers, New York.

This work is now in press, and will be issued in four numbers, at twenty-five cents each. It discusses the question of vegetarianism in all its aspects and bearings. The philosophy of the subject is presented in a remarkably clear and comprehensive manner. Reason, Revelation, Human Experience, Natural History, Chemistry, Anatomy, and Physiology, have been searchingly investigated, and their evidences lucidly recorded; whilst an immense amount of important statistical data has been compressed into the smallest possible compass, and presented in an admirably systematic manner. In a word, it is precisely such a textbook as the age, the times, and the state of the public mind in reference to diet demand.

The first number will contain a full examination of the scriptural argument, and a complete exposition of the facts and arguments deducible from comparative anatomy, with illustrations by Dr. Trall, whose long experience in the management of invalids, in connection with vegetable diet and hydropathic appliances, gives a peculiar value, at least to the American reader, to his observations and suggestions. The subsequent numbers will present the Chemical, Experimental, and Physiological arguments, with answers to all the known objections urged against the theory of vegetarianism. Further particulars will be given in our next.

THE ORGANIC LAWS; or the Laws which govern the HUMAN ORGANISM. By J. B. SAX. New York: FOWLETS AND WELLS, Publishers. [Price, prepaid by mail, 50 cents.]

In connection with the title, we give a brief synopsis from the table of CONTENTS. In the introduction the author says:

"I wish to furnish a brief and comprehensive guide to health and happiness, by the help of which any one, even though he had but little leisure, might regulate all his voluntary habits in accordance with the laws of life, so as to secure and preserve the highest condition of the body and mind."

The reader will better judge of the character of the book by the following synopsis:

INTRODUCTION.—All things governed by laws—Every species has its own laws—Every individual, in any species, subject to the same laws—The human species no exception—The subject proposed.

DISEASE THE RESULT OF TRANSGRESSION.—Amount of disease—Man only diseased—Nature of disease—Animals diseased when they transgress—Hereditary disease, etc.

AMOUNT OF PHYSIOLOGICAL TRANSGRESSION.—Every action must violate or obey—A supposed cause—Most of our habits transgress, being established in ignorance of the Organic Laws.

MAN'S DIETETIC CHARACTER.—All constitutions alike—Comparative anatomy proves man herbivorous and granivorous—Teachings of the Bible—Testimony of distinguished men.

THE PHYSIOLOGICAL ARGUMENT.—The fund of life—Undertal stimulation wastes this fund—Flesh-meat produces such stimulation, and an inferior chyle—Flesh diseased—Does not increase strength—Feelings no guide, etc.

THE MORAL ARGUMENT.—Flesh-eating depraves mentality, by diseasing the brain—Also by the examples of death and cruelty which it makes necessary—Lines of Thomson.

TEA AND COFFEE.—They are poisons—They are powerful stimulants—They cause too much fluid to be drunk with meals—Hot drinks.

TOBACCO, SALT, ETC.—Tobacco a poison—Its effects on the salivary glands and sense of taste—Salt a poison—Condiments, etc.

FAT, BUTTER, MILK, ETC.—Fat diseased and poisonous—It is indigestible—Butter—Cheese—Milk—Eggs.

MAN'S PROPER FOOD.—Wheat, and the way it should be used—Indian corn—Rye—Barley—Rice—Fruita, etc.

MAN'S PROPER DRINK.—The juices of fruits man's best drink—Water hard and impure.

QUANTITY OF FOOD.—Excessive alimentation—Proper amount of food in ounces.

VARIETY, TIMES OF EATING, ETC.—Variety—One kind a meal—Times of eating—Number of meals.

THE EXPERIMENTAL ARGUMENT.—True experience—examples—Strength, symmetry, beauty, activity, etc.—Cholera in New York—Albany Orphan Asylum—Author's experience, etc.

ADVANTAGES OF THE REFORM SYSTEM.—Economy—Emanicipation of women—Health—Happiness.

BATHING, EXERCISE, ETC., ETC.—Air—Clothing—Temperature—Sleeping—Sexual intercourse.

MEDICINE AND ITS EFFECTS.—Medicine poisonous—Change the location, but cannot cure disease—Evil of drugging.

TREATMENT OF THE LUNGS.—Use of the Lungs to supply oxygen—Lacing—Position of the shoulders—Abdominal belts—Exercise of the lungs—They secrete electricity.

CONCLUSIONS.—Recapitulation—Rules of regimen.

The author has thus endeavored to present a complete analysis of the "Organic Laws which govern the Human Organism." We heartily commend it to the attention of the public. The volume contains about 260 12mo pages, well printed, put up in mallable form, price 87 cents.

INTEMPERANCE AND DIVORCE; or the Duty of the Drunkard's Wife. By Mrs. C. I. H. NICHOLS. New York: FOWLETS AND WELLS. [Price, 50 cents a hundred; \$5.00 a thousand.]

This is an eloquent plea in behalf of woman as a wife in her relation to the questions of Intemperance and Divorce, in the form of a letter to the Executive Committee of the Woman's New York State Temperance Society, and making a handsome tract of ten pages. Mrs. Nichols takes ground against accepting intemperance as a ground of divorce—"first, because it is not the first step in order; and second, because, when the steps first in order shall have been taken, the evils for which divorce is claimed to be a remedy will have ceased, and with them the demand."

The tract is worthy of a wide circulation as an efficient temperance document. Will friends of the cause help to circulate it?

THE VOICE OF GOD AGAINST NATIONAL CRIME.—By JOSEPH P. THOMPSON, Pastor of the Broadway Tabernacle Church. Published by request. New York: IVISON AND PINNEY. 1854. [Price, prepaid, 15 cts.]

This is a sermon called out by the agitation of the Nebraska Question, and is an eloquent exposition of the views and feelings of those anti-slavery people who look at the subject from a theological point of view. As a literary production it does not detract from the well-established reputation of its author.

THE RELIGION OF MANHOOD; or, the Age of Thought. By Dr. J. H. ROBINSON. Boston: BELA MAESLI. 1854. [Price, prepaid, \$1.00.]

The greater portion of this work was written or spoken under the influence of what the author believes to be spiritual beings—in other words, by inspiration from the supermundane sphere. We have found time to read but little, except the author's Introduction, the tone of which we like very much. It is candid and moderate, but earnest, and will command the respect, at least, of the unprejudiced reader.

CHARLES HOPEWELL; or, Society as it is and as it should be. By JOHN PATTERSON, author of "Innovation." Cincinnati: LONGLEY AND BROTHER. 1854. New York: FOWLETS AND WELLS. [Price, prepaid by mail, 60 cts.]

For several years, little comparatively has been said on the subject of social reform, at least in public; but the seed previously sown by the disciples of Fourier, St. Simon, Owen, and others, has slowly germinated, and is now springing up everywhere around us. The book before us is one of the results of the revival of the society agitation. We see every day indications of a new interest in socialism, and have no doubt but that this work will find a large number of readers. The author has chosen the form of a story in which to embody his social doctrines, which are very fairly and candidly stated, and comment themselves to the candid consideration of all persons interested in the subject. An attempt is soon to be made to incarnate them in life, as the author says the next volume "is not to be written in words, but wrought out in deeds."

AUTOGRAPHS FOR FREEDOM. Edited by JULIA GRIFFITHS. New York: JAMES C. DRETT. 1854.

The plan of this handsome volume is to present contributions from the pens of a large number of the prominent sympathizers with the anti-slavery movement, with fac-similes of their signatures. It contains a large number of beautifully engraved portraits, among which are those of J. R. Giddings, Wm. H. Seward, Horace Greely, Henry Ward Beecher, E. H. Chapin, Antoinette L. Brown, and Frederick Douglass, and about fifty articles and autographs. Some of the contributions are simple brief notes or sentiments, with a signature; others are essays, poems, stories, etc., of considerable length.

HOME SCENES; a Family Story. By AMANDA WESTON. SYRACUSE: L. C. MATTACK. 1854. [Price, prepaid by mail, 62 cts.]

A very pleasant story of domestic virtue and happiness, and one that may be read with pleasure and profit by both children and parents. It shows what a happy place a home may be made, by the exercise of the Christian graces. Illustrated with wood-cuts.

THE REPORTER'S MANUAL.—A complete Exposition of the Reporting Style of Photography. By ANDREW J. GRAHAM. New York: FOWLETS AND WELLS. [Price, prepaid by mail, paper, 62 cts.; muslin, 75 cts.]

"Had Photography been known forty years ago, it would have saved me twenty years of hard labor."—HOW. THOMAS H. BENTON.

A demand, which can now be supplied, has been made during two years past for a thorough and extensive treatise on reporting. The work formerly published by Mr. Webster has gone into disuse, on account of improvements having been made in Photography; while Mr. Pitman's, though certainly very useful and correct, failed to give several important rules which Photographers stand in need of, over and above the amount of instruction given in those works, this contains a very useful scheme for the reporting of numbers, (the author's own invention) rules for distinguishing, when unvocalized, this from those, *thus*, and *those*, and *ther* from *their*; rules for the use of the strokes *W, H,* and *Y*; a complete list of word-signs and contractions of the corresponding style of Photography, and a list of many words of peculiar or difficult formation, whose outlines are shown by type-keys. A more copious list of phrase-signs has never been published. Embodying, as we presume it does, the results of the author's extensive experience as a reporter, we doubt not that it will prove every way acceptable to the thousands of Photographers who have been desirous of acquainting themselves with the most rapid styles of Photography.

THE UNIVERSAL PHOTOGRAPHER, for 1854, is a decided improvement upon the last volume. It has an elegant heading, is beautifully and clearly written. One dollar per year.

The **STENO-PHONETIC CORRESPONDENT** will be a useful journal for beginners in Photography. Fifty cents per year. A. J. GRAHAM, publisher, New York.

THE POTIPHAR PAPERS. Reprinted from Putnam's Monthly; with Additions and a Preliminary Letter. With illustrations by A. HOPKIN. New-York: G. P. PUTNAM & Co. 1854. [Price, prepaid by mail, \$1.00.]

Considerable fluttering was caused about a year ago in fashionable circles by the appearance in Putnam's Monthly of an article entitled "Our Best Society," in which the follies and falseness of social life among the "upper ten" and the *parvenus* who desire to pass for the "cream of the cream" of this metropolis—were most unmercifully criticised and exposed. This article was followed by others, with different titles, but on the same general topic, and all bearing the impress of a pen of extraordinary vigor and originality, and showing perfect familiarity on the part of the writer with the subject he had undertaken to handle, as well as a clear conception of the intrinsic hollowness of our fashionable society. These Papers are now collected into a handsome illustrated volume, and we trust they will be read in all circles. They will help to form a higher standard of social position, and to hasten the time when "Our Best Society" will be founded on something else than money, and will cease to be a laughing-stock for all sensible people in America and Europe.

THE YEMASSE: A Romance of Carolina. By W. GILMORE SIMMS, Esq., author of the "Parson," "Giny Rivers," &c. New York, revised edition. New-York: Knickerbocker, 1854. [Price, prepaid by mail, \$1.25.]

We are glad to see a new edition of this popular American romance; and the more so, as it is intended to herald a new and improved edition of all the author's works. Mr. Simms introduces the work with a prefatory letter to Prof. S. H. Dickson, of South Carolina, in which he introduces some just and philosophical remarks in regard to the true character of modern romance, and insists upon the distinction between the romance and the novel. The Yemassee is going up in excellent style, as all Radcliffe's books are, and will have a large sale.

I. FASQUELLE'S FRENCH COURSE. II. FASQUELLE'S COLLOQUIAL FRENCH READER. III. FASQUELLE'S TELEMAQUE. New-York: NEWMAN AND IVISON, 1833. [Price, prepaid by mail, \$1.25 each.]

"Fasquelle's French Course" is on the plan of "Woodbury's Method with German." It pursues the same gradual course, and comprehends the same wide scope of instruction. It is most eminently practical; works admirably in the class-room. It will be found every where equal alike to the wants of the teacher and the pupil; indicating in the author a clear and profound knowledge of his native tongue, added to consummate skill in the art of imparting it.

"Fasquelle's Colloquial French Reader" furnishes a fine collection of reading matter, derived from the most celebrated French writers. The work throughout abounds with references to the author's "French Course," whereby difficulties of grammar and idiom are cleared up; while, as a further aid, it is provided with full explanatory notes and a complete vocabulary.

"Fasquelle's Telemaque" presents this splendid production of Fenelon in a beautiful mechanical dress, with copious references to Fasquelle's Grammar, full notes explanatory of difficulties in the text, and a full vocabulary. It forms a fine school edition.

These works form a complete French series, and are spoken of in the highest terms of praise by distinguished teachers.

PAMPHLETS, &c.

THE HYDROPATHIC QUARTERLY REVIEW, for February, more than sustains the promise of the first number in the popular style of its discussion, and its commonsense directions for the preservation of health. The topics here treated are of a character to command attention from all readers on physiological and hygienic subjects. "Dyspepsia," "Common Colds," "The Hanger-Cure," "Water Crises," are papers of great interest to hydrophobic patients, and present numerous hints which may be of value to any invalid. The prevailing incantations of this Journal lead to temperance, both in eating and drinking, as the main conditions of health, and to rigid abstinence as an indispensable element in the cure of disease.—N. Y. *Tribune*.

Published by FOWLER and WELLS, New York, at \$2.00 a year.

THE WHIG ALMANAC for 1854 contains, besides the ordinary almanac matter, a complete list of members of the present Congress, with the Federal Executive and Supreme Court, the President's Inaugural, a bird's-eye view of the National Finances from the last Treasury Report, with the Diplomatic Correspondence of Chevalier Hulsmann and Secretary Marey respecting the case of Koszta; ditto between Messrs. Webster, Crampton, Everett, Lord John Russell, &c., respecting Cuba; with brief accounts of the Crystal Palace, the Japan Expedition, the war just beginning between Russia and Turkey, &c., &c. It is a reliable work for reference in regard to Elections, Congresses, Treaties, &c., and we believe none of the contents of this issue will be found objectionable, on partisan grounds, to any republican. New York: Published by Greeley and McElrath. [Price, prepaid by mail, 15 cts.]

NORTON'S LITERARY REGISTER FOR 1854.—An exceedingly useful work for the literary man, the book-buyer and the bookseller, containing Lists of Publications, Statistics of Education, Libraries, &c. New-York: O. B. Norton. [Price, prepaid by mail, 80 cts.]

ALMANACH FRANCAIS POUR L'ANNEE 1854.—A very useful annual, indispensable to the *populations Francaises*. New York: Sold by the author, J. D. L. Zender, at 345 Twelfth Street. [Price, prepaid by mail, 37 cts.]

Matrimonial Correspondence.

CANDIDATES FOR MATRIMONY.—The large number of communications from the unmatred ones of both sexes, compels us to put them in smaller type than heretofore, and to condense many of them. One or two are excluded by their length and the impossibility of bringing them within proper limits; and several, written in very indifferently *rhymes*, are respectfully declined. Hereafter, communications for this department must not exceed a single letter page; must be in prose; must be carefully and legibly written; and must be accompanied by the true name and address (not for publication) of the writer. Unless all of these conditions are complied with, no attention will be paid to them. We have the names of the authors of the following letters for those who have a right to know them.

LETTER NO. XI.

I HAVE noticed several applications for vegetarian wives and husbands, and confess I was *romantic* enough to think it was making much *too public*, affairs I had ever deemed should be strictly private. But being particularly pleased with the sentiments expressed in Letter No. 10, and the qualifications of the writer, I have banished all scruples, and determined to take my chance with the rest in this very novel method of match-making. And now I suppose I must say something of myself, although my modesty shrinks from the task.

I am a simple country-girl, daughter of a mechanic, blessed with sound health, a cheerful and contented disposition, a good practical education, with but few of the *fashionable* accomplishments, and a *warm and loving heart*. I am a firm believer in the Water-Cure, and an advocate of reforms, but not practically a *vegetarian* at present. I am, in short, a free child of Nature, and an ardent admirer of all her works, and consider a knowledge of the laws of life and health of the utmost importance. As concerns dress, I am neither "Bloomer" nor "anti-Bloomer," but am *fearless* enough to consult my own taste and convenience, rather than the prevailing fashion.

Now, if I ever marry, I want a husband whom I can *look up to and adore*. I think I could *appreciate* true worth, and love the possessor. What more can I say, except that I am neither *old*, "ugly," nor *rich*!—FANNY FERDOND.

LETTER NO. XII.

I WISH to inform "whom it may concern," through the JOURNAL, that I am a vegetarian, in the full sense of the word. I use no animal food of any kind, with the exception of a very small quantity of milk. I am also a believer in Hydrophaly, and practise what I believe; in short, I am an advocate of all reforms.

I think that I should suit the writer of Letter Number 10, and that he would suit me—at least I am willing to communicate with him on the subject, if he desires; and if we find we are not congenial, there will be no harm done. If he wishes to know more concerning me, if he will read Letter Number 1, in the August number, he will there find a description of me as near as I can give it myself, with one or two exceptions. If Letter Number 10 is otherwise engaged, I will correspond with either of the other candidates, for I assure you I had rather live a life of "single blessedness" than marry any other than a reformer; and I believe this to be as honorable a way as any to find one. I remain, yours, &c., A LOVER OF TRUTH. [Quincy, Ill.]

LETTER NO. XIII.

I WAS well pleased (with a few exceptions) with Letter Number 10, in the WATER-CURE JOURNAL, over the signature of E. J. C., who is seeking for his OTHER half among the fair readers of your Journal; and as he seems not to be in search for his BETTER half, perhaps I may be that which he has so long sought for in vain.

I, too, have been seeking for just such a prize, for I never felt as though I was more than half what I should be. And perchance he has that prize, to bestow in return for the fifty per cent. of himself.

I do not possess all of the qualifications he requires, but perhaps we can make an off-set, as he does not possess all that I require. I can appreciate him, if he does not estimate himself too highly. I can love him, if he is like my *Cousin Will*.

I am common height, straight, healthy, strong, and love to sleep in the morning; my intellect is cultivated, if not sound; my affections are warm towards those I love. I have no great taste for washing. Cooking I do not object to. French and music are very agreeable; but oh! how tedious to take music lessons! My *ability* to acquire is better than my *will*. In regard to dress, I am willing, when dictated to, but economical. As for being poor, I am not, and should object to be deprived of my piano-forte.

I am less than twenty years of age, and was good-looking when SIXTEEN. I would be a reformer, but I do not like persecutions; and within a short time I have become a believer in the Water-Cure system.

Now let us see what he asks in my requirements; perhaps he can answer to some of them. He must be six feet in stature, good form, handsome, refined in manners, no dreamer, but ambitious, doing a good profitable business, or else be wealthy, of respectable parentage, and not over twenty-eight years of age, and a lover of home and children, and does not object to go of errands for his other half, and will listen to music when he is tired.

Now, if he considers this a fair off-set, and he thinks it an honor to make my acquaintance through a private correspondence, he can send his name to me.

E. M. C.

Canandaigua, N. Y.

LETTER NO. XIV.

I HAVE just been reading the January number of the WATER-CURE JOURNAL—Matrimony and Vegetarianism—and the thought occurred to me, that it might not be out of place for me to give you a description of my idea of a wife, though the fact is, I have met with but little encouragement in my search for the actual, to meet the ideal. Some of my friends have told me I might as well speak for one to order, there were none such to be found. Others said I looked for altogether too great a degree of perfection, and argued that none of us were perfect, and we must not look for it in others; and I began to believe them right, and conclude I must accept of such as were set before me, or remain in the ranks of single blessedness. But I see from your correspondents that I am not alone in my views of what is necessary to constitute a good wife, and that there are some among the fairer sex who seem to have an idea corresponding, in some respects, with mine; for instance, I take quite a fancy to the writer of Number 5; and were it herself, in place of her uncle, she speaks for, I am not certain but I should think I was just about the person she was looking for.

"Sound minds in sound bodies," yes, that is the thing to be aimed at; but as I do not profess to have that to offer, and as I do not remember ever to have seen any one that I thought had reached that state of perfection—though I have seen the one approaching as near to it as possible, while connected with the other in an imperfect state—and as I have nearly reached the climax from which the descent to "old bachelorism" is pretty direct, and rather sudden, being twenty-six, I doubt not I should accept of a wife that approached something nearer to the standard than anything I had seen, and one too, who, at the same time, aspired to approximate nearer and still nearer to perfection—a woman in the full sense of the word—such a woman as she was designed by the Creator to become; one who desired to cultivate, develop, and perfect every faculty which she was endowed with. I am not a thorough vegetarian in practice, though, under favorable circumstances, should like to become so; neither do I at present abstain entirely from the use of coffee, though I have done so for years together. Tea I never did use, nor tobacco in any form. As indicative of the class of reformers to which I belong, and also of my taste for literature, I would say I have been for nine years a reader of the *Physiological Journal*, and for less time of the *New York Tribune*, *Portland Praiseworthy*, *Arthur's Magazine*, *Country Gentleman*; and while I am no admirer of sectarianism, and believe that much that passes for religion, at this day, deserves no better name, still I am an admirer of such men as Henry Ward Beecher and Theodore Parker; and were I situated so that I could listen to such speakers, don't know but I should attend church three times a day, instead of, as now, three times a year. In short, I am a much stronger believer in good deeds than in loud professions.

I am a farmer's son, and shall probably eventually become one myself, and shall want a wife capable, when necessary, not only of "making muck on the wash-board," but of commanding a regiment of pots and kettles; and, at the same time, should desire that she possess a refined and cultivated

mind, good taste, sound judgment, practical common sense, and be a lover of the beautiful, the gentle and the good everywhere.

And now, Mr. Editor, I presume that none out of ten of your fair readers are ready to pronounce me a hopeless case of "old hachelorism;" and I am quite inclined to believe you yourself will favor the opinion of some of my friends above expressed; but still I am led to hope there is somewhere in this wide world a flower still left to me:

"Some beautiful maiden—God bless her!"

Unencumbered with pride or self, self,

Of every true charm the possessor,

And given to no fault but myself"

And I doubt not, should I be so fortunate as to find her,

I should give offer my search for an angel,

And think if I met with success in the sequel,

After all, the deuce would be in it,

For the match would be mighty unequal.

The angels, I'm ready to own,

In this world are rather uncommon,

And I'd allow Dr. T. to suggest,

I'd better contract with a WOMAN.

Nassau, Rens. Co., Dec. 29th, 1858.

LETTER NO. XV.

In is with some degree of familiarity that I present myself before your readers as one who is not yet blessed with a kindred spirit. I will say that necessity does not compel me to make this a public matter, but merely an inclination to follow the good example of others.

I am a plain simple-hearted maiden, about medium height, full form, blue eyes, brown hair, and a cheerful glow of health upon my cheeks; nature my only physician, fresh air and pure water my only medicine. Am at home in the study-room, the parlor, and the kitchen; can perform almost any kind of handiwork, from the baking of bread and the fitting of a Bloomer dress, to the painting of a delicate rose; have deep and lasting affection for those to whom I am attracted, a progressive mind, rather of a mathematical cast; am free as the birds that fill around my country home, confined to no sect, chained by no creed; have been a truth-seeking reformer for some years.

I think very well of Letters Numbers 9 and 10, but presume neither would please me in all things; if so, neither would I please them. A man to suit me must, above all, have a MORAL CHARACTER without ablemish; must be a socialist; a *spiritualist*; and a *vegetarian*; must acknowledge the natural right of all to freedom, without regard to sex or color; must be a fearless investigator and lover of truth, whether found imprinted in the look of nature, in the Christian Bible, the Koran of Mohammed, or in the columns of a newspaper; must be somewhere between the age of twenty-three and thirty. (I am under twenty-four,) medium height, or a little under, with slender form, dark eyes and hair, but not black, a strong will and untiring energy, but at the same time, perfectly quiet and sweet-toned; with a soul full of love, ever ready to give a warm response to the tender feelings of a true woman's heart. Must wish a wife his equal in native intellect, or nearly so, a true helpmeet and co-worker in the cause of truth and progress. I would prefer an editor and printer or school-teacher to a farmer or mechanic, but am not so particular about this.

Now, in conclusion, should any young man who may read this chance to feel a streak of attraction towards the unknown but social writer, he can, if he chooses, apply to the editors for her name and address, and enter into an epistolary correspondence with her, without any further introduction.

FIDA

LETTER NO. XVI.

I am a country girl, living among green hills and fields; am a hydropath and vegetarian in theory and practice. I have a well-developed physical system, a common intellect and warm affections. I am not exactly a "blue-stocking." I can wash, cook, and sew, but do not understand French, nor much of music. I have the ability to acquire any thing that I undertake, even the art of evading needlework, when have a dear aunt standing by, with a plaid in each hand.

I am a little over five feet high, and weigh one hundred and twenty pounds; am under twenty-five years old, and not very ugly; and am not rich. Now, to tell you the truth, I like the tenor of Letter Number 10, and if I am not too late, you may introduce me to "F. J. C."

Fairfax Co., Va.

PERNA

LETTER NO. XVII.

I am twenty-five and a half years old, six feet and one inch high, and weigh one hundred and eighty pounds. I have good health, a fair complexion, blue eyes, and Auburn hair. I long since abandoned the use of tea and coffee, and of the use of drugs. Never did use tobacco or spirituous liquors. I am neither handsome nor particular "smart," neither rich nor very poor, but am able, with frugality and industry, to save four or five hundred net income per annum for the little "*responsibilities*" of a future day. I am a vegetarian in principle, and would like to be in practice; but to live in Georgia, and eat at other men's tables, as I have to do, and be a strict vegetarian, is a soleism not easily reconciled. I am affable with the familiar, cheerful with the lively, affectionate to the amiable; and I think I would be as kind to a wife (if I had one) as she possibly could be to me, in spite of her. I want a vegetarian wife, of medium size, good health, and my junior in age. I care not how rich or how poor, if she is willing to live within the income of her own fortune and proceeds of her own labor. I care not how pretty or how talented, how plump or how amiable. I would like for her to be able to make tolerably good vocal music; instrumental desirable, but not requisite. She must have a domestic as well as a literary education. She can wear what kind of dress she choose, if she will allow me the same privilege. She can have a separate estate or not, and manage her own concerns, or allow me to manage them for her. She must be sensible, prudent, and amiable, and capable of governing herself; and at any time be willing to join me in sacrificing every other interest (if forced by) for the promotion of each other's happiness and well-being. She must be kind, and capable of reciprocating affections. She must be economical, but not avaricious; liberal, but not prodigal; and one who, at least, will try to avoid all unpleasant extremes. And more particularly I wish her to be my companion in my *spiritual* as well as my *temporal* pilgrimages; that she may watch while I pray, stand when I fall, and support me when I am faint; and *vice versa*. If any of the fair readers of our Journal wish to become acquainted with, in the manner proposed, let me hear from them as soon as possible.

FRANK SINCERE.

LETTER NO. XVIII.

MESSES. EDITORS: I am a Water-Cure and a Vegetarian in theory, if not altogether in practice. I wish a companion of the same principles, but in all the circle of acquaintance there is not one. In matters of dress I should wish her to be free enough to consult her own taste, and in all things to study and comprehend the laws of her being. I omitted to mention that I am poor. I will not require the same qualification in a wife, neither object to it. I am twenty-one years of age; am a mechanic, and should wish a wife to be over eighteen or twenty at most. Now, if any fair reader of this JOURNAL is disposed to allow me the honor of making her acquaintance through the medium of a private correspondence, she can learn my name by applying to Messrs. FOWLER AND WELLS, 181 Nassau street, N. Y.

LETTER NO. XIX.

I AM nineteen years old; am a strong believer in the Water-Cure system, Temperance and *Woman's Rights*. I am in part vegetarian, eat flesh-meat occasionally, but never nothing about it. I drink cold water entirely, and bathe twice a day; do not think I can be called a slave to any bad habits. I do not wear the Bloomer costume. Physiology and Hygiene have always been favorite studies; I understand them both—Physiology in particular. I understand Algebra, Chemistry, Natural Philosophy and Rhetoric, as well as sewing, washing, sweeping and cooking. I am of a cheerful disposition, and enjoy a good joke, and am capable of giving one.

CRAZY SABLE.

LETTER NO. XX.

As some of you at least are believers in the equal rights of women with men in selecting companions for life, I would say that if you know of any one who is in want of a wife that knows more of the laws of life and health than French and Latin, and of domestic duties than making worsted cats and dogs; one between thirty and forty, who is willing to obey and permit his wife to obey the moral and physical laws of God—the wearing of the Bloomer dress included—be an address a note to Miss Abena Somchoy, care of B. E. Parkhurst, Brunswick, Cumberland County, Maine.

LETTER NO. XXI.

I AM of medium size; was raised in a farm hill; I was nearly twenty-one years old; have since spent between three and four years in academic studies with the intention of making a *man* of myself. I don't claim any natural genius, except for eating and sleeping. I am of German origin; my nature is somewhat characterized by a *frigid* European rotundity. I have read the WATER-CURE and PHRENOLOGICAL JOURNALS since 1849, and in connection the most popular works on those subjects. I am a vegetarian in principle and practice, and have an inexpressible abhorrence of the use of coffee, tobacco, and all the useless and injurious drinks, from frothy small-beer up to the dearest wines and brandies. I possess (as phrenologists say) a happy combination of the mental and sanguine temperaments. Am also a peace-man, almost to the extent that I would fight for it rather than *not have peace* in the family. I can speak several languages fluently, and besides, read two; and understand mathematics so well that I seldom need to refer to Algebra or the Calculus for a formula to extract such roots as bores, radishes, carrots, &c. I can't make any music except with a wheatharrow; however, I am *so fond of music* that, should a lady have all the combined qualifications of "Mary Meadows" and "Priscilla Mindfulness," and not be able to make any music except on the "washboard," I could not but respectfully decline giving my hand. I don't wish my lady to become a mere "satellite of the dinner-pot." Of course, she should have a good mind, a full share of common sense, (not too common,) be amiable, benevolent, and capable of appreciating the qualities of a good husband, and love him according to his merits. She should have a good constitution, be above the medium size, and dress as the laws of health dictate. As regards beauty, she need not be provokingly good-looking; yet this shall be no objection. ROBERT MERRYMAN. [Ann Arbor, Mich.]

LETTER NO. XXII.

WHILE perusing the WATER-CURE JOURNAL, my attention was arrested by reading a sentence like this: "I want a wife who can appreciate and love me." In reply, I will say that the thoughts and sentiments expressed in letter No. 10 so well accord with mine, that I wish to form an acquaintance with the author of that communication. You will please introduce me as you think best. A HYDROPATH [Mount Noto.]

LETTER NO. XXIII.

I AM nineteen years of age, have got black eyes, Auburn hair, and am rather short. I have worn sack-dresses this two years, and lived wholly on vegetable food for one year, and I suppose that one year more will make me as healthy as any of the vegetarian ladies. I was never in the habit of drinking tea or coffee. I know how to make good butter, milk cows, cook victuals, wash dishes, make beds, sweep house, and make cheese. I can wash and sew; but of French and music I know but little. I have neither riches, wit, nor beauty to be proud of, but for a comfortable supply of common sense. I have a kind, loving, and affectionate heart; have great sympathy for the sick and unfortunate; and this is what I would ask in a husband; not that artificial love which comes and goes like the wind, but that *true love* which comes from the heart. Letter No. 10 strikes my fancy as favorably as any of them. None but a Hydropath and Vegetarian need apply, for I want no other.

ABELIA FITCH. [Rome, Ashblalia Co., Ohio.]

LETTER NO. XXIV.

NOW I am a farmer's daughter, under twenty-eight years of age; am not handsome, but rather plain-looking. I can milk cows and make cheese to perfection. I can wash clothes and dishes, and make soap. I can make Graham bread, Graham pies and cakes; but I cannot look cross, nor can I scold; but I can laugh as heartily as anybody else. As for dress, I will dress just as I have a mind to, in spite of all the men! I have an uncommon hatred of to-hisco. I had forgotten to mention that I can make the best "Johnny-cake" of any of the farmers' daughters about here; they all say it is because I am poor, and have always had to make Johnny-cakes, and do nothing else! Now I don't want a tobacco-chewing, dram-drinking husband; but I want a plain-looking, plain-spoken, pleasant and happy man; one that will love me, and whom I can love eternally.

ROSA ANN FITCH. [Rome, Ashblalia Co., Ohio.]

The Monthly.

NEW-YORK, MARCH, 1854.

"HYDROPATHY is not a reform, nor an improvement, but a REVOLUTION."
Dr. TRALL.

By no other way can men approach nearer to the gods, than by con-
ferring health on men.—CICERO.

REFERRED ARTICLES.—We cannot engage to review rejected articles,
nor give the reason why we reject them. Much, if not most, of our cor-
respondents must know (after reading our Prospectus) what is, and what
is NOT, suitable for publication in this Journal. They will not, therefore,
send us matter which would be more appropriate for the "old school"
Journals. We profess to be progressive, bound by neither creeds nor
systems, but governed by the broad principles of HYDROPATHY—which,
according to our interpretation, are in harmony with the laws of HUMAN
LIFE. All REAL "friends of the cause" will favor us with such, and only
such, matter as will be acceptable to the public, and no one on the same
side.

MARCH TOPICS.

BY R. T. TRALL, M. D.

OPPOSITION AND IMPOSITION.—It would be difficult to conceive of a more formidable array of adverse or opposing influences than those which are thrown in the way of Hydropathic practice. And nothing can better illustrate the self-reliant vitality, the inherent truthfulness of our system, than its every-day triumphs over such obstacles. Not only do we have to counteract the prejudices, govern the morbid feelings, and oppose the artificial appetences of our patients, but, in too many cases, we are obliged to contend with the impertinent intermeddlings of their friends, and the insolent machinations of their have-been and would-be physicians.

"It will certainly kill you!"—"You will never come out of the wet sheet alive!"—"You have not constitution enough to stand it!"—"I should be afraid to risk it!"—"Good thing in *some* cases, but—but—very dangerous in others!" These and similar are the encouraging exclamations with which the friends and the doctors of those who come to us cheer them on their way. Is it to be marvelled at that multitudes of nearly drugged-to-death invalids enter our institutions with fear and trembling?

Yet, despite these mill-stones which are so kindly, or so maliciously, hung upon their necks, the great majority refuse to sink. Those who were kept in a sinking condition by the very measures which were intended to float them along on the surface of the sea of disease, soon shake off the mental incubus, and swim along buoyantly towards the haven of health.

But this opposition on the part of friends, and sometimes imposition on the part of

physicians, is wielded against us and against the patient much more effectually in home practice, where we can only instruct and advise, than at the establishments, where we have a chance to enforce and control. Not unfrequently it happens that, when the wife is the patient, the husband, the relatives, and the village doctor, are actively and bitterly opposed to every thing about water-treatment, whilst the patient, who has been dragged into utter despair of help from any other source, is ardently anxious to try our system. So, on the other hand, the husband is often the Water-Cure patient, whilst wife and friends exert all their influence and all their cunning to prevent him from getting into "new notions."

Who does not see that, under such circumstances, the technically professional part of our practice is much the easiest part? Our opponents have no such difficulties in the way of their success. The habits of society, the prejudices of the patient, the feelings and opinions of friends, are all on their side. And now, in view of all these considerations, we have only, by way of a moral, to submit the simple historical fact, that their system, in the treatment of chronic diseases, fails to cure as a general rule, whilst our system as generally succeeds.

LORD PALMERSTON ON FASTING AND PRAYER.—In reply to a communication from the Edinburgh Presbytery, inquiring whether the British Government intended to appoint a national fast, in view of the prevalence of the cholera, the distinguished Viscount has caused to be penned a most admirably instructive letter. And as we place it on record, we cannot help commending it to the serious, prayerful, and *workful* attention of statesmen, divines, and physicians everywhere:

WHITEHALL, Oct. 19, 1853.

SIR: I am directed by Viscount Palmerston to acknowledge the receipt of your letter of the 15th instant, requesting, on behalf of the Presbytery of Edinburgh, to be informed whether it is proposed to appoint a day of national fast on account of the visitation of the cholera, and to state that there can be no doubt that manifestations of humble resignation to the Divine will, and sincere acknowledgment of human unworthiness, are never more appropriate than when it has pleased Providence to afflict mankind with some severe visitation; but it does not appear to Lord Palmerston that a national fast would be suitable to the circumstances of the present moment.

The Maker of the universe has established

certain laws of nature for the planet in which we live, and the well and woe of mankind depend upon the observance or neglect of those laws. One of those laws connects health with the absence of those gaseous exhalations which proceed from over-crowded human beings, or from decomposing substances, whether animal or vegetable; and these same laws render sickness the almost inevitable consequence of exposure to those noxious influences. But it has, at the same time, pleased Providence to place it within the power of man to make such arrangements as will prevent or disperse such exhalations, so as to render them harmless; and it is the duty of man to attend to those laws of nature, and to exert the faculties which Providence has thus given to man for his welfare.

The recent visitation of cholera, which has for the moment been mercifully checked, is an awful warning given to the people of this realm, that they have too much neglected their duty in this respect, and that those persons with whom it rested to purify towns and cities, and to prevent and remove the causes of diseases, have not been sufficiently active in regard to such matters.

Lord Palmerston would therefore suggest, that the best course which the people of this country can pursue, to deserve that the further progress of the cholera should be stayed, will be to employ the interval that will elapse between the present time and the beginning of the next spring, in planning and executing measures by which those portions of their towns and cities which are inhabited by the poorest classes, and which, from the nature of things, most need purification and improvement, may be freed from those causes and sources of contagion which, if allowed to remain, will infallibly breed pestilence, and be fruitful in death, in spite of all the prayers and fastings of a united but inactive nation. When man has done the utmost for his own safety, then is the time to invoke the blessing of Heaven to give effect to his exertions.

I am, Sir, your obedient servant,

HENRY FITZROY.

To Rev. W. H. Gray, Moderator, Edinburgh Presbytery.

FEMALE MEDICAL EDUCATION.—Our friend, Dr. John S. Wilson, of Airmount, Ala., has communicated an able paper to the *Southern Medical and Surgical Journal*, under the above heading. The Doctor evinces a progressive tendency of mind, but, unfortunately, he cannot yet burst the trammels wherewith he is bound to "old fogy" notions. He argues convincingly in favor of educating female physicians; but goes dead against allowing them, after they get their education, to make any use of it except in particular cases; and what is seriously ludicrous, he wants these particular

cases to be designated by the *male* Allopathic doctors! He even goes so far as to propose giving them a diploma on which shall be specified the names of the diseases to which their practice shall be limited!! The gist of the Doctor's position is sustained in the following paragraphs:

Why then do we contend for the medical education of females?

Because we think that their mental capacities are not only sufficient for the successful practice of certain departments of the healing art, but that their *sexual idiosyncrasies* would afford material aid in the diagnosis, and, perhaps, in the treatment of certain sexual diseases. We do not design entering into a discussion as to the mental equality of the two sexes, in every branch of science, or pursuit in life: we will simply declare our conviction that no such equality exists; but, on the contrary, that the mental, physical, and psychological peculiarities of each sex, give to each peculiar advantages in certain pursuits, when these are adapted to the characteristic differences indicated. Now, we assume the position that the practice of obstetrics, and perhaps the treatment of some morbid sexual disorders, are eminently congenial to the mental, physical and psychologic peculiarities of the female sex: and we make this assumption with a full appreciation of the difficulties of this most important department of our science; for we have been painfully convinced of these by sad experience; still we think it will be admitted by all, that *tact*, acumen, and promptitude, combined with manual dexterity, are more needed in the practice of obstetrics, than the higher reasoning powers which are generally conceded to our own sex.

We favor the medical education of females, not only for the reasons already given, but the greatest and last reason is this, viz: Because we are convinced that *the safety and happiness of a large portion of the most refined and lovely women* (in the South particularly) DEMAND IT.

But we must pass on to another objection that may originate in the medical profession, viz: The difficulty of confining female physicians to their own proper sphere of practice, provided the extension is allowed for which we have contended. We candidly admit that this is a difficulty of some importance; still we think that it could be obviated, by specifying in the license or diploma, all the diseases which they might be authorized to treat; and by reserving the power to revoke the license or diploma, in case the prescribed limits should be transgressed. As a protection to the community, we would suggest also that all the disorders embraced within the range of female practice be distinctly enumerated at the public Commencement, and in the public prints.

We are inclined to think that the "sphere of woman" will be a troublesome problem

to manage, after your female doctors have got their diplomas with specifications. If a baby has a little wind in its stomach, or a child gets an irritation in its bowels, or a woman is taken with an aching in her head, before the female doctor can do a thing, the primary question—is it a *sexual* disease?—must be disposed of. However, Doctor, we earnestly hope your Faculty will try the scheme. Give out your limited diplomas; let the women go to doctoring *sexual* diseases, and then keep them out of the rest of the practice—if you can.

ARSENICAL INHALATIONS.—The *Medico-Chirurgical Review* informs us that

M. Trousseau has revived a method of treatment proposed by Dioscorides, viz: *arsenical inhalations*. Cigarettes are prepared of paper which has been moistened by a solution of arsenite of potash and dried. These are smoked once or twice a day for a fortnight. The vapor produces some irritation. M. Trousseau states that this plan diminishes the bronchial catarrh, but has no effect upon the deposit of tubercles.

How many times must these multitudinous plans of poisoning out diseases be tried and condemned, and revived and recommended, before the profession will begin to suspect there is something rotten in the whole system of drug-poisoning?

BULLETS vs. BOLUSES.—In view of a recent duel, the *Boston Medical Journal* compliments his professional confrère in rather equivocal phrase:

A physician at the South has been fighting a duel; but no harm was done, his bullets being more harmless than his boluses.

COD-LIVER OIL PRODUCING HEMORRHAGE.—It is well known that the hemorrhagic diathesis which prevails in scurvy, putrid fevers, &c., indicates an extreme laxity of the solids and deprivation of the fluids. Since that filthy thing called cod-liver oil has been used so extensively in medicine, physicians have had their attention directed to its effects in inducing this condition of the body. The following article is now going the rounds of the Allopathic journals:

Many pathologists have accused cod-liver oil of causing hemoptysis; but as this symptom is so common in those suffering from pulmonary tubercles, it is difficult to determine whether it is due to the remedy, or to the ordinary effects of the disease itself. In order to obtain a positive solution

of this problem, it is necessary to study the phenomenon in question in individuals using the remedy, who are exempt from any disease of the respiratory organs. It is upon such data that Dr. Gambeini has endeavored to discover the truth.

Every physician who prescribes cod-liver oil is accustomed to hear his patients complain of a sense of heat and burning in the throat, which varies in duration and intensity, and sometimes makes it necessary to suspend the use of the remedy. If the fauces are then examined, a deep redness will be observed, extending over the whole of the superior portion of the pharynx, over the palatine arch, and the tonsils. The capillaries appear engorged; sometimes the epithelium is apparently removed.

When this condition occurs, a transudation of blood often supervenes, to the patient's great alarm, and the no small embarrassment of the physician. The blood sometimes scarcely colors the saliva, and sometimes forms considerable coagula. The hemorrhage is often preceded by pruritus and cough. If the remedy is persevered in, notwithstanding these symptoms, the hemorrhage increases. On the contrary, it ceases promptly when the medicine is suspended.

Auscultation excludes the idea of an alteration of the bronchial mucous membrane, or the pulmonary tissue, a negative proof which, when combined with direct inspection, is sufficient to enable us to assign to this hemorrhage its true seat and cause.

The researches of Dr. Gamberini will doubtless, as a first result, inform practitioners of the possibility of this accident, and the change of prescription which it indicates. Pereira and Cartoni teach that cod-liver oil should be rejected in the treatment of phthisis, because it favors the recurrence of hemoptysis. Is it not very probable, if the foregoing explanations are correct, that these authors have been deceived in regard to the phenomenon, and have mistaken a *staphyloorrhagia* for the hemorrhage caused by the softening of tubercles? This question acquires great importance from the fact that cod-liver oil is probably the best remedy for certain forms of phthisis, and that, consequently, it would be most unfortunate to attribute to it dangers which it does not possess, and to deprive ourselves of a precious resource against true hemoptysis, in consequence of chimerical apprehensions.

FATTENING ANIMALS WITH COD-LIVER OIL.—In the last JOURNAL we alluded to propositions of certain medical gentlemen to keep off diseases, by medicating our bread and butter with cod-liver oil, iodine, &c. Now it seems that it is proposed to medicate us through the medium of our beef, mutton and pork. We said *us*, but we mean *you*. We don't eat the creatures, and are

therefore not in danger of being drugged through our dinners.

Dr. James F. Pollock, of London, has experimented largely in fattening pigs, and sheep, and cattle, by the use of cod-liver oil. He gives small pigs one or two ounces a day, large pigs two or three ounces; sheep, one or two ounces; and bullocks about four ounces. As the oil costs but 2s. 8d. to 3s. per gallon, and as the animals eat less food, he deems it a very economical way of getting a given weight of fat. He says it *pays better* to fatten animals in this way.

But in detailing his experiments, the Doctor never hints a word about the quality or healthfulness of food fattened in this way. This idea seems never to have entered his imagination; nor, indeed, the imagination of either of the numerous editors who have read and copied his experiments. Those who delight to revel on fattened pigs, ought to know that this and all similar methods of *causing animals to retain their excrementitious matter* produces a very unwholesome kind of food.

Reviews.

NEW MEDICAL WORK: DISPLACEMENTS OF THE UTERUS. By R. T. TRAIL, M.D. FOWLERS AND WELLS. [Price, prepaid by mail, \$3.]

The above work is now in press, and will be ready in a few weeks. It is a thorough and practical treatise on the various and complicated malpositions of the uterus and adjacent organs, illustrated with engravings from original designs, showing the various degrees and conditions of prolapsus, anteversion, retroversion, inversion; vaginal, vesical, and rectal prolapse; fibrous, polypos, and hernial tumors, etc. Thousands of disabled and wretched females will find in this work an explanation of the causes of their difficulties, and a correct indication of the remedial plan. The work is, however, strictly professional, and intended mainly for the guidance of those who undertake the treatment of this much-neglected and little-understood class of diseases. Our readers may judge of the importance of the subject, when we assure them that the maladies of which it treats are everywhere prevalent, and that no work of the same or a similar nature has ever been given to the profession or the public.

Orders may be addressed to FOWLERS AND WELLS, New York.

THE NEW ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW. FOWLERS AND WELLS, Publishers, 131 Nassau Street, New York. [Terms, \$2 a year.]

To the thousands who have faith in the water-treatment, trusting for health to its curative properties, the New Illustrated Quarterly will be a welcome guest at the library table. The system which it upholds has one recommendation over

and above long-established empiricism—it is found to cure more than it kills, whereas the ancient quackery has been in inverse ratio. This greater success arises from very natural causes. Nature is content with little, but more than enough and nothing less will content natural man. The over-taxed system, satiated or surfeited, rebels against such entertainment; then comes the other extreme, spare diet, and ale such as Adam quaffed in Eden, when cigars and “quids” were not. The relaxed or prostrated digestive organs rally and come round again after a season of repose, the stomach resumes its tone, the heart its usual healthy action, and the blood courses cheerily through the veins. This is to enjoy health; and hence the believers in the water-cure, as a panacea for abused temperance. It is all one as a visit to Saratoga or other springs in time of summer.

Moderation in diet is necessary to a state of health, and moderate eaters and drinkers usually are healthy and long-lived. Galen says that wrestlers, who ate and drank enormously, never lived long. Hippocrates says that fat people must either be let blood or have the gont or palsy. Galen, therefore, instead of any other medicine, prescribed a fast for himself every tenth day. Poverty has cured some of the gout. That tyrant, Dionysius of Sicily, ate himself blind. Sylla, Lepidus, and many others, passed summary laws against luxury. Scipio Æmilianus used to walk up and down and eat bread, not to lose time; and so did Alexander the Great. Augustus ate brown bread, little fishes and cheese.

Now, here is a string of authorities for the Hydropathic doctors above all price; and, satisfied that we have established a claim to their lasting gratitude, we are pleased to enhance the boon by citing a case in the way of illustration, not reported in the “*Scalpel*.” A lady of quality rejoiced, once upon a time, in a lap-dog—a little, paunchy, saucy woolly-head, with legs bending under the weight of body: the wee pet had been fed so daintily as in time to lose all relish for food; it pined, moped around, grew atrabilarious, and looked as though it were like to die. Its dotting mistress went into fits, and came out of them; sent directly for a dog-fancier, and bade him name his price for effecting a cure.

The dog-physician readily undertook the cure, and taking the case home, locked poodle in a darksome room, there to “chew the cud of sweet and bitter fancies” for the space of four days and nights, with leave to find himself, saving a pan of water. The lady sent daily to inquire after the health of her pet, and was assured that he was going on as well as could be expected. At the end of four days, when on the very point of starvation, the water-doctor took poodle home, pale, bilious, and interesting, and somewhat thinner; but then he ate like a longshore man, and drank accordingly! The lady was in raptures, paid the doctor his price, and pledged herself to recommend him to all her other friends having dyspeptic poodles!

Now here is the grand secret, which is no secret at all, for all know what gluttony means, and how it works: “Live upon a shilling a day, and earn it,” was Abernethy’s advice to a plethoric who consulted him about loss of appetite. “Give up roast beef, plum-pudding and port wine,” said

he to another of the same stamp, “the which I’ll be hanged if I’ll do myself.” Here is the difficulty:

Habits are soon assumed, but when we strive To strip them off, ’tis like being flayed alive.

Without going the whole hog with Dr. James Johnson, we think his opinion in the main a sound one: “I declare my conscientious opinion, founded on long experience and reflection, that if there was not a single physician, surgeon, apothecary, man-midwife, chemist, druggist, nor drug on the face of the earth, there would be less sickness and less mortality than otherwise.” Death has been doing a large business certainly since the time of Æsculapius, seeing which, one is provoked to exclaim:

“Throw physic to the dogs; I’ll none of it.”

The New Quarterly is enriched by valuable contributions, with illustrative engravings, on the more important of the diseases which flesh is heir to, from eminent pens. A review of the Two Practices, i. e., the use and disuse of medicine or drugs, by Dr. Kittredge, ought to receive due consideration, as involving health and longevity.

The Review contains nearly 200 pages; and the cost is trifling, only \$2 per annum.—*Williamsburg Daily Times*.

[We quote the above as embodying a true view of Hydropathy, an appreciative opinion of the New Quarterly, and as an evidence of the growing interest which the untrammelled and unprejudiced newspaper Press evince in favor of this great Health Reform.—Ers.]

To Correspondents.

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

Professional Matters.

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

HOPS.—G. P. A. writes: “Please give us an article on hops. Some think it is wrong to grow them, and inconsistent for a temperance man to do so. Many of your readers want light on this subject.” All the light our *opinion* contains is easily shed. We are ultra on every aspect of the Temperance question. We regard it as inconsistent for a temperance man or Christian to raise hops for brewing, or to sell grain to a distiller, or to cultivate tobacco to defile the mouths of the people, or to do aught calculated to cause a brother to offend.

WHITE SWELLING.—E. B. C., Columbus, Ill. Apply wet bandages constantly, of any temperature that feels most agreeable to the patient. Moderate lepid ointments might be serviceable. Attend well to the general health, and adopt a very strict vegetable diet. The stiffness may be relieved, provided no ulceration occurs.

INFLAMMATORY RHEUMATISM.—A. M., JOHNSTOWN, Pa. We are inclined to think the young lady whose case you describe is mistaken in the diagnosis. The inability to walk may depend on prolapsed uterus, or other visceral displacement, instead of the effects of rheumatism. And if our suspicion is correct, she could only be cured by surgical, or rather mechanical treatment, in connection with diet, bathing, etc.

INJURED LEG.—J. L., Mount Morris, Ill., relates the case of a young man who ran the prong of a pitchfork into the calf of the leg, just below the knee. The part immediately swelled badly, and became very painful. Col.

banquets and pouring-baths reduced the pain, and kept it quiet several days. Then a botanic doctor applied hot poultices several weeks. The result was, the pains returned, mortification finally resulted, and the patient died. Our opinion is, that the long-continued use of hot applications was one of the causes of the mortification. No doubt the nerves were badly injured, rendering such a result peculiarly liable to take place.

LEGALITY OF MARRIAGE.—A Subscriber. "Can the marriage solemnized by the Rev. Antoinette J. Brown be registered and authenticated? If not, what then?" 1. Yes; on the books of the angels in heaven, and in the courts of the inhabitants of this lower world. 2. Not a supposable case.

SPRUCE-GUM AND TOOTHACHE.—F. L., Walden, Vt. "Please inform me whether good spruce-gum, as it comes from the trees in Vermont, is healthful to chew; and also, what is the best remedy for sore-throat and toothache?" It is not healthful to chew good spruce-gum; and the best remedy for the diseases you name is the Water-Cure; eat very sparingly, wear a wet compress during the night, and take one or two wet-sheet packs during the day.

ETIQUETTE AND COFFEE.—A. S., Springfield, N. Y. "How can I, though believing in the reforms you advocate, refuse a cup of tea or coffee, or a slice of beef or pork, when offered by friends, without violating the rules of 'etiquette,' as taught by D'Orsay, and subjecting myself to the opprobrious epithet of a 'perfect bore'?" Should we, as Americans, have a settled system of manners? 1. In this case there is only a choice of evils; you must either submit to be called a bore by boobies, or you must be a booby, that others may call you a gentleman. 2. We should have a settled system of manners, after the Bible code: "All things which ye would have others do unto you," etc.

WEAK STOMACH.—G. J., Newton, Mass. A number of months since, I strained my stomach badly, in lifting; since which I have suffered much from weakness of the stomach and lungs, with occasional pains through the chest." Probably the injury was upon the *muscles* of the foins and abdomen. Take a daily lye-water; wear the wet girdle; and take a moderately cool hip-bath in the evening.

COMPLICATED ITCH.—S. C., Solon, Ohio. "Our children caught the itch from a servant-girl who slept with them a few nights, and it has so far proved incurable by water-treatment, etc." Pay particular attention to cleanliness in the matter of clothing; bathe them daily in cool but not very cold water; if the itching is intolerable, use a warm bath occasionally. The "batter and sulphur" ointment, which drove it in, always renders such affections more obstinate, whenever they get to the surface again.

CHEWING SPRUCE-GUM.—Many Inquirers, Vermont. "Some sensible anti-tobacco users are considerably addicted to the use of spruce-gum. Is it harmless substitute?" No. The practice violates the saliva, precisely as the habit of constantly taking food into the stomach would impair the quality of the gastric juice. The *mechanical habit* is also injurious. A man's jaws ought to rest, save when employed on legitimate food. Another objection to all unnecessary chewing, spitting, drooling, driving, sniveling, hawing, or hemming, is, their intrinsic silliness and indecency.

ENLARGED TONSILS, SORE THROAT, BRONCHITIS, &c.—S. M. K., Whitehall, N. Y. Your daughter's case has so many complications, that your best way is to send her to an establishment, if but for a few days, to be examined and put on the right plan of medication. The enlarged tonsils *would* disappear, on the restoration of the general health.

INFLAMED EYES.—F. F. H., Saluda, Ind. Pervasive in a strict vegetable diet; wash the eyes in tepid water two or three times a day; take a sponge-bath daily, and one or two short hip and foot-baths. Do not get in the habit of wearing goggles. Probably their employment was the exciting cause of the last attack.

QUACKERY, &c.—A. F., Illinois. "The greatest objection that is raised to our system in these parts is, that

it pretends to cure all curable diseases, whilst all the quacks do the same. Our drug-doctors admit its value in some cases, but strenuously insist on drugs as the main remedies. I wish you could flood the country with tracts adapted for general distribution among the people. I am greatly indebted for your valuable Encyclopædia. I have relinquished flesh-eating and laid my marasmus gun aside. I am surprised that any person should think of bringing the Bible into the support of 'carnivorous folly.'"

We are happy to apprise our friend that the tracts will now be forthcoming. One of them, and a very excellent one, is now being published. He must recollect that all systems of medicine, and all sorts of doctors, equally claim to cure all curable diseases. The truth is true alike, whether attested by evil spirits or good ones.

CHRONIC DIARRHŒA.—P. B., Janelaw, Va. The case you mention, which has followed on long confinement from periperal fever, has no doubt been induced mainly, if not wholly, by the drug-medication the patient has been subjected to. Get the Encyclopædia, and follow its dietetic directions strictly.

CONSTIPATION.—J. H., Antrim, Mich. The Cook-Book which you have ordered will give you ample directions how to eat in such a way as to cure your difficulty. You will find bathing directions in the other books you have ordered.

MOTHER'S MILK.—"Would you think the milk of a mother who, after each meal, spits up her food nearly as acid as vinegar, could be suitable for the child, especially when so small a quantity is yielded by the breast as to be insignificant?" No. The mother should eat good mealy potatoes; ripe, sweet fruits; *unfermented* bread; and if this does not correct her stomach, the child should be weaned.

DIARRHŒA IN CHILDREN.—A. M., Charlottesville. There are many circumstances which may occasion diarrhea besides those you allude to. It has inherited the worst form of a dyspeptic diathesis; hence nasal precaution is requisite in feeding it. Billed rice, boiled wheat-meal, with good milk or a very little sugar, a moderate proportion of good mealy potatoes, and baked sweet apples, make a combination of the best articles for a dyspeptic infant liable to diarrhea. The calomel you gave, no doubt had a bad effect in the end, however much advantage you imagined to result from it in the first instance.

URINARY SEDIMENT.—D. A. W., Canada West. The symptom you describe is of no importance, so far as the treatment is concerned. The more you restore the general health, and the more vigorous you make the action of the skin, the more will the mucus or slimy deposit in the urine disappear.

A QUADRANGULAR QUERY.—J. S., Newburgh. "Do you not think that bathing, as often as once in twenty-four hours, has a tendency to debilitate some constitutions?" Not if they bathe properly as respects time and temperature. "What material of under-clothing is best calculated for health in this climate?" Cotton or linen. "What is the best remedy for the destruction of worms in the adult?" Unfermented wheat-meal bread and uncooked apples. "What is the most convenient remedy against what we call itch?" Thorough cleanliness, externally and internally.

INDIGESTIBLE SUBSTANCES.—F. B. G., Bernardston, Mass. "Is it necessary to good health, to have indigestible substances in the food we eat, such as the seeds of fruit and berries, tomatoes, etc., and the indigestible parts of unbolting meal and such like?" You should have said *innutritious*, not indigestible substances. As regards the seeds, we say No; as regards bran, etc., Yes.

CHRONIC EXPECTORATION.—A. H. U., Finleyville, Pa. Long-continued expectoration, with tightness, soreness, or pain about the lungs, is almost always a serious trouble, as such are the preliminary indications in many consumptive persons. Your case should be treated precisely as prescribed for *bronchitis* in the Water-Cure books. A daily sponge-bath, one or two hip-baths, the chest-wrapping, and a strict and very abstemious vegetable diet are the essentials.

PAIN IN THE BREAST.—S. M. C., Huntington, Ind. Foment the chest occasionally for ten or fifteen minutes, and wear the chest-wrapping during the day.

SCROFULOUS SWELLING, &c.—H. W. B., Wilmington, N. Y. "I wrote you some time since about a pain in the side. It terminated in a swelling which the M. D. calls scrofulous. I have had it lance, and it is now getting better. But I want you to answer the following questions: Was there danger of driving the swelling internally, by applying water? (The doctor here said there was danger, and advised, if I ever had another swelling, to keep water away.) Is the continued application of water to any one part liable to produce boils or swellings? If the ulcer is not inclined to heal, is it better to let it run, or take iodine? Will the application of water accelerate or retard the termination of an abscess or swelling?" 1st question. None whatever. Your doctor's *argument* reminds one of a Quaker's rejoinder, on an occasion not very dissimilar: "Verily, this man speaketh foolishness." 2. Yes. 3. It is a thousand times better to let it run, than to iodinize the whole system. 4. It will accelerate the termination, whether that termination be by resolution or suppuration.

ERUPTIONS, &c.—A. S., Boston, Mass. The case you describe is evidently one of an inherited vitiated organization; and its infirmities have been, all the way through life thus far, aggravated by your injudicious drug-gery. A little Water-Cure, and then a little Botanic practice; then a little packing, and next carbonate of soda, meals, phosphate of lime between meals, and at other times wet bandages, alternated with mercurial and lead ointments, nitrate of silver, etc., etc., is a miserable way of renovating constitutions. Our advice is, "a life in conformity with the laws of life."

POSITION IN SLEEP.—A. R. E., Richfield, N. Y. "Does the position in sleep affect the health of an individual; I mean with regard to the points of compass, whether the head is to the north, south, east, or west?"

It is supposed by some that the electric current, or magnetic force, maintain their equilibrium in the human body more perfectly during sleep, when the head is to the north and the feet southerly. We have known several persons who complain that they could never rest as well when the head was to the east or west. Probably those in a vigorous bodily condition would notice the difference much less than those abnormally sensitive, if indeed they would notice it at all.

VACCINE VIRUS.—Wakeman, Huron county, Ill. We can send you the genuine matter; but your letter was so burned, accidentally, that we cannot make out your name. Send your order again, and the matter will be forwarded. \$1 was received.

General Matters.

OUR LIST OF PUBLICATIONS.—In answer to numerous questions, and to save ourselves the necessity of writing in answer to each applicant, we give in the present number a Catalogue, embracing most of the books which we publish. These works may be ordered and received, with postage prepaid, by return of the FIRST MAIL, at any post office in the United States. For titles, description, and price, see the LIST.

TOBACCO MEN in every neighborhood may engage, with profit to themselves and great benefit to others, in the circulation of these valuable reformatory publications.

H. W. S. Cincinnati.—The difficulties you encountered in the case might have been obviated by a little more attention to the rules given in the *NEW HYDROPATHIC FAMILY PHYSICIAN*, for home treatment. See Consumption, page 885 of that work; also APPENDIX, pages 809 to 1113.

H. C. B., Freeport, Ohio.—Your P. M. is in error. The circular being enclosed *does not* subject the Journal to letter postage.

D. R., Boonsboro, Md.—The postage on the syringe is calculated at letter rates, and amounts to \$1 25.

Notes and Comments.

DR. VALE'S LECTURE.—Dr. Wm. T. Vale, of Concord, N. H., gave us an excellent lecture at the Free Church, last Thursday evening, on the fast-spreading principles of Hydropathy. The Doctor was educated as a Regular physician in the city of New York, but becoming convinced that there was a safer and surer way to cure disease than by drugs, he many years since turned his attention to HYDROPATHY, of which he has now become one of the most successful practitioners.—*Green Mountain (Vt.) Freeman.*

[We are informed that Dr. VALE was listened to by an intelligent audience, composed of both sexes, and that he presented the subject in a light so clear and convincing, that new converts came forward and avowed their belief in the truth as it is in Hydropathy.]

BINGHAMTON WATER-CURE.—This institution continues with increasing prosperity, under the skillful management of Dr. Thayer and lady, as resident physicians. Additions are being made to the present building—a large gymnasium for physical exercises has just been completed, and no pains will be spared to make this retreat for the sick second to none in this country. Invalids can do no better than to avail themselves of the advantages found at this establishment.

A NEW WATER-CURE ESTABLISHMENT, with gymnasium and promenade-grounds attached, is to be erected in Meriden, Conn., on a beautiful eminence in the east part of the town.

LADY AND GENTLEMEN-PRINTERS' SUPPER.—*Longley and Brothers* gave the hands in their employ, with a few invited friends a splendid supper, on Monday evening last. They did the thing up in a sumptuous, social and democratic manner. Their *devils*, cuts, trails, Bloomer and pant-aprendices, jours, and printers and publishers' wives were the guests of the evening, and right well did the *free brothers*, now all in *one firm*, do the humble and agreeable. But the grand finale, after some excellent social music, both instrumental and vocal, and the supper, was the "dance." We could but think, if we had more of such "unions," there would be less cause for, and many fewer strikes and disagreements between the employer and employe. Success to the Longleys. May others go and do likewise.—*Cincinnati Columbian.*

[There is a "good time coming," and such re-unions as that here described are among the brightest signs of its advent. We echo the last sentence—"may others go and do likewise."]

THE CINCINNATI WATER-CURE is finely located in the vicinity of the Queen City of the West, where the purest and most salubrious atmosphere is always enjoyed, and every thing about the establishment is constructed and arranged in such a manner as to gain every advantage of all things that in any way conduce to health and comfort.

Dr. Pease, the proprietor of this establishment, well fitted to make the best use of the great advantages he has secured in locality, the admirable construction of his buildings, the superior quality of water afforded by his fountains, and his own experience, must always maintain for his house a high reputation. [See card in our advertising columns.]

THE NEW LEBANON SPRINGS WATER-CURE.—This institution, almost the pioneer of Water-Cures in America, combines so many attractions with more substantial advantages, that it has continued a favorite place of resort among the numerous similar institutions which have successively arisen in different parts of our country.

It is beautifully situated on the western slope of that range of hills which skirt the eastern border of the Empire State, within seven miles of the Great Western Railroad from Boston, with which there is a daily connection by stage. The scenery, in all the region, has attractions which beguile the admirer of nature into lengthened excursions, and afford to patients a succession of walks and drives of varied and enticing beauty. Exercise may thus be enjoyed without weariness, and with an interest which secures its most beneficial results. The hills, too, abound in living springs of

pure cold water, which afford to the invalid the means of water-drinking during his walks, which has always been found an important adjuvant in the Water-Cure. We need hardly say so long has the establishment been known, that the house is fitted up to secure the comfort of its guests, and is provided with every form of bath, desirable for the successful application of water in all curable diseases. The water is abundant, and of the best quality—none purer or softer in the world. Besides, the house is just opposite the warm spring, which may be made available for winter treatment. For the last few years there has been some unavoidable change of physicians. Dr. Trall, the late Dr. Wilmarth, and Dr. Shew, all eminent in their profession, have in turn taken the charge of the medical department. Other engagements have prevented their continuance. But the proprietors have been enabled this year to secure a physician whose services they believe will be as satisfactory as those of his predecessors, and having the still greater advantage of permanency, William A. Hawley, M.D., a graduate of Albany Medical College, possessing high recommendations from the professors of that school, as a man of learning, unwavering integrity and medical skill, is, we think, well qualified, and is the one selected as the future physician of this institution. Added to his general medical knowledge, he has for the last year been associated with Dr. N. Bedortha, at Saratoga Springs, and has become thoroughly acquainted with the Water-Cure practice. Dr. H. has from principle left the "regular" medical practice, and adopted the Water-Cure from a full conviction of its superior efficacy in curing disease. The afflicted will find in Dr. H. an honest man and an experienced physician, in whom they may expect to find sympathy in distress, and a ready and willing hand to administer to their necessities. We trust that those who seek his care and skill will be duly satisfied by finding the blessing of health through his judicious administration. Dr. Hawley will enter upon his duties there early in April next.

A WATER-CURE ESTABLISHMENT wanted at ST. ANTHONY'S FALLS, Minnesota Territory.—A citizen, a medical man, of this new and thriving Territory, writes us as follows:

"There is probably no point in this country presenting a better opening for the establishment of such an institution than St. Anthony. It is already a place of great resort in the summer for the pleasure-seeker and the invalid. The great natural attractions of that place and vicinity, in the Falls, the beautiful scenery in and about the town, the purity of the water, and its heating, healthful climate, must contribute to make it a very desirable point for a Water-Cure. We want to see a *first-rate establishment* go into operation there the coming season."

TESTIMONY OF THE MEDICAL CLASS.—The following resolutions were adopted at a meeting of the first class of the New York Hydropathic and Physiological School, for the term ending Feb. 11, 1854, and directed to be published in the WATER-CURE JOURNAL, and other papers friendly to the objects of this school.

"Resolved, That the thanks of this class are due to Drs. Trall, Taylor, Wellington, Snodgrass, Shew, Miss Cogswell, and Professor L. N. Fowler, for the earnest zeal and distinguished ability with which they have labored for our improvement and preparation for usefulness, during the present term of this school.

"Resolved, That we unhesitatingly recommend those who are seeking to qualify themselves to be of service to humanity, by teaching the laws of life and health, and curing disease, to avail themselves of the advantages of this school, as offering the best facilities for acquiring a thorough physiological and hydropathic education of any school in the country of which we have any knowledge.

"JAMES HAMBLETON, of Ohio, Chairman.
"J. P. H. BROWN, of Maryland, Secretary."

LOCATION FOR A WATER-CURE.—[We publish with pleasure the following letter, and hope some good Hydropathic physician will give the place an examination.]

MONTÉ SANO, NEAR GEORGETOWN, D. C.

GENTLEMEN.—In your last September number of the WATER-CURE JOURNAL, I saw an article requesting information touching the most suitable places for the erection of Water-Cure Institutions, as well as the most eligible places for Hydropathic physicians. My farm is on the Georgetown

heights, one mile and a fourth from Georgetown, and four and one fourth miles from Washington city, and within fourteen hundred feet of a fine view of the eastern range of the Alleghany Mountains, as well as a view of the Potomac river.

We have no Hydropathic Institution near us, neither cold-water physician, both of which are desiderata. Should you be pleased to send on to recommend any person to visit this part of the country, I should be happy to see them, as well as to render them every assistance in my power in acquainting them with the topography of this part of the District.

Should any physician come on, let them drop me a line through the Georgetown Post Office, and I will drive in for them in my carriage.

Washington city is becoming a large and populous town, and during the session of Congress this population is swelled by nearly, if not, one third more of its numbers. I regret, as well as numbers of others regret too, that there is no Hydropathic physician to whom to apply in case of sickness, and no Water-Cure Institution to sojourn at when sick. It does seem to me that there are most eligible localities here; and I repeat, it will afford me pleasure to show any physician the localities in our neighborhood, should they visit us.

I am, gentlemen, very respectfully, your obedient servant,
R. CLARESDON JONES.

Talk and Topics.

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

CHANGES.—OLD CLINTON HALL.—New York is famous for its *expansive* spirit. It outgrows every thing—its dwellings, its stores, its churches, and its public halls—as a boy in his teens does his pantaloons and jacket. Buildings which were large and fine enough, capacious and magnificent, in fact, twenty or even ten years ago, no longer answer our purpose. They must be pulled down, to give place to larger and better ones. Many of our old streets are no longer adequate to contain the multitudes which tend to flow through them, and whole blocks of buildings are demolished, or large slices cut from them, to widen the thoroughfare.

Clinton Hall was erected about twenty-four years ago, for the use of the Mercantile Library Association, and was then considered a very fine structure, and well adapted, both in design and in location, to the purpose. The lower portion of the building has been used for stores, insurance offices, banks, etc. Among the rest, as all the world knows, the Publishing Office of the WATER-CURE JOURNAL, and the Bookstore and Phenological Cabinet of FOWLEES AND WELLS have found a place.

Well, all things change, particularly in New York, and Clinton Hall no longer answers the demands of the times. The Library has increased from five to fifty thousand volumes, and its patrons in proportion, and it requires more room and a more central locality. It is to be removed to Astor Place, and Clinton Hall is to give room to a block of magnificent stores. With the rest, we must take our departure from the old familiar place.

Our Publication Office, Bookstore, and Phenological Cabinet will be removed to the more spacious and convenient store, 308 Broadway, between Duane and Pearl streets, and opposite the New York Hospital. The new location is only two blocks above the Park, and scarcely three minutes walk from our present place. We hope to take possession of our new quarters early in April, and all letters, after the *1st* of that month, should be directed to 308 Broadway. Until that time, as 'how, to 131 Nassau street. All letters will reach us, however, if directed simply to FOWLEES AND WELLS, New York.

SPELLING REFORMATION.

In answer to inquiries which we have received, and which, in the midst of various labors for perfecting and improving our JOURNAL, we have not, hitherto, found time to answer, we give an explanation of the fundamental principles upon which the Spelling Reformation proceeds, and the few technical terms employed by those engaged in it.

The Spelling Reformation has in view the scientific representation of language by employing as many letters as there are separate and distinct sounds. For the representation of the English language, thirty-seven letters are required, as that is the number of its elementary sounds. The science upon which this reformation is based is called *Phonetics*, because its province is to treat of the different sounds (*phona*) of the voice, their modifications and classification. A second requirement of Phonetic science is, that every sound should have one sign to represent it, and no more; which, in connection with the first principle stated, implies the third principle, that every sign should represent one sound, and no more. The deficiency of letters in the alphabet now in use (which is called the *Romanic* alphabet) has resulted in the violation of the two essential principles of Phonetics which we have just mentioned. These principles, for instance, would require that, instead of representing over six sounds, as in the words, *mute, dance, fat, folk, what*, many, should represent but one, and that one sound should have no other sign for it. Suppose that the sound heard in pronouncing the indefinite article *a* be represented by the first letter of the alphabet; then Phonetic Science would require that it should not be represented by any other signs or letters, as it is by *a* as in *Aaron*; *at*, in *fall*; *ay*, in *play*; *ayh*, in *Laithy*; *ei*, in *their*; and *ey*, in *they*.

The Phonetic printing alphabet is formed by excluding from the Romanic alphabet the useless letters *c, q, x, z*, by using the remaining twenty-three in their most common significations; and by employing fourteen new ones, for the most part modifications of letters now in use, to represent the additional sounds. Phonetic printing is called *Phonotypy*, that is, *printing by sound*; and a system of writing corresponding to it is called *Phonography*; that is, *writing by sound*. Persons wishing—as all should—to become better acquainted with Phonetics, cannot do better, perhaps, than by subscribing for "THE COSMOTYPE," a journal devoted to this science, and in a short time to be partly printed in the Phonetic alphabet; fifty cents a year; edited and published by Andrew J. Graham, of this city.

Phonography is written about five times as fast as the ordinary writing, while, at the same time, it is perfectly legible. In view of the fact that its principles are mastered in a few hours, only a few additional hours' practice in reading and writing being required to give freedom and ease in its use, it should be learned by at least all young men and women who wish to possess themselves of a great facility in education. To professional men who have a great amount of writing to do, its uses are so apparent that it would be unnecessary to point them out.

Phonography was the invention of Mr. Isaac Pitman, of England. An account of the wonderful rapidity with which words can be dropped upon paper by this system, it is more justly entitled to the name of short-hand than the many worthless systems which have been so called; but in order to distinguish it from them, and indicate the principles upon which it is based, it is called Phonography, or Phonetic Short-hand, or Steno-phonetics; that is, Short-hand Phonetics.

ST. LOUIS, MO.—What can you do for St. Louis in the way of sending me good Hydropathic physician out here? I want one very much. I know many who would gladly help to support one; and I do most fully believe a man who understands his business would do well. I should be pleased to hear from you on this subject, if you can take the time to write me. B. R. HAWLEY.

[The best thing we can do is to give this note, which forms the postscript of a business letter, a place here. Who will go to St. Louis? Our correspondent has stated frankly that he is ignorant. Good Hydropathic physicians are wanted in all parts of North America.]

THE LESS, THE BETTER.—A quarter of a pound of Epsom salt, taken at a single dose, put an end to the life of very Finigan, at New York, a few days since.—E.

It is better to "throw physic to the dogs," than to take it in too large doses. As a general tincture, "the less medicine we

'take, the better it is for us; and hence the philosophy of Homoeopathic doses. We have never yet heard of a Homoeopathic physician killing a patient with medicine.—E.

MR. EXCHANGE, as you have admitted the principle that does good, as they grow less, will you please tell us where improvement in this direction is destined to stop?

DR. SHEW hereby acknowledges several letters he has received concerning suitable locations for a Water-Cure. He has fixed upon the LONG ISLAND WATER-CURE at Oysterc Bay, which is within easy access of New York, as his selection. This establishment will be opened the first of May next. After that time, Dr. Shew will remain permanently at his country place.

Seize upon TRUTH wherever found.
—OR CHRISTIAN OR ON BATTERED GROUND.—THE POET.

A very good motto, largely practised upon by some editors, who seize, with sensors in hand, upon the "Truth" published in the WATER-CURE JOURNAL, and transfer the same, *without credit*, to their papers. But it is no matter. We can furnish brains for those whose necessities compel them to borrow, take, appropriate, hook or —, from a source so abundantly supplied.

THE ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW.—A new Professional Magazine, devoted to Medical Reform; embracing articles, by the best writers, on Anatomy, Physiology, Pathology, Surgery, Therapeutics, Midwifery, &c.; Reports of remarkable cases in general practice. Criticisms on the Theory and Practice of the various opposing systems of Medical Science. Reports of New Publications of all Schools of Medicine. Reports of the progress of Health Reform in all its aspects, &c., will appear in appropriate illustrations. FOWLES AND WELLS, Publishers, New York. Now ready. Containing:

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COLDS AND RELAPSES. By Levi Reuben, M.D. Predisposing Causes. Morbid Condition. Illustrations of Rheumatism. Chronic Cough. Chronic Catarrh of the Uterus. Children. Prevention and Management of Colds. Symptoms. Treatment.

HYSTERIA. By Joel Shew, M.D.; illustrated. Varieties. Symptoms. Duration. Affections of the Joints, Lungs and Stomach. Hysteria and Insanity. Causes. Treatment. Prevention.

MODUS OPERANDI OF MEDICINES. By E. T. Trill, M.D.; illustrated. Fundamental Law of the Drug Question; illustrated. Dr. Southwood Smith's Opinion. Susceptibilities of the Organic Nerves. Action of Blisters.

PHILOSOPHY OF COLDS. By G. H. Taylor, M.D. Classification. Exposure only a Secondary and Concomitant Condition in taking Cold. The Principle of Self-Regulation. Effect of Relieving Appliances. Predisposing Cause. Prevention of a Cold.

THE HUNGER-CURE. By E. A. Kiltredge, M.D. Over-Eating and Improper Eating. Sources of Disease. Food. The Nutritious and the Unnutritious Parts. Nature of Hunger-Cure by Stopping Appetite for Food. Fear of Starvation. Illustrative Cases.

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CRITICISMS: MALPRACTICE. Mistakes of Apothecaries. Adulteration of Drugs. Saline Treatment of Dysentery. Rheumatism. Medicated Butter. Heroic Druggery. Yellow Fever. Drinking. The Quinine Controversy.

REVIEWS. Hygienic Treatment of Consumption. Practical Surgery. Post-Mortem Examinations. Water in Dysentery. Opium and Alcohol.

MISCELLANEOUS. Hot Springs of Arkansas. Medical Students. Education of Nurses. Consumption. That Mercmaid Again! A Homoeopathic Dose, &c.

ILLUSTRATIONS

Examples of Free Exercise. Exercising the Muscles of the Loin, (two cuts.) Exercise for Spinal Distortion, (two cuts.) Exercise of the Abdominal Muscles. Strengthening the Muscles of the Neck. Exercises for Sedentary Persons, (two cuts.) The Douche-Bath. The Shower-Bath. The Horse-Bath. Going to the Plunge. Head-Bath. Using Wet-Sheet. Half-Bath. Wash-tub-Bath. The Roots of a Plant Spongioses, Spongioses Magnified. Horizontal Section of a Spongioses (six cuts.) The Scent and the Scent and Organic Nerve. The Binocular Microscope, (three cuts.)

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A MODEL LETTER.—We copy the following as a model business letter:

BUFFALO, N. Y., Feb. 5, 1854.
MESSRS. FOWLES AND WELLS, 181 NASSAU STREET, NEW YORK: Enclosed you have a check, properly endorsed, payable to your order, for *One Hundred Dollars*, for which please send the *PHRENOLOGICAL AND WATER-CURE JOURNALS* one year to subscribers whose names are herewith sent; and oblige yours, truly,
A. C.
P.S. You may, if you please, send as premium, a copy of each almanac to each subscriber; and the balance in books directed to myself, by express, to Buffalo, N. Y.

[Accompanying this model business letter, came (on a separate sheet, written *on one side*), a statement of the present condition of Phrenology, Hydropathy, and the Reforms generally in that section of the "Empire State." We are duly thankful for all such favors; and place them to the credit of the great cause we advocate, to which our Books Journals, and ourselves are devoted.]

HOW MANY CAN YOU ACCOMMODATE?—Instead of writing for information to the PROPRIETORS of Water-Cure establishments, many readers of the JOURNAL write to the PUBLISHERS, inquiring the "capacity," terms, location, modes of conveyance, and routes to the different "establishments" throughout the country; they, no doubt, supposing us to be quite familiar with all these things, as indeed, we ought and should like to be, but unfortunately are not.

Most, if not all, physicians or proprietors issue printed circulars giving specific information on these and other points concerning their respective establishments, which they will cheerfully send gratis on all postpaid applications.

ADVERTISEMENTS may usually be found in the JOURNAL, giving at least the post-office address of the most desirable "Cures," which, together with the above-named circulars, will answer most questions.

The Publishers will take pleasure, however, in giving editorially any general information relating to each and all establishments, when stated in a proper form, for the benefit of "all concerned." The JOURNAL ought to serve as a medium of communication for all parties interested in the great subject to which it and they are especially devoted. How many can you accommodate? How and where may you be found?

THE NEW ILLUSTRATED HYDROPATHIC QUARTERLY REVIEW. A Professional Magazine, devoted to Medical Reform, &c. New York: FOWLES AND WELLS. Professor GEORGE BUSI speaks of this work as follows:

"A new enterprise of the Messrs. FOWLES AND WELLS enters upon its incipency in this thick and teeming pamphlet. Its emblematical vignette represents two female figures copiously showering a couple of lank, plump children from tubs of water; and this device, we presume, significantly sets forth the designed effect of this periodical upon the "drug practice," viz., to give it a thorough drenching with the cold water of truth and common sense, in which of course we wish them all success. But from the specimen afforded, it is clear that the value of the work will not depend solely upon its advocacy of a particular theory of therapeutics. It is rich in physiological and dietetical suggestions, and its elegant pictorial illustrations convey its teachings to the mind with tourdief effect."

"We may take this occasion to speak the good word which we have long intended of the *utilitarian* character of the various issues of the press of FOWLES AND WELLS. Their publications border closely on the domain occupied by the principles of the New Church, and though not formally acknowledging or avowing those principles, they are yet doing much to pave the way for their wider prevalence. We have always found also, in our intercourse with the firm, a cordial readiness to offer every facility in their power for the dissemination of N. C. works, where in other departments of the trade, we have met with a very ungenerous response to our applications. If this testimony should turn in any measure to their advantage, it will only be another proof that a generous and liberal policy in business concerns will eventually be sure of its reward."—*New Church Repository*.

THE BRITISH PROVINCES.—Persons sending clubs of subscribers from the Canadas and the other British Provinces must remit, in addition to the subscription price at the advertised rates, six cents on each subscription for the postage, which we are obliged to prepay.

FLOWER SEEDS BY MAIL.—With the hope of encouraging and facilitating the cultivation of flowers in all parts of our country, and thereby promoting the happiness, refinement and elevation of the people, rather than with an expectation of profit to ourselves, we publish the following list of choice flower-seeds, which we will send pre-paid by mail, to any part of the United States, on receipt of the following prices: Single packages, 15 cts.; seven packages, \$1. Forty packages, \$5. All letters must be prepaid, and the money must be enclosed accompanying the order. The seeds will be sent by return of mail. Postage-stamps may be used in place of small change.

All orders should be plainly written, and addressed to FOWLES AND WELLS, 131 Nassau street, New York.

- 1. Adams Flower; (2) a hardy annual,* color, scarlet.
2. Alyssum New, (Alyssum Verbeckii); very beautiful
3. Aster, Blue China; (2) half hardy, (requiring to be forwarded in pots or frames) annual.
4. Aster, Mixed Flat; (2) half hardy, diverse colored.
5. " Dwarf Mixed; (2) " " "
6. " " Finest Mixed, German; half hardy, diverse color.
7. " " Pyramidal; " " "
8. " " Globe Flowered; " " "
9. " " Finest Variegated; " " "
10. " " Pyramidal; " " "
11. " " Biennial; a hardy biennial,† (1) blue and yellow.
12. " " New Flat Flowered; half hardy, annual, div. col.
13. Athanasia Annual; (2) hardy, annual, yellow.
14. Anemone Dutch; (2) apetalous, do.
15. Amaranthus, Three-Colored; (2) tender, (requiring protection) annual, variegated.
16. Anemone coronata; (Wind Flower;) (2) hardy perennial, diverse colored.
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18. Balsam Apple; (2) a tender annual, grows ten feet in height, yellow flowers.
19. Balsams, Dil. Mixed; (2) hlf. hdy., ann., div. col., dbl. fld.
20. " Mixed Parsis; " " "
21. " " White; " " "
22. " " Crimson; " " "
23. " " Spotted; " " "
24. " " Purple; " " "
25. " " Rose; " " "
26. " " Scarlet; " " "
27. " " Striped; " " "
28. " " Mixed Camellia; hardy, annual, div. col.
29. " " Crimson " " "
30. " " Rose " " "
31. " " Violet " " "
32. Bell Flower Carpathian; (2) hardy, perennial, (1) blue.
33. Beans, New Dwarf; " " " white.
34. " " Hyacinth; (2) " " " purple.
35. Calceolria Lindley's; hardy, annual, red colored.
36. " " Showy; (2) " " " purple.
37. Canterbury Bells; hardy, perennial, (1) light blue.
38. Canary Bird Flower; (2) hlf. hdy., ann., yellow, climbing.
39. Candytuft White; (2) hardy, annual, white.
40. " " Fragrant; " " " diverse colored.
41. " " Mixed; (2) " " " diverse colored.
42. Cardinal Flower; (2) " perennial, scarlet.
43. " " Crested; " " " three col.
44. " " Dark Showy; " " "
45. Coekesomb Finest Dwarf; tender, annual, div. col.
46. Centaurea Dwarf; hardy, annual, blue
47. Clematis (Virginia Bower) Sweet Scented; hardy, perennial, white.
48. " " elegant; hardy, perennial, blue.
49. " " Fringed; " " " three col.
50. Collinsia Various Leaved; hdy., ann., purple and white.
51. " " Large Flowering; " " " purple and blue.
52. " " Cammellia Blue; half hardy, perennial, (1)
53. Cordials Yellow; hardy, biennial, (1)
54. Cateley Royal; hardy, perennial, (1) scarlet.
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56. Dahlia, Creole; half hardy, perennial, (1) purple col.
57. " " Fine Mixed Double; hardy, perennial, div. col.
58. Daisy, Postic; (Helios perennis); hlf., per'., div. col.
59. Feather Grass; hardy, annual, apetalous, white.
60. Geranium, Finest Mixed; per'., greenhouse, div. col.
61. Hollyhock, Finest Mixed; hardy, perennial, (1) diverse colored, double flowered.
62. Thibicus; Beautiful; hardy, annual, yellow and brown.
63. " " Blue; " " " blue
64. Horn of Plenty; " " " red.
65. Heliotrope Great Flowering; green house, perennial, blue colored.
66. Honey suckle, French; hardy, biennial, (1) red.
67. Hyacinth, French; perennial, diverse colored
68. Jasmine Carolina; half hardy, perennial, yellow.
69. Larkspur Branching; hardy, annual, div. col.
70. " " Chinese; " " perennial, (1) div. col.
71. London Pride Japan; " scarlet.
72. Love Grass; " " annual, apetalous.
73. Lobelia, Graciful; tender, annual, blue, trailing.
74. " " White; " " " white, trailing.
75. Lupens Gauntiana; hardy, perennial, (1) dark violet.
76. Loperia, Crowned; " " annual, red.
77. " " " " "
78. Laburnum, Scotch; hardy, perennial, yellow.
79. Mimosa Bordered, green house, perennial, pink.
80. Marigold, White Flowered; half hardy, annual.
81. Monkey Flower; greenhouse, perennial, scarlet.
82. Musk Plant; " " yellow.
83. Marvel of Peru; hardy, annual, diverse col.
84. Marigold, New Pigmy; hardy, annual, brown.

* Annual—lasting only one year.
† Biennial—lasting two years.
(1) flower the first year if planted early.
(2) Apetalous—without petals.
* Perennial—lasting three or more years.

- 85. Morning Glory, Scarlet; hardy, annual.
86. " " Large Blue; hardy, annual.
87. " " Clear; greenhouse, perennial, rose col.
88. " " Pippenel, Shirubay; greenhouse, biennial, scarlet.
89. " " " " Blue; "
90. Periwinkle, Madagascar; tender, perennial, rose.
91. Primrose, Great Flowering; hardy, perennial, yellow.
92. " " " " Purple; "
93. Pink, Double China; (2) " " annual, div. col.
94. " " " " Violet China; (2) " " " dark violet.
95. " " " " Imperial; (2) hardy, biennial, (1) div. col.
96. Sweet William, hardy, perennial, div. col.
97. Slipperwort; half hardy, perennial, rose col.
98. Veronica, Lindley's; greenhouse, perennial, white.
99. " " " " Showy; " " " purple.
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101. Wall Flower, Fine Mixed; greenhouse, per'., div. col.

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Purple, Light Green. White or English.
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East Early Wood Turnip. Short Green.
Large Wood Red.
Yellow Globe Margold Wurzel.
Lozbe.
Broad Beans.
Early White.
Large Purple Cape.
White Cape, or Sardinian.
Cabbage.
Early York, (1st early).
Early York, (2nd early).
Early Superior, (3d early).
Early York, (4th early).
Large French Cabbage, do.
Large English Drumhead.
Large Flat Dutch.
Cranstock or Premium Flat Dutch.
Large Bergen.
Large Early American Drumhead.
Red Dutch, for pickling.
Kohli Rabi.
Purple.
Long Solon.
Green.
Black Fall Spanish.
Rose Colored China Winter.
Glass.
Green.
Early Vining.
Spinach.
Fine Early London. Round, or Summer.
Large Late Arctic. Pricky, or Fall.
Large Early. Carrot. Large Flounder.
Large Drummer. Lettuce Leaved.
Large White Belgian.
Early Yellow Spanish.
White Solo. Early Bush Summer Coo-knock.
Early White Solo. Early, or Winter Coo-knock.
New Silver Giant, Solid. Autumnal Marrow, or Bo-soo.
Lima Coo-knock.
Large Machester Red Solid.
Lozbe Superb Seed.
Cress.
Carled, or Peppercorn.
Broad Land Cress.
Small Yellow.
Cucumber.
Early Roman, earliest known.
Early French.
Early Cluster.
Early White Spine.
Egg Plant.
Large Purple.
Large Purple.
Eradive.
Green Curled.
Broad Leaved.
Cured or Double.
Myrtle New Greenish.
Leek.
Large Scotch or Flag.
Large London.
Lettuce.
Mantana.
Early Corded Italian.
Fine Incurled Cabbage.
Large Green Ice-Head.
Watermelon.
Mantana.
Mantana Spout.
Large Island.
Spanish.
PICES: Single packages will be sent by return of mail for 15 cts., and six packages for \$1, and forty packages for \$5. Postage-stamps may be sent in place of small change. The heavier and more bulky seeds, such as early corn, beans, peas, etc., will be furnished by the quart or bushel at the regular price, and forwarded as freight, or by express, to any place desired. All cash orders, whether by mail or otherwise, will be promptly filled.
What we cannot furnish, we will refer you to the following varieties may be had by the quart or bushel:
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Early Red Cob Sweet. Bingham's Early Dwarf.
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Early White Flat. Smith's Early White.
Sweetest of Governors Sweet.
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Mantana Sweet, etc.
Peas.
Extra Early Mar.
Early Prince Albert.
Early Warwick.
Early White of June.
Early Washington.
Early Charleston.
Dwarf Blue Imperial.
Dwarf Blue Prussian.
Dwarf Marrow.
Large White Marrow.
Black-eyed Marrow.
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Cranberry.
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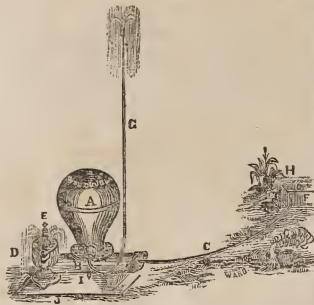
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