

I believe that if a burned part is from the first immersed in cold water—and it need be no colder than just sufficient to keep down all pain—no blistering can take place. In other words, I do not see how it is possible for a blister to rise under cold water. Now, if this is true, it must be a great deal better to apply cold than heat, because it is always best to avoid blistering, if possible; for a great deal of trouble, and especially in regard to constitutional disturbance, may come from vesication. No matter if it should

be necessary, in some cases, to keep up the cooling application for many hours, or even days, we only follow nature, I maintain, when we do it; and the safe and unerring rule is, to *suit the application to the feelings of relief*. If we keep on sufficiently long, water is sure in the end to "draw the fire out."

"But," says an objector, "cold water is liable to make the patient shiver and shake." In some cases, do what we will, there will be a *nervous tremor*, greater or less. The more soothing the application, the less of this there will be; and water, it is claimed, is, of all substances, that which best calms nervous excitement, of whatever kind. Besides, we need not use water so much or so cold as to create a chill. While we cool one part, too, we may warm another that is not burned, the feet for example; or we may drink warm water to promote general warmth, while at the same time we cool the burned hand or other part.

Another objector, if he have thought so far, may say blistering is nature's own method of cure; that is, she throws out, at the inflamed part just under the cuticle, a portion of serum from the blood, to moisten, lubricate, and soothe the injured tissues. The answer is, inflammation, or, in other words, heat, is the cause of that injury, irritation, or whatever we choose to call it. Now, if by the use of cold water we prevent all this accumulation of heat, there is, in fact, no need for nature to throw out a blister. The cold application does, in fact, aid her operations, so that the cure is effected in another much shorter and more genial way.

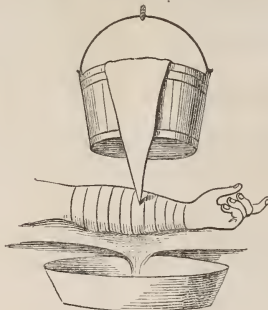
In case a part has been destroyed by the action of the fire, or blistering has taken place before it was possible to stop it, there can be no question, it seems to me, as to what will best aid nature in the reparative process. In another part of this volume I have explained as some length the great advantages of water as a local application in wounds. The same rules of practice, precisely, hold good here; and I repeat, if there is in the wide world any substance that can at all compare with water in promoting the healing of a wounded part, I have yet to learn it. In burns, as in all other injuries, water is the great panacea—just such a one as we would reasonably expect a benevolent, all-wise Creator would bestow.

In those cases of severe scalds and burns in which so great injury is done the powers of life that reaction does not at once take place, we should proceed the same as in any other case of sinking. We should not certainly chill the patient when he has no fever or pain, but should, on the contrary, take the usual means of restoring warmth. After fever and pain begin, it is time enough to treat them; and as to the constitutional symptoms generally, whether they be those of sinking or excitement, we are to treat them precisely as we would in any other case of fever."

NOTE.—With regard to the methods of making cooling applications in cases of burns and scalds, some further remarks will here be in place. In a former number of the JOURNAL we gave some illustrations of the manner of applying the principle of IRRIGATION in cases of wounds. The same are also applicable in the treatment of burns. We will suppose it a case of scald or burn upon the arm.

The affected limb is laid upon a pillow or a cushion, with a piece of oilcloth over it, arranged in such a way as to conduct the water off into a basin or other vessel, as seen in the cut. A bucket of water is suspended over the bed, or set upon a table near the patient. The inflamed part having upon it some lint or soft linen cloths, the water is conducted to these by means of a strip of woollen or other cloth, wide at one end and pointed at the other, and which, hanging from the bucket, the wide end being immersed in

FIG. 2.



IRRIGATION.

the water, conducts the fluid to the lint or compresses, on the principle of a syphon. The cloth should be of considerable width at one end, and cut so as to be of even taper toward the point. The amount of fluid thus conveyed will depend partly upon the weight and size of the cloth, and partly upon the depth of the vessel from which it is to be drawn. The temperature of the water may easily be regulated, according to the exigencies of the case. This method is, however, more suited for the cooling application, since, in the night, for example, warm water might become too cold. But in the refinement of French surgical practice, the fluid is sometimes kept at a given temperature by means of a spirit-lamp under the bucket, which in these cases must be of tin or other metal.

Another method of employing irrigation is to suspend two ropes of candle-wicking from the

FIG. 3.



IRRIGATION.

water in the bucket to the dressings, as may be seen in figure 3. But this is not so convenient or

effectual an application as the triangular piece of cloth before described. The ropes of candle-wicking act of course upon the same principle, but are less useful in practice.

Still another method is to conduct the water from the bucket to the dressings by means of a tube with a stop-cock, as seen in the cut. In case no stop-cock could be obtained, the irrigation might be regulated by inserting a cork or wooden peg in the tube, so shaped as merely to allow the water to drop. A little ingenuity will answer in all these cases. A good workman works well with the tools he has, as the old saying is.

The IMMERSION of a burned or scalded part in water, either tepid, warm, or cold, is easily ac-

FIG. 4.



ARM-BATH.

complished by having some such vessel as represented in figure 4.

The fluid is thus made to cover a larger part of the surface, and in all cases the soothing effect of a local application is in proportion to the extent of surface on which it is made to act. It is not merely the wounded or inflamed part that should be brought into contact with the fluid, but as much around and beyond it as may be necessary. An objection to this plan of immersion is, that the inflamed part must, in many cases, be made to hang downward in order to immerse it, which causes the blood to pass by gravity more freely than it otherwise would, to the place affected. The object is to drive away the superabundance of blood, and hence keeping the part in an elevated position is often the preferable mode.

After all, the old-fashioned mode of treating inflamed parts by simple compresses, is one of the best. True, we want all the helps we can have in such emergencies. But it is a great recommendation of Water-Cure, that we may, by very simple means, obtain its good effects. Thus, for example, if a person has scalded or burned his foot, he may have it rest in an elevated and comfortable position, with the simple compress upon it; and if the injury is not an uncommonly bad one, he may thus, by proper perseverance, obtain all the good effects of the cooling plan.

It should not surprise us to find water, simple as it is, the best and most agreeable of all applications, when we recollect how important a part it exerts in all vital processes. It composes by far the larger portion of the living body in health; and through its influence all the vital processes are carried on. Besides, there is nothing in the wide world that can at all compare with it in promoting the restoration of the growth of a wounded part, and simply for the reason that no other substance in nature holds so important a relation to the principle of life.

Water, when thus used locally, acts in various ways, which, to elucidate the subject more fully, may be explained as follows:

1. It regulates the *temperature* of the part, if we go according to the feelings of comfort; and it brings it to that degree of temperature which

is the most suitable for its healing, as well as freeing it from pain and other disturbance.

2. It permeates the finest tissues, and is absorbed freely, thus preventing all undue heat deep among the tissues, as well as upon the surface. It is better than any poultice, because it is *more easily absorbed*; it is less liable to change of properties than any other application—less cumbersome, and in all respects better, as experience abundantly proves.

TO MY SICK SISTERS.

BY DR. HARRIET N. AUSTIN.

HUMAN beings love knowledge, and knowledge they *must* have. So, from the sun, the centre of life, to the solar system, down to the animalcule, they have sacrificed time, health, wealth, comfort and affection, the better to be able to understand the relations of matter and of mind. It is most strange, that with all this desire and effort to acquire knowledge, they should have neglected themselves, and failed to attain a practical acquaintance with their own organization. There has been no lack of work in the way of curing human ills. Statesmen and poets, philanthropists and philosophers, are awake to the necessity of labor for human good; but they, for the most part, have spent their strength for naught; for whilst laboring for human salvation, they are in daily violation of the laws in obedience to which only can they hope to achieve good results.

The medical profession is intelligent. It holds sound theories in respect to health; and this is all, for its members for the most part live recklessly. The masses do not understand the conditions of living. Anatomy, physiology, pathology and therapeutics are to them a sealed book. In society, habits artificial and therefore enervating prevail. Men, women, and children eat, drink, work, sleep, dress, and think after modes which defy all nature. When the system yields to their daily outrages, instead of checking themselves to see what may be done to remove ill health, they immediately place themselves in the hands of those who professionally are to do their thinking and their cure. Hundreds of years of practice have shown the entire fallacy of this arrangement, to that degree that the PEOPLE are losing confidence in the profession. They are coming after all to doubt whether physicians are competent to accomplish what they undertake.

Within a few years, a new method of treating disease has been challenging public attention. Cures which, under the old method, would have been deemed miraculous, have been made quietly, yet to the astonishment of those who have been personally knowing to the facts; and so, gradually, the Water-Cure has come to be acknowledged as a system, having its newspapers, medical journal, and schools. The sick are looking at it, thousands are trying it, and to many, through it, Health comes with healing on her wings.

But many others are doomed to disappointment, because of their ignorance of its true, legitimate workings. Knowing little or nothing of the means or processes by which they become sick,

they do not comprehend the processes or modes by which they are to regain health. One of the greatest mistakes which they labor under, is in regard to the length of time necessary to their restoration. They have seen or heard of cases in which patients apparently lying at the point of death have in a few weeks been restored to sound health. They read reports of cases from Hydropathic physicians, in which diseases of long existence have yielded to the treatment at the expiration of one or two months. In forming an estimate of the time requisite for *their* cure, they make no allowance for the difference in vital energy, hereditary predisposition, social condition, or the complications which may exist in the case, simply because not informed on those subjects. Otherwise they could never expect that a body, every particle of which, perhaps, is tainted with scrofula, could in a few weeks be transformed by water or any other treatment into a sound and vigorous condition. Physicians in reporting cases for publication naturally choose those in which the patient has made the greatest apparent progress in the shortest time, and this accounts in some measure for the crude ideas people entertain in regard to the rapidity of Hydropathic cures; but we in doing this make extra work for ourselves, in having to teach our patients, after they come to us, that it is not by a *miracle* they are to be healed, but by patient perseverance in earnest working. When a patient comes to a Cure, and has had her examination, if the physician gives her encouragement as to the curability of her case, almost invariably the next question is in regard to the length of time necessary for her to take treatment; and if the physician, making a guess, gives her some idea about it, saying six, ten, twelve, or eighteen months, she is greatly astonished, and wonders what there is in *her* case which can make it so tedious and difficult. A practical knowledge of physiology and pathology will teach women the philosophy of obtaining health as well as of preserving it. There is no reason why we should not report cases in which the patient has lived for many months on the faith of *good to come*, instead of apparent improvement, for some of our most triumphant cures are of this class. In reporting cases from time to time, with a view specially to interest *the sick of my own sex*, I shall choose from among those which have come under my observation and care, those which seem to me most worthy of note, whether they required weeks, or months, or years of treatment. I propose to present one or two here.

Mrs. —, aged 43, came to our Cure in June, 1842. She was a native of New England, of consumptive family on the maternal side, and delicate from infancy. She had been very tenderly reared, and permitted to form habits in every way enervating. At 22, her father, to whom she was devotedly attached, died, which almost broke her heart, and left her drooping in body and spirit, and then commenced the doctor's work upon her. They gave her "*some sort of medicine*," she drank freely of cold water soon after, took cold, and had excessive swelling of the face, which occurred frequently afterwards. Not long after, she went South, and commenced teaching, and for eighteen years, amidst exertion almost incredible, she la-

bored to extinguish what of vitality she had remaining. For months in succession she would rise at four in the morning, and work incessantly till midnight, devoting the hours not spent with her pupils to writing lectures and fine needlework. While the other teachers took their noonday rest, she was teaching calisthenics, and often has she sat in school in such severe pain, it seemed to her she could not live. She underwent the diseases and consequent medication which Northerners usually suffer at the South. For a long time fever and ague was her standing plague. At one time she took *quinine, nine months in succession*, without experiencing the desired result. She then took a bold stand, and took a *large dose*, which *cured* her chills. During all this time she was engaged in the arduous excitement of her profession, but at last her physical part, completely exhausted, refused longer to obey the promptings of her ambitious mind, and she turned to Water-Cure for help. When I first became acquainted with her, she had been at the Glen some time, but I thought she looked as if her ease was one of those always to be marked "*doubtful*." However, as Doctor and Mrs. Jackson looked hopefully upon her, I tried to do so likewise. After a little while she came into my special department for treatment, and I of course became more intimately acquainted with her. She was greatly debilitated from long ill-health, and mucous irritation was excessive. She suffered more than any woman we have ever had at the Glen from prolapsus uteri; and the loss of tone of the ligaments supporting that organ, together with weakness of the abdominal muscles, was such that the case was abandoned by the most celebrated physicians she had had. In all my reading, I have seen reported only *two* cases at all comparable with hers, and neither of these was cured. Were it not for the delicacy attending minute description of a case like this, I am confident a candid and unvarnished statement of the morbid conditions of that organ, and those immediately allied to it, in connection with her general conditions of body, would place this case on record as one of the worst cases of prolapsus ever known. Close investigation led us to conclude that the prolapsed organ was forced into its abnormal position from general mucous derangement, and so on that hypothesis the treatment proceeded. No mechanical appliances were ever made besides the wet-ban dage, no replacement, no supporters, no pessaries or manipulations, no kneading of the bowels, no motorpathy, nor any thing of that kind. Believing that the special ailment was an effect, we went to the management of her case with a view to the removal of the cause.

Her treatment it would be tedious to detail; suffice to say, that she had chills, fever, diarrhoea, greatly increased urinary secretions, and a rash from neck to hip which made the surface look like raw flesh. She could not allow it to be dry five minutes at a time, and would have to wet her bandages from five to seven times a night. At the end of thirteen months she was fleshy, hardy, able to enjoy long walks, the prolapsus was over, and she left our institution hopeful and hearty. The last we heard of her, her husband wrote that she was enjoying excellent health.



HOVEY'S SEEDLING.

STRAWBERRY CULTURE.

THE beautiful large engravings with which we have the pleasure of adorning these pages, are simply truthful and exact representations of the vines and fruit of the two varieties of the strawberry indicated, as they appeared on the grounds of Mr. Charles A. Peabody, a successful and distinguished cultivator in Georgia, to whom, through the kind offices of L. F. W. Andrews, Esq., editor of the *Georgia Citizen*, we are indebted for their use.

Mr. Peabody has given to the public, in an essay on the subject, his plan of culture, and the principles on which it is founded, together with the results of his long and successful experience. This method is causing a revolution in the cultivation of this fruit throughout the South. The same principles, modified in their practical application to adapt them to differences of climate, should be brought to bear at the North and West. Their truth has been amply demonstrated by actual, practical, and permanent success. We copy from the essay referred to, the following

important passages, commending them to the thoughtful consideration of our readers, almost all of whom may and should be, to a greater or less extent, cultivators of that most delicious fruit, the strawberry:

THE FACT.

We had never thought of achieving any thing very wonderful in strawberry culture, until our success had been doubted, and ridicule thrown upon our method of culture, by some of the most eminent of the horticulturists of the North. But



LARGE EARLY SCARLET.

those who are disposed to doubt and ridicule will find it a hard matter to close their eyes against the blazing light of truth. It is a fact too notorious now for any one of respectability to dare to dispute, that we do cultivate acres of strawberries without animal manure of any kind; and that we have a constant succession of fruit from March until September; and this, too, in this hot climate of the South. We now begin too think we have achieved something wonderful, but not so wonderful when properly understood.

A HINT FROM NATURE.

We feed the plant for fruit, instead of for vine; and in this consists our success.

Intelligent experimental cultivators have long since discovered that plants have a specific food for their wood, leaves, and fruit. Physiologists know full well that it takes different substances to form the bones, flesh, and muscles of animals. And profiting by these hints in nature, we stint the luxuriant habit of the strawberry vine, and force the fruit.

SEXUAL CHARACTER OF THE STRAWBERRY PLANT.

Before giving the directions for planting and cultivating, it will be proper to give the sexual character of the plants, as upon a correct knowledge of this most important truth will depend the crop of fruit. The annexed cuts of the three different varieties of blossoms will explain to the cultivator how he is to guard against too many of the one and too few of the other.

The cut represented by Fig. 1 is what is termed an hermaphrodite plant; that is, it blooms and

impregnates itself. The stamens, marked *a*, are full of fine yellow dust, which, falling on the pistil, *b*, impregnates the fruit.

Of this class is the Large Early Scarlet. Fig. 2 is the sterile staminate plant. This is a large showy flower, and deceives many an inexperi-



Fig. 1.

Fig. 2.

Fig. 3.

enced cultivator with its false promises of fruit. This is strictly a male plant, never producing a fruit—consequently disposed to perpetuate itself continually by runners. One plant of it will in two seasons fill an acre bed, and will root out and take possession of every other plant. It should not be allowed to encumber the ground; it is easily distinguished by its long showy bloom, long stamens, and long anthers, as marked by *a*, in cut 2. The only use to which this character of plants can possibly be applied, is to impregnate the female or pistillate varieties with. It would be worthless for fruit after it had been done blooming. Fig. 3 is the pistillate or female blossom. It will be observed there are no stamens around the pistil, as *b* in the cut will show, but nearly every bud on the plant will produce a fruit, if impregnated by one of the staminate varieties. Of this class is the Hovey Seedling, which, so far, we cultivate in preference to all others. This, and the Large Early Scarlet, as they figure in the cuts, may be kept in fruit at least six months in the year, by following the few simple directions which we shall now give.

TIME OF IMPREGNATION.

In the first place, we shall speak of the time of impregnation; being fully satisfied that the generally-received opinion, that the strawberry is impregnated after the petals expand, is entirely erroneous. We have observed that both pistillate and staminate plants first open from two to six blossoms, which never make a fruit under any circumstances.

The accompanying large engravings fully explain this. They are sketched exactly as they grew. The Hovey is as perfect a fruit-stem as we have ever found, and yet there will be found two unimpregnated blossoms. The Early Scarlet is the most perfect of its class we have ever seen, and there will be found on the fruit-stem five sterile blossoms. This induced us to examine very critically to ascertain the precise period when the impregnation takes place. We have spent days, weeks, and months, analyzing the matter, and are now satisfied that a strawberry blossom once having expanded fully its petals without impregnation, never produces a fruit. We find that the first blossoms are the impregnators. The staminate opens as many as fifteen, which make no fruit, but generally average about six. The pistillates open from two to six. These were no doubt designed by nature as impregnators, but, as they prove sterile, have not the power of impregnating the buds below; consequently the plant is dependent upon the staminate blooms

near it for its impregnation. This is easily accomplished, as the pollen, or fine yellow dust, from the anthers of Fig. 1, marked *a*, scatters in every direction, and the least particle of it falling on the end of the unopened calyx, causes impregnation immediately. Hence, when the petals expand, the pistil enclosed in the calyx contains a glutinous matter, which firmly holds the fertilizing pollen, and carries it direct to the pistil.

The reader, no doubt, will remember having seen many fruits, melons, and cucumbers, that had perfect-formed fruit upon them long before the blossom opened. The same principle is carried out in the apple and pear; the fruit is formed before the blossom opens. Consequently, in the culture of the strawberry, where the pistillate requires impregnating, an impregnator must be cultivated that comes into bloom and continues in bloom as long as the pistillate; of this class are the Hovey Seedling and the Large Early Scarlet—both blooming as early as the frost will permit, and continue in fruit and bloom as long as moisture is given them. We have had from March up to August 20, one constant succession of fruit from vines of this description.

The accompanying cuts, marked *C* and *D*, are the show flowers of the Hovey's and Early Scarlet; *C* being the pistillate, and *D* the staminate. It will be observed they are larger and more showy than the blossoms marked Fig. 1 and 3; 1 being the impregnated Early Scarlet, and 3 the



C.

D.

impregnated Hovey. These were impregnated before the blossoms opened, and the germ of the fruit is plainly visible when the petals first expand.

THE SECRET.

The whole secret of strawberry culture is, to cultivate for fruit, and not for vine or blossom. Much depends upon the locality of the strawberry bed. No tree or plant should be near it; the strawberry loves shade, but not a shade that sucks its very life-blood out. The lowest part of the garden, the bank of some little stream of water, are proper localities, and where it is possible, select new land. As to the soil, our beds are on as poor pine land as gopher or salamander ever built into pyramids, and we believe it is pretty generally conceded now, within a circle of a few hundred miles, that we do occasionally have a strawberry. We do not know but a stiffer land may suit them better, but ours does well enough, and we are not disposed to act like that foolish man who "was well, wished to be better, took physic, and died." The strawberry may be transplanted any time from September until March. The plant, properly taken up, is very tenacious of life, and bears transplanting well.

DIRECTIONS, ETC.

The ground designed for the strawberry-bed should be ploughed or spaded as deep as tools can well make it. If the soil is light and thin, a thick coat of swamp-muck or partially decomposed leaves, with leached or unleached ashes, will be fine to turn under. After the ground is pulverized and levelled, mark it off into rows two feet apart. Now plant eight rows of Hovey Seedling and one of the Early Scarlet, two feet apart in the rows, and so continue until the bed is finished. We speak particularly of these two varieties, as we should consider it labor lost to cultivate a variety which only gives fruit three or four weeks in the season. And we have never found a finer fruit, in point of size and flavor, than the Hovey, and none finer flavored than the Early Scarlet. Care should be taken that the plants are put into the ground just as they came out of it; that is, with all their laterals spreading, and not all gathered together and crammed into a little hole. Now, if the object be to get a large number of plants for another year, keep them well worked with the hoe, and let the runners take root. The whole ground will be full by fall. But if fruit be the object, cover the whole surface of the ground with partially decomposed leaves or straw, and as the first runners begin to show themselves, take them off. Care must be used in taking off the runners; they should be cut, and not pulled off, as careless servants will ruin many plants. When the vine has once commenced fruiting, it will show but little disposition to run, as its whole effort is to make the fruit—particularly if the vine is not over-stimulated. It is not enough that the strawberry-bed is in a moist, cool location; for if the ground is moist, the plants want water to set the fruit, and to swell the fruit when set. It is asserted by some English cultivators that the plant should not have water when in bloom, as it washes the pollen away. This may do for England, but it does not do here. We care not how much water they have when in bloom. If the season proves dry, we give them water to set the fruit by artificial rain; and unless it rains twice a week, we give artificial rain to swell the fruit, and then we give artificial rain to form the next fruit-stems, and so on. Fear not to give too much water; water morning and evening.* If grass and weeds show themselves, use the hoe freely. After it is no longer an object to gather fruit, let the vines run and mat together. In the winter, go through with the hoes, thinning out to twelve or eighteen inches; leaving the cut-up vines to decay where they were cut; and then cover the whole bed with leaves, straw, swamp-muck, &c., but use no animal manure. Let the proportions of male and female plants remain the same as when first planted.

Let the cultivator remember the four great requisites for a profitable strawberry-bed: Proper location, vegetable manures, shade to the ground, and WATER, WATER, WATER.

The following plan is the proper one of planting the pistillate and staminate together; some plant every eighth or tenth plant of the staminate or males, but I prefer separate rows, as they are more easily distinguished from the pistillates or females. It will be observed, I place the plants

*Differences of climate and situation should of course modify this and other processes.

two feet apart each way; this is a greater space than the plants need. I plant this way to give the runners a chance to fill in the intervening spaces, which, if left to themselves and the ground kept clean, they will do the first season.

..... Early Scarlet.
 Hovey's.
 Hovey's.
 Hovey's.
 Hovey's.
 Hovey's.
 Hovey's.
 Early Scarlet.

After the plants have taken root and the runners filled in the spaces sufficiently, mulch the whole bed as directed before, and with the free use of water, a constant supply of fruit will be the reward.

STRAWBERRIES ALL THE SEASON.

We are astonished that in the moister, colder latitudes of the North, they do not have strawberries from frost to frost again. The heavy frost of the 16th of April, three years ago, took our strawberry vines in full fruit. We made an early rise the next morning, and walked out with a long countenance to look at the destruction. Trees, shrubs, and plants were stiff in the cold embraces of *Old Jack*. Alas! the fruit was all gone. We strolled into the strawberry-beds. The leaves cracked under our tread like glass. We picked a handful of large crimson berries, as solid as marble. Farewell, thought we, to strawberries for this season. But in fifteen days the beds were again crimson with the fruit; and the market-wagon daily supplying the market, which, in the absence of all other fruit, brought fine prices. This demonstrates that the strawberry crop is the most certain fruit crop cultivated.

Practical Water-Cure.

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

CASES FROM MY NOTE-BOOK.

BY E. A. KITTRIDGE, M. D.

Mrs. D—, aged about thirty-five, was taken with "enteritis," or inflammation of the bowels, of the severest kind—the kind that, in the old-fashioned way of "doctoring," it is considered "rueable," and absolutely essential to recovery, to bleed, "ad deliquium animi"—that is, until the patient faints—and generally this has to be repeated again and again; and then leeches to the abdomen "in numbers," and calomel and opium in sufficient quantities to "affect the glands;" and then, if the patient is possessed of a remarkably good constitution, he may recover from the disease, but not from the "remedies."

These "cures," as they are facetiously called, stick to a man just like a brother; only more so. The days of such men are generally few and full of physic, unless they happen to know enough to go to a Water-Cure institution, and get cured of their "cure."

Mrs. D— being opposed to the drug-system, having been "cured" so often with it that she

was almost dead, applied the water from the beginning, but not sufficiently to check the progress of the terrible inflammation; and when I was called, I found her suffering the most excruciating pain imaginable in the lower portion of the intestinal canal, accompanied by constant nausea, which is one of the distinguishing symptoms of enteritis. The pain, as is generally the case in this disorder, was confined to a space not bigger than a dollar, and can be distinguished from colic, etc., by this fact, and the character of the pain, which is unintermitting and very sharp; whereas in colic it is more of "a grinding and twisting pain;" now hard and then "awful hard," and anon harder still, and is not so circumscribed.

I dwell on these differences, because it is important to know at the beginning what you have to contend with.

In colic you have usually only functional derangement resulting in spasmodic contraction, which is easily removed by the prompt application of the wet sheet. It needs to be very cold, though, sometimes; but in the case in question you have to contend with the direct foe known to the intestines, namely, actual disease of the substance of the bowel itself, called "enteritis."

In this instance, the inflammation was of the peritoneal or outer coat of the bowel, which is generally much more severe than when the inner or mucous coat is affected. The patient was one who was scrofulous, had seen much sickness, and was therefore just the one to suffer severely from an attack of this kind; and not knowing the dangerous tissue implicated, she delayed sending for aid until it was nearly too late to make aid effectual. We, however, by the aid of wet sheets, half-baths, sitz-baths, copious injections, cold compresses, &c., succeeded, in the course of eight hours, in reducing the inflammation to such a degree that the pain pretty nearly all subsided; and we left her with strict injunctions to "keep the fever down at all hazards." But she had suffered so much during the thirty-six previous hours that her husband "couldn't bear to disturb her!" and, in consequence of this forbearance, he came very near losing his wife.

When he came for me the second time, the bowels had begun to swell, and continued to do so at a fearful rate, till the whole abdomen was as tense as a drum; and the nausea had increased to vomiting, with occasional hiccups; while the pain, instead of being confined to one spot, was all over the bowels, though not so severely sharp as at the first attack, but terrible to hear, especially as she was much enfeebled from her previous suffering.

On getting into the omnibus, after this visit, I encountered my esteemed friend, Dr. R—, one of the very first physicians in the city; on relating the case to him, he remarked that I would find it was carrying the joke a little too far, to think of curing such a case as that with cold water, and that I might depend upon it there was nothing but leeches, calomel, and opium that could be relied upon in inflammations of this kind!

At my next visit, I told the patient what my distinguished friend had assured me, and offered to "give up" to any drug physician that she might name; but she declared her mind was made up long before, "never to take drugs again, live or die." So of course I kept on.

The kind of leeches I employed, bit harder than any European ones I ever saw. They were fresh, being made especially for the occasion, out of the snow that fell the day before! which, in form of balls as large as a good-sized orange, and hard withal, were rubbed on to the abdomen—one an hour, for forty-eight hours. With these leeches, sitz-baths for calomel, and wet sheets for opium, we had the inexpressible pleasure of restoring a fine woman to her adoring husband and loving family, without feeling conscious that we had superinduced a train of disorders that could never be cured by the abstraction of the vital fluid of life, and the introduction into the system of one of the worst of poisons—especially for such a constitution as hers.

N. B. She is now, a month since the attack, as well as usual.

BRONCHITIS.

Mrs. H.'s little boy, about six years of age, was taken with acute bronchitis—a disease altogether different from what is generally called bronchitis, which is only an inflammation of the organs of the voice; in adults, caused by over-exertion of those parts, disordered digestive functions, and living in false conditions generally.

The disease under consideration is an inflammation of the lower part of the wind-pipe, so to speak. After the wind-pipe gets down to the lungs, it divides into two parts; one part going to one lobe of the lungs, and the other to the other lobe, and each part takes the name of *bronchia*, or bronchial tube.

Inflammation in the upper portion, or *trachea*, as it is called, is known to the faculty as *trachitis*, which often ends in croup and death, and is distinguished from all other complaints by the peculiar ringing metallic sound, so shrill, indeed, that it has been compared to the crowing of young roosters. In "Acute Bronchitis" there is some of this cough, but seldom any thing approaching in severity to that usually manifested in croup. The distinguishing feature in bronchitis, instead of being a peculiar cough, is the very peculiar way in which the inspiration is performed. The tubes being contracted, the sufferer finds it very difficult to supply the lungs with the necessary amount of air, and consequently makes great use of the muscles of the upper part of the chest to draw it in, which causes a sound somewhat similar to the noise made by a pump when it has nearly lost the water from its boxes, and causes a hollow just above the top of the "breast bone" at each inspiration, so remarkable, that one who looks with an eye to these signs can scarcely be mistaken.

This phase of the disease, like that of the upper portion of the breathing apparatus, is very dangerous, especially if neglected at the onset.

N. B. With due deference for the opinion of my highly valued friend, Dr. Trall, who in his *Encyclopedia*—a most valuable work in the main—says that acute bronchitis is generally of no more account than a mild pneumonia, &c., I beg leave to say that the acute bronchitis which children are so liable to have in the winter months, and of which I am treating, is one of the most deadly affections—especially when improperly treated, as it usually is—that twenty-three years' practice has afforded me an opportunity to witness.

In the particular case in question, they had not

been quite energetic enough in their treatment, though of the right kind; and the little fellow, when I got there, was struggling hard for his breath, and was evidently sinking rapidly. The very acute symptoms had passed away, and I ordered the application of snow to the chest—a ball as large as a billiard ball to be rubbed on every two hours till further orders. This was at 8 P. M.; at 9 A. M. the next day, he was decidedly better, and in a short time more he was out of all danger, though of course very weak for some time.

Half-packs and compresses were used in conjunction with the snow, but the snow saved his life.

HYDROPATHY AT HOME.

BY MRS. S. A. WRIGHT.

[The following statement derives additional force from the circumstance, that it comes from a woman who was for years engaged in the practice of medicine according to the mode of other schools. The writer is a sister of Miss Dr. Harriet K. Hunt, of Boston.]

To Mrs. WELLS:—At your request I will give you a brief sketch of my experience in Water-Cure Home Practice.

When our children had successively whooping-cough, measles, and chicken-pox, they were carried comfortably through without one particle of medicine, by what knowledge we had gained of the water-treatment. It is some three years since we came fully into this simple and natural way of treating diseases.

Our five little children (the oldest nine and a half, the youngest three and a half) fully know the comfort of water to allay irritation or inflammation, and when sick, ask for wet napkins, or a pack, as may be. They are very regular in their habits, taking their three meals a day; use no butter on their bread, take a bath every morning and a wash again at night; never have eaten any candy, and always have the windows open at night; are very hearty and healthy children.

Now I will tell of our experience in *scarlet fever*, that dreaded disease, which is the cause of so many hearth-stones being left desolate when treated with medicines. On Saturday, Oct. 15, our second son Theodore, aged three years, of bilious temperament, complained of being weary, headache, did not want to go to school, no appetite; not knowing that scarlet fever was in the neighborhood, supposed it merely a severe cold; as he complained much of his throat, applied wet napkins and gave a bath of tepid water upon going to bed; next day much worse, very feverish, could hardly speak; swallowed a little water with great difficulty; nausea, chills, and great prostration. We gave him frequent washings, wet napkins, a partial pack for the body. On Monday perceived a redness of the skin, very bad ulcerated throat, breath offensive, able to swallow nothing but a little water; and as the other children complained of not feeling well, vomiting, and chills, with fever, we now were sure what the disease was—scarlet fever with ulcerated throat. Our anxiety now was very great—could we meet the emergency? As we were now aware of the disease and the danger,

we took each child in season as the symptoms manifested themselves—wet napkin to the throat and stomach, bath of tepid water night and morning; a pack in the forenoon; immediately after, a thorough wash down with cold water. In this way Theodore improved, and the other four had it very lightly; though the eruption was out very full, they had only a little sore throat, nothing like ulceration. Theodore took only water for five days, fresh, soft and cold; after this rest from food, he began to rally; could swallow a little baked apple, or a few grapes; could speak, and eruption began to pass off. Now, Oct. 29, I can say with gratitude and joy, this dear child is improving fast,—appetite good, throat almost well, stomach and bowels in good order; and the rest of the children we call well. I forgot to say, during these twelve days of sickness, between bathing and washing and packing, we dressed them each day, led them round the grounds, and rode twice each pleasant day an hour at a time with them. Though Theodore was so very sick, we never kept him from the air, but supported him out, and lifted him into the carriage.

Now I have noted down these particulars for the encouragement of mothers, that they may have the moral courage to take care of their children, and not give them medicine. Think of the comfort to the child: water, pure and cold when burning with fever; or, when chills come, moderately warm; and then again, no after-consequences, no swelling of the body, no deafness, or decay of teeth, but a comfortable sickness and recovery. If parents would only train their children to good habits, early to bed and early to rise, simple and pure food, plenty of exercise, pure air both night and day, a bath always each day, and when indisposed, water-treatment as a cure instead of medicine, how soon would the list of infant mortality decrease, and what a different generation would rise up around us! I wish every mother would read the WATER-CURE JOURNAL; it would encourage and cheer her in this good way.

Mt. Boscain, Dorchester, Mass.

TYPHOID FEVER.

BY GEORGE HOYT, M.D.

In July, 1852, I was called to a gentleman in East Boston, having typhoid fever of more than one week's duration. I placed him under hydropathic treatment, with a promise of seeing him again the second day. On the 20th I visited him and found him doing well, in which state he continued without special change until he recovered.

On my second visit, however, I found his wife, who had watched over him with deep solicitude, and who was *anciente*, in the act of parturition. She was safely and quite speedily delivered, and under hydropathic management was comfortable till the fifth day, when she was prostrated with the fever, which she had evidently contracted of her husband.

Her symptoms were violent, and for a few days alarming. Knowing that the supervention of this fever in her condition is usually fatal, I had great anxiety for the result. But all my "prescriptions" were carried out with great exact-

ness, and a few days of "treatment" placed her out of danger. She soon recovered.

Meanwhile a sister of hers came to aid in nursing the wife; and hardly had the latter passed the acme of her disease, when the *former* was prostrated with the fever, not dangerously, though it is impossible to opine the result, but for the free and continued use of water.

To supply the place of the last individual, a sister of the husband appeared, a young woman of unusual physical power. She rendered most efficient help for a few days, when, to my astonishment, she also imbibed the fever, and was laid upon the bed; being the fourth case.

The husband, however, was rapidly improving; the wife had escaped the danger, and was in the "ascendant;" the case of the first sister assumed a mild form, and the fever of the last was kept "at bay" by our hydropathic appliances, till, like a sturdy champion, when no longer able to contend, it yielded silently and sullenly to the victor.

These cases passed through their changes rapidly, and recovered without a "taste" of medicine. My first visit was made the 18th of July, and my last the 13th of August.

Worcester, Mass.

CASES REPORTED.

BY WILLIAM A. HAWLEY, M.D.

CASE II. ABSCESS OF THE LUNGS.—The subject of this report (C. W.) is a lad of sixteen years of age; of a decidedly slender constitution, having never been hale and hearty as other boys. Still, of late years his health has generally been comfortable. On the 12th of May last he was attacked with scarlatina, which was prevailing at the time in his father's family and neighborhood. The characteristic eruption appeared but partially—on the extremities, not at all on the trunk—and disappeared wholly on the second day. Still he was not very sick, and soon got about so as to come to the table with the family. Just at this time he was seized with severe pneumonia, from which he did not get up till in July. From the result of the case, I infer that the right lung became entirely hepatized. The skill of all the most noted physicians of his region was taxed to the utmost, and after several consultations his case was, with one consent, pronounced hopeless. To their credit be it said, they drugged him but slightly. His parents would not give him up. What parent can give up a youthful son? There was one resource left. They could try the WATER-CURE. It was something of which they knew but little, yet it afforded a hope. They were told that to try it would be certain death to their boy, yet they determined to try it. They brought him here on the seventh day of July, extremely emaciated, and so feeble as to be almost helpless—entirely unable to walk, and almost to stand. Previous to leaving home he raised but little, and for some time had had but little cough. On his way home, the first day of his journey, an abscess in the lung broke during a fit of laughter, and discharged very profusely. The next day he had a period of coughing, during which, he raised another large quantity of purulent matter.

On his arrival here, his examination showed that there was a large cavity in the right lung, while the whole of the other portions of it were almost wholly impermeable to air. His pulse was quick and throbbing. Respiration quite rapid. Appetite very poor. His cheeks were almost continually the hectic flush. The bowels were inclined to constipation. Cough very troublesome, and expectoration profuse.

In this condition his case seemed almost hopeless, even to us; but he was here, and apparently too feeble to endure a journey of two hundred miles back to his home. We must receive him. We began the treatment very mildly, giving him at first only tepid dripping-sheets and hip-baths. During the first week he seemed to gain a little, and we began to pack him occasionally. The second and third weeks witnessed very little change, but at about the end of the third week of the treatment, there appeared all over him an eruption in color and form precisely like scarlatina. It continued out about the usual time of such eruptions, and gradually disappeared. About a week after this he was attacked with a severe dysentery, which alarmed us a good deal. It yielded to astringent enema in addition to the usual water-treatment. As he recovered from the dysentery he began to mend quite rapidly, and was soon able to ride and come down to his meals and to the parlor. We continued a mild treatment, making it more and more tonic as his strength increased, till at the end of about two months he returned to his home. There he continued to improve in flesh and strength, gaining about a pound a week till the middle of October, when he returned and spent a month longer with us. He was very greatly improved in flesh, and was able to walk several miles a day. The right side of his chest was considerably fallen in, and pectoriloquy was distinctly marked; showing that the cavity had not entirely healed, though it was evidently decreasing in size. The greater part of the lung seemed to have resumed its function to a very great extent. His breathing was quite easy, though readily accelerated by violent exercise. In fine, he seems on the high road to perfect health. [Saratoga Springs.]

General Articles.

PLEASURE VERSUS HEALTH.

BY MRS. J. H. HANAFORD.

"How are you to-day, Sarah?" asked Mrs. Orcutt of her friend Mrs. Brandon, as she entered the parlor where Mrs. B. was lying upon a sofa.

"Miscrable, as usual," was the reply in a languid tone, "and shall never be any better till I go to some watering-place and recruit."

"Have you decided where you shall spend the coming season?"

"No, Ellen, but I *must* leave the city, for I cannot endure the warm weather. Perhaps I may be able to persuade Mr. Brandon to take me to Newport, or some other watering-place near the sea. Don't you think sea-bathing would be good for me?"

"Sea-bathing *might*," was the laconic reply.

"You don't speak as if you thought it would; or if it would, you speak as if some other reason ought to prevent me from going. Tell me freely, for I really wish to recover my health, and that as speedily as possible."

"Well, since you ask me, Sarah, I will tell you caudally what I think. The fashionable watering-place is the last place for an invalid. Connected with the hotels are too often the bar-room and the ball-room, and as a consequence, noise, disorder, and dissipation unite to disturb the real invalid, while the mock-invalids, of whom there are not a few, whose object is pleasure rather than health, join in the festivities; and since they gain their object—pleasure—spread abroad the impression that a visit to such places will promote health, when the truth is, the really sick are 'nothing bettered, but rather made worse.' I certainly would not advise my friend to trust her aching head under the roof of a hotel at a fashionable watering-place."

"But could not one obtain board in a private family, where the noise would be banished, and yet one could enjoy all the healthful adjuncts of the vicinity—the bathing and sea-air, for instance?"

"Yes, I suppose such a home might possibly be obtained, but even then there are objections to such a mode of seeking health. In pulmonary complaints, as I fear yours is, the sea-air sometimes proves too bracing, and therefore injurious. And many persons of delicate constitutions are unable to bear the fatigue and exposure to the air, usually consequent on ocean-bathing."

"Well, where can I go for health, Sarah?"

"I should advise a good Water-Cure Establishment. Hydropathy will do more to remove your disease than all the sea-bathing in the world. I mean that the processes of the water-treatment are so adapted to the wants of the patient, that the desired result is far sooner gained by their use, and with less danger in their practice. A quiet Water-Cure, with just company enough for cheerfulness, and great sympathy between all, since all are invalids, added to the proper diet, so different from that in our modern hotels, and the healthful recreations enjoyed by the patients, will soon restore you to your former vigor, I think. I long to see my friend pursuing her accustomed duties."

"Your eloquence has so far won my heart in favor of a Water-Cure establishment, that I would go to one this summer, if I had not urged my husband so to take me to a watering-place, that I do not like to change and seem capricious."

"But Mr. B. can surely appreciate good reasons."

"Mr. B. will answer for himself," said a voice at the door. "I have heard a part of your conversation, but think I will go with Sarah to her first chosen place for health, and then, if she decides that such places are more suited to the devotee of pleasure than the seeker of health, we will try the Water-Cure."

A few weeks rolled away, and then the Brandons left their luxurious city home for the crowded hotel of a fashionable seaport. The very first hour spent in their new abode served to convince Mrs. Brandon that her friend's words were true; for the room into which they were

ushered, and which was to be their domicile; for the time they might stay, was as great a contrast to the large, airy, comfortable chamber they had left as could be wished, and the invalid's heart failed her as she saw how closely their baggage must be packed at the side and foot of the bed, in order to have it all in that little room. It would certainly be unsafe to leave it exposed in that Babel of confusion, as the new-comers indeed found their new home. Evening came, and from below them came the clash of the musicians, and the sound of busy feet, yielding but little relief to the aching head of the invalid, whose eyes refused to close in sleep till long after midnight, when the circle of gay ones was broken, and the house for a brief season was quiet enough for repose.

The discomforts of the hotel soon induced our travellers to seek a private boarding-house, which they succeeded in finding, and having now a far more comfortable home, promised themselves some benefit from bathing. But Mrs. Orcutt was to be proved a true prophetess: though, warned by her advice, Mrs. Brandon remained in the water but a short time, yet on emerging, though her attendant and husband exerted their ingenuity to prevent the invalid from taking cold by exposure on proceeding to their home, she felt the change sensibly, and her lungs soon gave evidence that sea-air and sea-bathing were not the requisites for her restoration. The kind husband delayed no longer.

"Here, Sarah," said he, "is a carriage at the door to convey us to the dépôt. It is time we visited the Water-Cure. You must be able to speak above a whisper very soon, or I shall despair of your recovery."

The trunks were speedily packed, and the Brandons again "on the wing." This time they sought a lovely rural retreat, where the Genius of Health and the Goddess of Beauty presided. The Water-Cure establishment and its environs were just the reverse of the hotels and accompaniments of fashionable watering-places, while in the cheerful countenances of her fellow-patients Mrs. Brandon read the assurance of her own recovery. But we will let her tell her own story in a letter to her friend Mrs. Orcutt:

"You were right, dear Ellen, and I am now willing to acknowledge that the Water-Cure establishment is the place of all others for me as an invalid. Would that I had come here sooner! My pulmonary symptoms have departed, and with the exception of weakness consequent upon some other diseases which I still have about me, I feel as of yore. And *such a beautiful* home as we have! It would do your warm heart good to see how social we are, and your cultivated intellect could find little fault with the most of our conversations. Fun and fancy may sometimes call forth the jest and the laugh, but real, earnest, practical, and philosophical discourse, prove our companions to be from the 'elite' of their own homes, and second to none in point of mental and moral culture and advancement. Poor I feel my insignificance among them, though they are too polite and too kind to intimate that they perceive it."

"The scenery in our vicinity is surpassingly beautiful. The prospect from the window of my own room is very fine; and as I sit there and re-

count to myself the privileges here enjoyed, and the great blessing of health which we receive, I am inspired with emotions of gratitude to God, the Great Founder of the Hydropathic system, for the restoration of health to the disheartened invalid, such as I was when I left you. Do you smile at my expressions, and deem me a little beyond the truth in my enthusiasm? Not so. Is not God the author of all 'good and perfect gifts'? And is not the knowledge of the Water-Cure system a blessed boon to man? Then am I not right in feeling grateful first of all to Him, and styling Him the source of my comfort and joy?

"A lovely lake lies near our quiet home, and there we frequently spend many happy hours. Botanical and mineralogical rambles aid us in the pursuit of health, so that my husband, who is an enthusiast on the subjects of botany and geology, says he shall really regret to leave this place, on account of relinquishing these delightful rambles. But what a long letter I am writing you, compared with the puny epistles which you received from that odious watering-place! You can see that my health is better, since my pen flies faster.

"There, my husband has come to accompany me on horseback, (what say you to that, when the sofa was my constant resort at home?) and I must close; but I do so reiterating that I believe the watering-places are only for the devotee of pleasure, and the Water-Cure home the true resort for the seeker after health, either of body or mind, since the body has so much effect upon the mind, and vice versa.

"Hastily, yet truly, your renovated friend,
"S. BRANDON."

It may suffice to add that our invalid soon resumed her usual duties at her own fireside, renewed in spirits and bodily strength, from her visit to the Hydropathic establishment. Invalid reader, "go and do likewise." [Vantucket.]

Dietetics.

ERRORS IN BREAD-MAKING.

NO. I.

BY A SHAKER.

BAD BREAD.

As eminent physiologist remarks, that "there is an almost universal carelessness about the character of bread, that thousands will for years, and perhaps as long as they live, eat *poor* bread, and never seem to think that they can possibly have any thing better. And if there is an individual occasionally troubled with some convulsions that his bread is not quite what it should be, he knows not how to remedy the difficulty; for it is a serious truth that, although nearly every human being in civilized life eats bread of some kind or other, scarcely any one has sufficient knowledge of the true principles and processes concerned in bread-making, and of the actual causes of the bad qualities of bread, to know how, with any degree of certainty, to avoid bad and secure good bread."

The writer of the following statements and

remarks thinks that bread is commonly injured in the making; that one portion of its nutritive parts is entirely destroyed, and another portion mechanically and chemically injured. And also, that the articles commonly introduced into bread operate to induce derangement of the chemical and mechanical functions of digestion, hence lessening the comfort and durability of life, by co-operating with the causes which produce disease and dissolution. And further, more flour is used up than ought to be, in consequence of the bad methods of bread-making.

WHAT IS BREAD?

Under the term Bread may be included every form of farinacea prepared for food. In the form commonly used, it is a compound of flour, salt, hops, leaven or ferment. Flour is composed of sugar, starch, gluten, and some innutritious matter. Salt is composed of muriatic acid and soda. Hops is a compound medical flavor, antiseptic, bitter and narcotic. Leaven is a ferment rotteness, a conserve of vegetable putrefaction! What is the use of introducing flour and other farinaceous substances into the stomach? It is, that the chemical and mechanical operation of digestion may manufacture therefrom muscle, bone, skin, &c.

EFFECTS OF SALT.

Can salt under the same circumstances and by the same means be made into muscle, bone, and skin? I believe not. What are the effects of salt on the human system after having been subjected to the process of digestion? Salt is an article almost universally used, but very rarely used understandingly; it is mostly used in small doses to stimulate the palate and to suit the taste, without regard to consequences. Wild beasts take it occasionally in a state of solution, and in large doses, but they use it more understandingly; the larger animals take from a half to two gallons perhaps at a time. Such an amount of saline matter will somewhat disturb digestion; the warmth of the stomach will aid its solvent powers to detach and dissolve accumulated mucus, and the probability is, that the excretory organs will bestir themselves, (as is the case with human beings when much saline matter is taken), force the solution through the intestinal tube, and so prevent it from entering the circulation. Salt has a two-fold action: a weak solution, such as sea water, dissolves animal matter; a strong solution arrests all action. As man takes salt, his case is different from that of the wild beast: he does not take enough at a time to disturb digestion, or to excite the excretory organs to any specific action; hence, salt must come under the action of chemical digestion, and will be decomposed; and the soda enters the circulation and mixes with the blood, and will operate there on the very delicate fluid particles which form bone and muscle, so as to soften and render them less firm when deposited. Such is my opinion, and evidence will hereafter be brought forward to prove that such is the case.

EFFECTS OF ROTS AND LEAVEN.

Hops, being very bitter, act as a stimulant to the liver; and being antiseptic, will, according to its degree, arrest digestion; and being narcotic, will, according to its nature, render that abnormal which God created normal. It should never be put into bread that children eat, and persons of mature years may with great propriety reject it. Leaven, when mixed with flour under the usual conditions of moisture and warmth suitable for kneading and baking, decomposes the sugar into carbonic acid gas and alcohol: actuous acid is also formed from decomposition of the flour. The formation of this acid gives the sour taste to bread so commonly met with. Though it may not be perceptible to the taste, very little bread is made wherein this acid is not formed; and the

leaven if allowed to proceed would ultimately destroy all the starch.

What is the object of using an article so destructive and wasteful of flour, and contrary to sound philosophy, wisdom and common sense? A mechanical effect is all that is desired from the chemical process. The wish of the baker is, that the bread may swell up and be full of little holes; the chemical changes are only incidentally regarded, and the loss sustained by decomposition hardly thought of. I may add that the starch and gluten not decomposed is generally injured and mechanically unfitted for easy digestion, having been so long subjected to the moisture and heat necessary to the action of the leaven.

Leavened bread fresh from the oven is hard of digestion, while unleavened bread is not. The reason may be as follows: the carbonic acid gas formed in the bread from the destruction of a portion of the flour, is a powerful antiseptic, and has imparted its peculiar effect to the bread, and hinders digestion; the mechanical condition of new bread, being soft and doughy, is also unfriendly to the stomach; hence, bread fresh from the oven should be placed in a current of fresh air, to carry off the moisture and the carbonic acid gas at the same time.

I do not approve of covering bread fresh from the oven with a number of thicknesses of cloth or blanket; it seems to me chemically unclean, unwholesome and repulsive. It is a filthy practice: much better to cut off the crusts and fix them up by themselves, than to injure the whole of the bread.

A well-raised, thoroughly-kneaded, and well-baked loaf, dry and friable, is a wholesome article of food; but the most of bread is flour in a state of ruin, and totally unfitted to be easily digested. Cut the crusts off, and put the loaf under the rolling-pin, and a few turns will press it into dough again.

Even should the bread be kneaded dry and friable, can my stomach be benefited by having introduced into it flour that has been subjected to the chemical and mechanical operation of vegetable putrefaction? Ferment or leaven is a power at war with vitality. The vital chemical action which God instituted, and set to work in the bodies of his creatures, is wonderful; and was and is designed to enable the digestive functions to control and exclude from their domain inorganic action—but the action of putrefaction, whether of a vegetable or animal nature; hence, to introduce within the precincts of vital action any thing on which putrefaction has begun, is in its degree contradictory and illogical; and more especially so, when the mechanical condition induced by inorganic action renders the material to be digested less vulnerable to the living chemical and mechanical operations of digestion.

Animal or material life is a victory over inorganic action; and when any individual animal ceases to be able to maintain that victory, death ensues, and inorganic action assumes the rule, and distributes the material parts to their respective elements. A mind instructed in these simple things and rightly exercised will always co-operate with the life-power; but those under the dominion of false habits and a darkened education will work with death and destruction.

Leavened bread may be of the best quality, yet still it is leavened; and though unwilling to state any thing harshly, truth, good and sound economy, and the highest material well-being of all, induce me to state that those who make or require it to be made, act contrary to the precept, "gather up the fragments that nothing be lost;" for all leaven causes loss and deterioration. Such being the case, with what kind of a countenance can rational creatures ask aid and Divine protection against destructive insects which infest their wheat fields? Will evil creative agencies not be able to maintain their ground against them, and say, "Much better to see millions of happy little weevils enjoying themselves in the rich milk of the forming seed, than to have the

mature grain dissipated in gas, injured with alkalies, or reduced comparatively to an indigestible dough?" Certainly they will. And the pertinacity with which men and women cling to error, will strengthen their plea.

How apt low men are to reason thus, when troubled on such subjects; "I have eaten leavened bread ever since I was born, and am not dead yet; and the softer it is, the better I like it. Your dry, stale bread is enough to choke one. I have heard folks talk about salutaris and soda as if they were poison; now I have seen my old granny take half a teaspoonful at a time, and it has never done her any hurt yet, as I see. Just start some notion or other that something is wrong about any thing, I don't care what it is, and there will be ideas enough to craze anybody." The order of progression in such minds is stern foremost: the back part of their skull covers their eyes; and they have the merit to stand rank and file with Milton's Devil, "who had a mind not to be changed by place or things."

LESSONS OF EXPERIENCE.

Statements, says the objector, may be made very clearly, and supported by scientific deductions, and seem quite plausible, but except long-continued experience endorse such deductions, they amount to but very little. And here I would call attention to the experience of those in our own country, in Great Britain, and on the continent of Europe, who are in the daily use of leavened bread, and a more energetic set of men, whether in the field, the forest, or the factory, cannot be found. From the same broad field to which you have referred me, I also refer you; and with regard to our own country, no greater or more prominent example of the effects of leavened bread and maltreated farinaeae can be, or ever was exhibited, than is presented in the condition of the people of these States. In the first place, they have had and still have uncommon privileges for physical development, and the social and political stimulus imparted to them exceeds all precedent, probably. When the American grasps his axe, he takes hold of independence, social distinction, and individual sovereignty, affording him means to buoy him up and over many dietetic errors; but what do we see? a nation of hale, strong, mature men, and tough old women? Nay, such is not the case: we see a nation of agricultural dyspeptics, a state of things never heard of before, an anomaly in the history of the race. From the people of these States have issued more complaints of gastric infirmities in one year than from the whole population of Northern Europe, Ireland, and North Britain, with her numerous isles, in fifty. I presume, who live principally on unfermented farinaeae.

The cause of these gastric infirmities is obvious. In the bake-rooms in this country you find *leaven*, shortening, salutaris. And on the table the bread is presented in a raw state; and wherever you go, this trinity and this condition of it is omnipresent, except among the slaves, who use a goolly portion of unfermented bread in the form of hoe-cake, mush, &c. With such fare as they have, they perform nearly all the agricultural and mechanical labor at the South.

On visiting the bake-rooms of the foreign countries just alluded to, these articles are not to be found, except on special occasions, when a portion of shortening may be used. Dr. Cullen, writing on this subject, states, "that nine-tenths of the people of North Britain live on unfermented bread, and farinaeae in other forms; and is of opinion that there is not a more healthy people to be found anywhere." In the walks of literature she is unsurpassed, in agriculture and its kindred arts she is unrivalled. She set the steam-engine in motion, and gave practicability to the power-loom; and the back-bone of the British Navy are mainly gathered from her shores and Northern Isles. A traveller asserts that a Scotchwoman of twenty-five will outwind two American women one after another; and give her a little breathing-time, and she will

enter the harvest field and level the grain at a rate that few American women would be willing to imitate. She may not play much on the piano; but she can play as well on the organ of utility and common sense as her western sisters.

The number of human beings who use leavened bread is but a small portion compared with those who do not. Millions upon millions of the boue and slaw of continental Europe; nearly the whole of Ireland and Scotland; the natives of this continent; the inhabitants of Africa, and of nearly all of the islands of the world, and the dense population of Asia in addition, live principally on unfermented farinaeae. And if we look into the Bible, we find that the Jews were commanded (not to fast, but) to feast seven days every year upon unleavened bread. Neither heaven nor leavened bread was to be found among them in all their quarters. The absence of leaven was to be regarded as a token of power and deliverance. Neither were they to present leavened bread with any sacrifice. Further, it can be proved, I believe, that wherever leaven prevails, there also the use of medicine prevails; and that more medicine is taken by, and more medical skill required to keep in a small degree of health, those who live on fermented food, than it does all the rest of mankind. But on such a subject as this no proof is required; for whenever flour has suffered any degree of decomposition, it can never be so strong or so wholesome as it was before.

VEGETABLE FOOD AND WINE.—DR. R. T. TRALL:

Dear Sir—Feeling, as I do, a deep interest in water-cure is calculated to improve and elevate our race, and believing that you are doing much for the accomplishment of this object, I eagerly read all that falls in my way, treating on this subject.

The articles on Vegetarianism in the WATER-CURE JOURNAL are opening the eyes of thousands to the evils of a flesh diet, and the superior advantages of a vegetable diet.

In the *New York Tribune* of Oct. 4 is a review of a book by George S. Hillard, entitled "Six Months in Italy," in which the writer says: "It holds a unique position among books of travels. Free entirely from the off-hand, dashing, colloquial tone in which modern tourists so often find it convenient to indulge, it is no less remarkable for the exquisite refinement of its style, than for the cautious and guarded character of its statements. It contains no random assertions. Every word has been carefully weighed. The author speaks with the precision of a witness under oath." The following paragraph on Temperance I wish you to comment upon, and let us know whether vegetable diet leads to intemperance and fighting.

Very truly, your friend,
D. B. HALE.

"TEMPERANCE.—In regard to temperance, I am inclined to think that the inhabitants of Southern Italy, and of the wine-growing countries generally, enjoy a reputation somewhat beyond their deserts. It is true that it is very rare to see a man absolutely drunk; but it is not uncommon to see those who have drunk more than is good for them. But even where excess is avoided, the constant use of wine in considerable quantities is unfavorable both to health and good morals; to health, from the febrile and inflammatory state of the system to which it leads, and to good morals, from the irritability of temper and quarrelsome spirit which it induces. If the proportion of the cases of stabbing brought to

the Roman hospitals which occur in or near wine-shops could be known, I have no question that it would furnish a strong fact wherewith to point the exhortations of a temperance lecturer. There is an added temptation to drink abundantly of wine, from the nature of the usual food of the common people. This, being principally vegetable, does not, especially in cold weather, supply the want of nervous energy, but leaves, even when the appetite is satisfied, a certain dull and indefinable craving, like being filled but not fed. Wine relieves this sense of flatness and inertness by the momentary glow and fillip it gives to the languid blood; but the relief thus derived is like the heat of a fire of thorns, and there is thus constant inducement to repeat and increase the remedy. If the common people of Rome and its neighborhood could eat more meat and would drink less wine, there is little question that their health and morals would be the better for the change."

[REMARKS.—Mr. Willard may have observed aets and facts correctly, and stated them truly. But that does not make him an oracle of philosophy. His reasoning is perfectly absurd, and has already been refuted by vegetarian writers a hundred times. Flesh-eating is the parent of wine-drinking, there as well as here. Take away all flesh and all wine, and substitute good vegetable food, and we would be willing to answer for the consequences.

VEGETABLE DIET.—An animal diet, especially in temperate climates, is more wasting than a vegetable, because it excites, by its stimulating qualities, a fever after every meal, by which the springs of life are urged into constant and weakening exertions; on the contrary, a vegetable diet tends to preserve a delicacy of feeling, a liveliness of imagination, and an acuteness of judgment seldom enjoyed by those who live principally on meat.

RAISING APPLES.—In Homer's time the apple was regarded as one of the *precious fruits*. The varieties that may be produced by cultivation are innumerable. A catalogue of the London Horticultural Society, published in 1831, enumerated 1,500 sorts of apples; and Mr. Cole, author of the "American Fruit Book," says that more than 2,000 have been produced in the State of Maine.

I can imagine no branch of agriculture, "domestic economy," or even "political science," more useful to mankind than that of raising good apples. This kind of farming would tend wonderfully to elevate the human race above its swine-eating propensities. At present a large portion of the apple crop of the world is perverted to hog-feeding and elder-making—neither animal nor liquor, when fed or made, being fit for food or drink.

A little attention to pruning, budding, grafting, and transplanting would enable our American farmers and fruiters to supply our markets, profitably for themselves, with an abundance of sweet, mellow, luscious apples, so rich and savory, indeed, that but little else than a piece of good bread would enable the veriest epicure to make a luxurious meal.—Dr. Trall's *New Cook Book*.

Matrimonial Correspondence.

COMMUNICATIONS for this department must not exceed a single letter page; must be in prose; must be carefully and legibly written; and must not be accompanied by the true name and address (over 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. XXV.

I AM a little less than twenty-five years of age; tall, straight, and tolerably good-looking too, though no one would say handsome. In my temperament, the nervous predominates, with a good share of the sanguine and bilious. I am the son of a genuine old-fashioned Vermont farmer, and hid fair to become one of the same stamp myself, although, perhaps, with some modern improvements attached; but I can turn my hand to almost any thing else; from making a hoe-handle to preaching. By trade, I am a carpenter and joiner; in politics, a Whig; in medicine, I adhere to Hydropathy; in dietetics, I am a vegetarian; and in religion, a freethinker. And now, if the Publishers of the WATER-CURE JOURNAL will be so kind as to give this a place among its fellows in their JOURNAL, and it should fall under the eye of some plump black-eyed miss, not over twenty, who is a vegetarian, and whose sentiments would not clash with mine in other respects, why—"that is"—just let her make it manifest as the Publishers of this JOURNAL have directed, and we will then take further consideration upon the matter. J. E.

Burlington, Vt.

LETTER NO. XXVI.

..... You know a lady must never own she wishes to marry. But if I did wish to, I will just tell you what kind of a helpmate I should want. He must be tall, dark curly hair, (should prefer black), large black eyes, with heavy eyebrows, prominent nose, rather large mouth, good teeth, clear dark complexion, a broad, full forehead, an impressive manner, free and easy in conversation, with sufficient wit to appreciate wit in others, but no more. I should not like a *sadistic*. Reasoning powers pretty well developed, at least sufficiently so to hold a young *foresie* in check by the force of reason alone. I presume any man who may risk his hand and heart in partnership with the writer a pretty broad field wherein to display his argumentative faculties. One thing I forgot—he must not be lame; (deformity can be pitied but not wedded). Finally, he must be rich enough to take two REFORM JOURNALS at \$1 a year, and a newspaper. I prefer the West to the East, because the people are more friendly and have less pusillanimity prior, yet I am not very particular. Address BERTHA. [Luburn, N. Y.]

LETTER NO. XXVII.

..... I am a vegetarian in belief, and in practice as far as circumstances will at present allow. I am also a firm Hydropath, both in belief and practice. I can boast of none of the accomplishments which are attained at a fashionable boarding-school, but for three years past have made nature my study, and to understand and obey her laws has been my desire. I have a healthy and well-developed physical organization, and a large and evenly-developed brain. I am twenty-three years old, rather above the medium height, with no beauty to boast of. I have for more than two years worn the Bloomer costume, and find it the most comfortable and convenient dress I have ever worn. I do not wear it because Mrs. Bloomer or Lucy Stone does, but because I believe the health and well-being of both the present and future generations depend upon this more than any other reform of the present day. I love the country, and should prefer a home among its green hills, but being naturally cheerful, happy and contented, I could enjoy life in almost any situation where the intellectual, moral and social faculties could have proper exercise. I have warm affections, and want a companion who is capable of reciprocating them; for to me the sweetest moments of life would be those spent in the society of a true and sympathizing companion, not in fretting, complaining, or repeating the latest piece of scandal, but in that sweet social intercourse which adds so much to the enjoyment of the true husband and wife.

In a husband, the following qualities would be desirable: Steady industrious habits, a noble, well-cultivated intellect, high-toned moral sentiments, warm social feelings, and a mild, amiable disposition. I do not want a firebrand nor an iceberg; but, in this, a noble, warm-hearted, whole-souled man, and a thorough reformer, whose views and feelings are congenial to my own; one who is tall, well-pro-

portioned, and under thirty years of age, would be preferred, though not positively required, as congeniality of soul has much more to do with happiness than age or stature.

Should any gentleman who reads this communication feel desirous of making my acquaintance, he can learn my name and post-office address by applying to the editors.—ELIZ.

LETTER NO. XXVIII.

I AM the daughter of a farmer, and understand the art of housewifery in its different branches, and know how to cook *Hydropathically*. I have been a reader of the JOURNAL more than five years, and have not only read it, but have likewise practised its doctrines. I do not eat animal food, (if milk and eggs are not considered such.) I drink nothing but pure water, do not sleep on feathers, and am utterly opposed to self-murder, (tight lacing,) and in favor of the Bloomers. I should not like to be confined entirely within doors. Have had some experience in the process of grafting, the cultivation of fruit trees, flowers, &c., and have been engaged a few seasons in instructing youth. I have an ear for music, but I profess a dislike to the notes or intonations of either the hog or the goose.

I should wish my companion to use neither tobacco in any form, intoxicating drinks, nor profane language. Now, who will lend me a helping hand in this great work of reform?

In conclusion, I will say, I am about thirty, have warm affections, and should wish my companion to possess the same. The Phrenologist says I am not calculated for a life of "single blessedness," and I think we ought to look at this subject phrenologically. DUEKNA.

LETTER NO. XXIX.

I DESIRE an intelligent, industrious, vegetarian wife, of a gentle, yielding nature; beautiful, with rosy health and smiling face; of less than twenty years of age.

Now, gentle readers, judge for yourselves. I am on the sunny side of thirty, rather melancholy, from lady-treatment—have never been from home; have neither dignity nor wit; am considered small among the tall sons of Cumberland mountains; possess very common sense, but am as immovable as a rock, deep planted in the earth. I once thought to be a poet, but have long ago given up the idea. I obey, of necessity, the command, "By the sweat of thy face thou shalt eat bread all the days of thy life."

I shall be happy to exchange names with any fair readers of the JOURNAL who are pleased with me. I think that I would make a good husband, able to repay the warm affections of a high-minded, noble woman. RURAL BOY.

LETTER NO. XXX.

I SHOULD like to find a companion; and if you can, in the circle of your acquaintance, suggest a vegetarian lady, eighteen or twenty years of age, who is desirous of entering into the matrimonial relation, I shall be very much obliged to you. The essential qualities are, a medium share of common sense, and as much general knowledge as possible; one who can entirely dispense with tea, coffee, tobacco, and other things of a similar character, more or less injurious; a thorough vegetarian, and one who could cook without the use of lard and meats of any kind; one who is not at all behind the times, and who is a RADICAL REFORMER. Such a lady would find a true husband and companion in me. H.

LETTER NO. XXXI.

A NEW mode of forming matrimonial alliances truly! to present one's own character to the public and state requirements. I do not ask attention for myself, but to a cousin. Well, in the first place, her object in life is, and has been, to do good. Is a thorough reformer. Is efficient in business, and thoroughly versed in domestic economy. Has spent several years in teaching. She has a fine intellect, is benevolent, affectionate, and good-tempered. What more could one wish? Age thirty-two. As to looks, is tall, and rather slender. Has regular features, a good complexion, dark brown hair, dark eyes. Well, she is what is called good-looking. But, then, don't I know gentlemen care nothing for looks? With her, beauty would be a minor consideration. But good common sense, a benevolent and affectionate heart, would be to her indispensable requisites. Were I to choose for myself, I should decidedly prefer the character of *letter Number Ten*. But my health, which is rather poor, prevents me from availing myself of the present facilities of striking for a husband.

If any wish further particulars respecting her character,

perhaps Mr. Fowler would inform them, if applied to, as he is personally acquainted with her. ALICE LINDE.

LETTER NO. XXXII.

HAVING seen the advertisement of E. J. C. in the January number for a wife, I concluded, after a consideration, to write; and if he should suit me, I don't know but I might accept his hand in marriage. I think I would be to him all a wife need be; industrious, economical, ever trusting and ever expecting to be trusted; cheerfully performing my own domestic labor; striving with care and taste, to throw around his home a charm irresistible; to render the fire-side a bright scene and a happy spot. And when moments of sadness intercept the tenor of life, with a light and happy heart I will soften his troubles, and chase the stray cloud away. Such, I think, is woman's right.

I am under thirty; can do washing, cooking, sewing, but do not understand French. As for music, I can make a little with my tongue. I possess very warm affections.

If you will introduce me to E. J. C., I should be happy to make his acquaintance. MARY EARNEST.

LETTER NO. XXXIII.

I AM alone in the world, and being well advanced in life, I want a *widow* who is from twenty-eight to thirty-five years of age; that has a sound mind in a well-organized and healthy body; who is acquainted with the *hygienic laws*, and is a Hydropath and Vegetarian, able to do and versed in the work which farming women do; who wants a kind husband and a good home. One with one or two children, with or without property, would be accepted. If such an one will write her name and address, directed to T. E. C. Dixon post-office, Scott county, Iowa, she will be attended to. I am a farmer, and own one hundred and seventy acres of land in this county, on which I live, in good society, (but sparse population), in a healthy place. I profess and try to practise the duties of religion; am Temperance, in all that word implies; am a Hydropath, and Vegetarian; am generally healthy; have had and brought up one family; am not rich, but comfortable to live, with good industry and frugality. DIOR GOODENOUGH.

A WATER SONG.*

BY J. E. SNODGRASS, A.M., M.D.

Your revelling bards may sing of wine,
Whose sparkling draughts excite the brain,
Causing the footstep to incline
To paths where every step is pain;
The draught we sing
No pain will bring.

Though thousand times the enp we drain,
Chorus: The draught we sing, &c.

No sparkling beads it sendeth up,
To dance like sirens round the brim,
Beckoning poor mortals to the cup
Where lurks full many a demon grim;
But Hygeia fair
Inveth there.

The man who thirsts, and blesses him.
Cold water from the rock-bound spring,
Or from the deep-sunken well,
Is first of remedies to bring
Heath where diseases e'er befall.

Blest remedy!
Round thee I see
The hopes of millions gathering.

When fever's light their scorching flame
Within the breast and in the brain,
Sending through all the anguished frame
The boiling currents fraught with pain,
Blest water, thou
Canst cool the brow,
And bid the floods subside again.

Thou art the true Catholicon,
The pancha God hath sent!
Thou dost from earth's own bosom born,
And not from tubes like serpents bent.
From such a cup
'Tis well to sup:
It bringeth health to every one.

The Arab from his desert spring,
And noble from the Thames or Rhine,
May snatch alike the boon, and dream
Of bliss never found in maddening wine.
Fill, then, the bowl,
And quaff the whole,
And all besides forbidden deem!

* Written soon after the author's recovery from a severe attack of pleurisy by means of water-treatment. The case is reported in the HYDRO-PATHIC QUARTERLY REVIEW, No. 3, p. 102.

The Monthly.

NEW YORK, APRIL, 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 conferring health on men.—CICERO.

REJECTED ARTICLES.—We cannot engage to return rejected articles, nor give the reason why we reject them. Most, if not all, of our correspondents 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 doubt at the same time.

APRIL AGITATIONS.

BY E. T. TRALL, M. D.

OUR THEME.—Eating, drinking, bathing, breathing—how much of human weal or woe is concentrated around these four two-syllabled participles! Must we forever harp on this quadrangular topic? Shall we for ever ring the changes of rhetoric and logic, of science and philosophy, of facts and statements, of statistics and arguments, in the ears of human, reasoning, thinking beings, on subjects which instinct regulates unerringly in all the lower orders of animals?

When we look over the morning papers, our eyes fall, once a week, on the tables of mortality. For several weeks past the average number of deaths in this city has exceeded five hundred per week. Of these about one-half were of children.

Now, we know that about one-fourth of all those deaths were *unnecessarily* occasioned by *bad eating*; one-eighth at least by *improper drinking*; as many more by *total neglect of bathing*; and one-third of the whole number by *erroneous breathing*; leaving less than one-quarter of the total number of deaths to the account of accidents, casualties, "old age," murders, suicides, "found drowned," apoplexy, "visitation of God," starved to death, "perished from exposure," "died from want of proper medical aid," &c., &c.

The diseases whose mortal columns figure the longest are *consumption* and *convulsions*. And the mortality from each of these diseases has been steadily increasing for many years, despite the many wondrous discoveries which "legitimate" medical science is, with every change of the moon, bringing to bear upon them.

In several of the weeks of the last two

months, deaths from consumption have exceeded *seventy*, and deaths from convulsions have exceeded *forty*. Probably every one of these cases resulted mainly from a misuse of two of the four life-giving or life-destroying influences we have placed prominently at the head of this article, viz.: *eating*—*breathing*.

Of the children who die of convulsions, the cause of death can in at least nine-tenths of the cases be traced directly to *improper food*; and of as large a proportion of those who die of consumption, the cause can be traced directly to *insufficient breathing*. Are not these matters then worth agitating still, and worth harping upon continually, until doctors shall comprehend and the people shall become wiser?

If the cholera, or any unusual malady should appear among us, and sweep away twenty or thirty per week, would not the people be alarmed, and panic prevail, and terror reign? And is a pestilence more dreadful because it seldom afflicts us; or less to be regarded because it destroys unceasingly?

We assert, and challenge all the doctors of all the earth to show the contrary, that *no person can ever have consumption whose lungs are kept properly expanded*. No person, in other words, who breathes deeply, and fully, and sufficiently, so as to fill all the air-cells of the pulmonary tissue, ever did, or ever will, or ever can have consumption. Before any one can by any possibility get consumption, he must in some way close up some of the air-cells: and the air-cells can only be closed by a misuse or inefficient action of the respiratory apparatus, or a want of a sufficient quantity of air.

And convulsions in children can be as surely prevented by proper diet, as consumption can be prevented by proper breathing. Will any one, in view of these premises; in view, too, of the fact that our popular medical men, instead of teaching us what to eat and how to breathe, and thus preserve health, are drugging the whole race continually, and thus perpetuating and multiplying their maladies; will any one, we say, wonder at the assertion of Sir Astley Cooper that "the science of medicine is founded on conjecture and improved by murder;" or the declaration of Dr. Gregory that "medical doctrines are little better than stark-staring absurdities?"

HORSES, DOGS, SAUSAGES, AND SCIENCE.—The *Boston Pathfinder* of a late date makes a furious onslaught against horse-fed

pork and dog-made sausages, which, it seems, Bostonians as well as New Yorkers sometimes dine upon unconsciously.

The *Pathfinder* says: "No little consternation was produced among the flesh-eaters of this vicinity by the discovery, a few days since, of evidence that a certain sausage-maker in an adjoining city was in the habit of converting his neighbors' dogs, which he enticed within his premises, into that delectable article of food by the manufacture of which he obtained his living. The mingled indignation and disgust evinced by certain persons known to possess strong appetites, but tender sensibilities, were particularly edifying to vegetarians.

"But another abomination, equally loathsome, and much more extensive, has been brought to our knowledge, on good authority. We are assured that there is now in operation within three miles of State street, a large establishment, owned and carried on by a wealthy capitalist, at which the carcasses of horses, dying either from disease or accident, are worked up for various purposes. The flesh from these carcasses, after boiling, is *fed out to swine*—about ninety of which animals are constantly kept at the establishment, in process of fattening for this market. Numbers of these horse-flesh-fattened hogs are known to be disposed of annually in Quincy Market—so that no eater of pork in this city can ever be certain that he is not polluting himself with concentrated corruption and disease, in their most revolting form! Of the two, we think sausages manufactured from healthy dogs (and the sausage maker referred to protests that he selected none but the healthy for his use) much preferable to pork fed upon the flesh of old and diseased horses!"

Now, Mr. Boston *Pathfinder*, we recommend you to get "posted up" on these subjects, and then to retract all you have said. If you were in the habit, as we are, of reading all the medical and scientific journals, you would discover that the foulest, filthiest, rottenest, putridest animal carcass imaginable, be it of horse, dog, hog, fowl, or of cattle, puppy, pig, or buzzard, is perfectly sweet and wholesome food!

Let us refer your ignorance and "prejudice" to the *Annual of Scientific Discovery* for 1853, page 343. You may there find an article copied from the *Journal de Chimie Medicale*, for March, 1852, wherein the conclusions arrived at by M. Reynault, in relation to "the effects of swallowing viru-

lent matters on the digestive organs of men and animals," as deduced from numerous experiments, go to show that diseased or putrid animal matter is perfectly wholesome. Among other "conclusions," M. Reynault concludes:

"That whatever the explanation may be, it is proved, indeed, that pigs and fowls do not undergo, either in their health or in the quality of the products which they furnish for the consumption of man, any alteration in consequence of having been fed with matter from animals which have died of glanders or farcy, carbuncle or madness, and that men may eat without danger the flesh and products of these animals thus nourished."

"That there exists no sanitary reason why pigs and fowls should not be fed with the remains of the *clos d'ecarissage*, whatever they may be."

"That, however comprehensive may be the repugnance of man to consume meat or milk from cattle, pigs, sheep, or fowls, affected with contagious diseases, there is really no danger in his eating cooked flesh or boiled milk furnished by these animals."

There you have it. Isn't it satisfactory to know, on authority both scientific and medical, that, however much your butcher, or sausage-maker, or milk man, or butter-dealer, or poultry-vender, or horse-jockey, or distillery-brew-manufacturer, thinks he cheats you in the quality of the article, you are not harmed in the least! Thank us for putting you in the way of this enlightenment—*quod erat demonstratum!*

PARISIAN TREATMENT OF CHOLERA.—A young American physician in Paris, writing to the *New York Medical Gazette*, informs us of the various methods in which cholera has been treated there by the leading physicians, during the past winter. The only interest the information can possess for our readers, in view of the probable prevalence of cholera in this country the present year, is in showing them that Allopathic physicians all over the world are in the same confusion now, as to its theory and treatment, that they were the first day the disease made its appearance. Thus, M. Aran uses *warm, aromatic, alcoholic drinks and opiates, astringent injections, nitrate of silver, &c.*

"He is now trying," says the writer, "*saline injections.*" Andral prescribes *punch and sinapisms*. Guerdar gives *wine and alcoholics*, which he alternates with *ice*, according to the state of the stomach.

Rostan gives *hot, aromatic, alcoholic drinks, vapor baths, sinapisms, ice, soda-water, and opiate injections*. A provincial physician recommends *iodine*.

Brignet prescribes *laudunum* in drinks and injections, *frictions*, and a treatment *entirely narcotic*. Cruvillier administers *stimulating drinks, spirits, blisters, and sinapisms*. Piony relies on *pure air!* Grisolle gives *stimulating infusions, ice, seidlitz water, and opiates*. Rayer prescribes, in the beginning, *wet-cupping* on the *epigastrium* and *abdominal walls*, and *opiates*. When the *pulse fails* and the patient *becomes blue*, he stops the cupping, and *stimulates*.

Such absurd and contradictory methods of treatment, with nearly equal results, ought to satisfy thinking persons that it is time to look at the subject without looking through an apothecary-shop.

DOCTORS AND SICKNESS.—An exchange, in noticing the influence of this Journal, propounds a problem which we feel rather delicate about discussing; but as it suggests a subject worth investigating, we pass it along for the consideration of whom it may concern.

"We once heard the remark—'Where there are no doctors, disease will die; and were it not for disease there would be no doctors.' This observation had special reference to the 'old school practice,' and notwithstanding its severity, we apprehend it has a great deal of truth to sustain it. A sickly neighborhood will as invariably collect a swarm of doctors as a pot of honey will collect a swarm of bees; *vice versa*, a neighborhood thickly settled with doctors always happens to have a great deal of sickness.

"Now the question occurs to us, if like begets like, if doctors beget sickness and sickness begets doctors, are doctors and sickness alike?"

THE BEARD QUESTION.—The question of long beards, or short beards, or no beards for men, is just now being discussed in the papers, and assuming an importance hardly second to that of "Bloomers or no Bloomers" for women. A contemporary has so well presented the historical aspect of the question that it is worth placing on record. The physiology of the subject we may consider hereafter.

"The question of beards or no beards is not a new one, by any means. Whether it is proper and becoming or otherwise for men (we leave women out of the question,

on this occasion) to permit the covering which nature has given them to remain, has been a matter of controversy from early ages. In the first ages of the race, the Beard Party had its own way. The Anti beard Party had its origin in Egypt, probably headed by a few 'strong minded men.' But they were not brazen enough to entirely divest their faces of the ornament which nature had provided; they merely trimmed the corners of their beards, or, in modern vernacular, they wore goatees. In time it became a subject of controversy among the Israelites, but Moses put that question at rest by issuing an order—(Lev. 19th chapter:) 'Neither shalt thou mar the corners of thy beard.' Nothing short of death in the family, or some other great grief, ever led an ancient Hebrew to shave. He would tarry at Jericho six months rather than be seen without a beard on the fashionable promenades of Jerusalem. The Philadelphia Register furnishes some interesting historical facts on this subject, which we give below.

"In early Greece, barbers were unknown. The shaving theory was not generally discussed in that country until the reign of Philip. This monarch shaved; and his son, Alexander, being a young man who went ahead when he was sure he was right, called a halt on entering into Asia with his army, and would not stir until he had had every soldier el-an shaved. Plutarch records the fact, and Secretary Dobbin, who keeps a Plutarch under his pillow, no doubt had Alexander's order in view when he issued his famous circular on whikers.

"Varro, the historian, tells us that there were no barbers in Rome until the year 454 of the Republic, when one was smuggled in from Sicily. A confirmation of his statement is the fact that Roman statues anterior to that period are all bearded. At first, the young Romans only trimmed a little; but one morning, Scipio Africanus, who, though an old fogey, aspired, like Everett, to lead the young men of his day, appeared in the Senate close shaved. It was a *coup d'etat*; Cato and other conservatives railed and argued; but the day was a fatal one for beards. Several centuries passed away before any thing like a reaction took place. Adrian wore a beard because he had warts on his chin, which the Empress Sabina could not abide. Several emperors after him tried to restore the fashion of beard-wearing; Julian the Apostate went so far as to write a stinging satire against shaving. But his

efforts were of no avail; shaving had grown into a national custom, and a custom will defy the hardest reformer; it were easier to introduce Mexico into the Union than the Bloomer among ladies; and to abolish the "peculiar institution" than the stove-pipe hat.

"The Christian Church continued its opposition to shaving as late as the beginning of the ninth century. Wearing the beard was one way of proclaiming to the world their protestation against the Pagan civilization. The *Apostolical Constitutions* formally enjoined a long beard (*Oportet præterea non barbæ pilum corrumpere*, book 1, chap. 3.) St. Clement, the Roman, cites Leviticus, and hurls anathemas at every shaver, on the ground that God created every man in his own image, and that it is sacrilege to reap the chin. St. Clement, of Alexandria, St. Jerome, St. Cyprian, Tertullian, and the other Fathers of the Church condemned those who shaved as disfiguring in order to comply with the requirements of a luxurious and effeminate civilization. The Carthage Council, in 393, ordered that clergymen should wear short hair and long beards. (*Clericus nec comam nutriat nec barbam radat*, canon 44.) This order was renewed in the sixth century by the Council of Barcelona. But the Western Church, like the emperors, was obliged to yield to the omnipotence of fashion. About the beginning of the ninth century, Pope Leo the Third shaved. This act was the signal of a furious dissension, which lasted nearly eight hundred years, and on several occasions barely failed to produce the most serious schisms. From that time, however, with the exception of an ephemeral reaction in the sixteenth century, the Western Church and Western civilization have been distinguished by the shaven chin, while the Greek Church and Oriental civilization have rejoiced in the flowing beard.

"For a century or two after Leo, the Patriarchs at Constantinople continued to excommunicate the clergy of the Romish Church for shaving, while the latter professed to be indifferent to the subject. The Council held in 1031 at Limoges, France, ordered the clergy to shave, but did not make it a matter of religious doctrine. In allusion to the rigidity of the Greek Church on the opposite side of the question, the Council said—"And in this, they (the Greeks) cannot blame us, nor we them;" but Gregory the Seventh would stand no trifling on this subject. In 1073, he called

a Council at Gironne, which prohibited beards under the severest penalties. Some of the clergy resisted, and among them the Archbishop of Cagliari. Gregory wrote to the protestati, (1080,) "We command you at the same time to oblige all the ecclesiastics under your jurisdiction to shave, and to confiscate the property of the recusants to the profit of the church of Cagliari." This same Gregory formed a league with the Duke of Sardinia and other sovereigns for the purpose of a war of extermination against the beard.

"We have said that in the sixteenth century there was an ephemeral reaction. It was due in part to the revival of ancient learning, and to an admiration for ancient art, and in part also to the general relaxation of ecclesiastical discipline. Pope Julius the Second, in 1502, sported a long and floating beard, but it came near proving his ruin. If the clergy had opposed the introduction of shaving, they opposed the re-introduction of beards with equal violence. For two centuries, the popes in vain tried to carry their point. At last, in 1700, Clement the Eleventh sacrificed his moustaches to the peace of the Church and the general etiquette of Europe.

"Since that time there have been various attempts to revive the fashion of wearing the beard. None have been successful. Throughout the whole of the Occident, bare faces are the fashion, and a long beard is a sure sign that the wearer wishes to rebel against the leading influences of society."

Miscellany.

308 BROADWAY,
NEW YORK.

OUR REMOVAL.—Before this JOURNAL reaches the distant reader, we shall have removed from the old to our new publication office, No. 308 Broadway, New York. Though now on a busy business street, we shall then be located on the greatest thoroughfare in America, if not in the world. BROADWAY is the great feature of New York. It stands out conspicuously, like the nose on one's face, and everybody must see it. The citizen and the stranger visits Broadway. It is more accessible than any other street. Hundreds and thousands of people pass through it daily. Thirty lines of stages or omnibuses, (more or less,) and hundreds of private carriages are continually thronging Broadway, from Bowling Green to Union Square. We have been so fortunate as to secure an eligible and central location, midway between "up-town" and "down-town." Entering Broadway at Castle Garden, taking the right-hand side, passing the Astor

House, City Hall, the Irving House, and Stewart's marble palace, our place, in the next block above, is easily reached. The Collins New York and Liverpool steamers, coming in at Canal street, near the dépôts of the New Haven, the Harlem, and Hudson River Railroads, we shall be near the junction of these great lines. All the Express Companies will call daily at our door, deliver and receive packages from and for all parts of the civilized world. Thus we shall be easy of access by citizens, and may be easily found by country friends when they visit the "great metropolis." Our address, after the 20th of April, will therefore be,

FOWLERS AND WELLS,
308 Broadway, New York.

Now READY.—It will be seen by referring to our advertising department, that several of the leading Water-Cure establishments are announced as ready for the reception of patients. Others are being enlarged, renovated, and newly fitted up for the coming season. All will be filled to overflowing, and many more needed; and thousands of bedridden invalids might be made whole by spending a season at a well-conducted Hydropathic establishment. Will not capitalists supply this demand? The people are sick of drugs and drug-doctors. They seek health, not patent slop-shop medicines. They do not wish to pay for having their lives poisoned out of them. They ask for a remedy, and not for "cod-liver oil" in large quart bottles, or bad whiskey, mixed with dirty molasses, called sarsaparilla. Such stuff "won't go down" into the "knowing ones." No, indeed.

Clear pure water, well-prepared and healthful food, ventilated rooms, systematic exercise for the whole person, body and brain, careful attention, and good nursing, etc., etc., all under the judicious superintendence of a skillful and competent physician, are some of the surroundings which the dilapidated patient requires. Hydropathy embraces all these, and more. All hygienic agencies are brought to bear, according to the necessities of each particular case, and not dosed and drugged indiscriminately, as is the fashion among some of the learned "regulars."

We expect, accidents excepted, to live to see every State, every county, (and may we not say every well-settled town,) provided with the conveniences for the Hydropathic treatment of those who need any treatment. Yes, wherever a drug-doctor has dealt out his doses, there shall the antidote be sent. The Water-Cure is necessary to eradicate from the human system those drugs and other impurities by which it may be afflicted. Nor is there any other means known to man by which it may be so well done as by the Hydropathic appliances.

Then put up and throw open suitable places for these purposes.

Water-Cure physicians will be found at the proper time, when called. The people are being converted to these truths, and will soon be ready to practise them. Every new establishment which may be erected will hasten the "good time coming." The JOURNAL shall herald glad tidings throughout the land, and usher in that brighter day when "sickness, suffering, and premature death shall be no more."

To Correspondents.

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

Professional Matters.

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

INCONTINENCE OF URINE, SALT RHEUM, &c.—S. S. S., Mass. Both the humor and the difficult urination will take care of themselves if you attend to the general health properly. The child must outgrow the humor, rather than doctor it out. You cannot be too strict in the matter of regimen.

CRISES.—A. E. B., Rawlsville, Ala. "Is a case of disease always curable after the production of a crisis, or will critical disturbances succeed each other without any severe treatment after the first crisis is induced?" It is according to the peculiar circumstances of each case. In some cases recovery soon follows after a single critical effort; and in a few cases without any apparent crisis at all. In most cases of long standing, there are several critical disturbances. The treatment should be moderate *during* the crisis; then resumed under the same rules that apply in the first instance.

DRUG MEDICATION.—J. S. P., Danville, Ala. "If called to a patient who had just taken a dose of calomel or tartar emetic, or any other poisonous drug, how would you proceed?" If the dose was very large, use the stomach-pump; if not so large, or the stomach-pump was not at hand, vomit and purge with warm water.

PUZZLESOME PROBLEMS.—P. M. inquires, "Will you please inform me what you think of Mr. Leroy Sanderland's method of curing diseases by nutrition? Does it harmonize or conflict with the Water-Cure? Have Psychology and Nutrition any relation to each other? Have you ever recovered a person of consumption after the feet have become swollen, and the lungs emitted that sound peculiar to *new* *leather*, symptoms which are generally regarded as certain precursors of approaching and unavoidable death? What is the cause and cure of a long succession of boils which, when about half-grown, prove abortions, in one whose diet, &c., are about right? Where am I to find a definition of such words as Coma, Pyrexia, Asphyxiated, etc., etc.?"

1. It has many good things. 2. All the good of it harmonizes exactly with Water-Cure. 3. They have the same relation that arithmetic and a baked potato have; each being a "thing substantive" in itself. 4. No. 5. Bad humors or bad habits. Have the diet *exactly* right. 6. In Medical Lexicons, Webster's large Dictionary, and in the standard works on Water-Cure published by FOWLES and WELLS.

ERRORS IN WATER-CURE.—J. A. A., Mt. Carmel, Ind. "A friend to whom I have recommended frequent tepid water ablutions for pain in the side and headache, complains that after such treatment headache invariably follows, unless the water application is first made to the head; and also that the pleasing glow, which most persons experience under like circumstances, she has never felt. What treatment in such a case would you recommend? Why, in another case, does physical prostration follow washing the body with cold water just before retiring to rest in the evening? and how could this difficulty be avoided in the use of cold water? The debility is not sensibly felt unless the washings are taken several times each week for several successive weeks?" 1. Use the water of a milder temperature. We cannot answer your other questions without knowing something of the patient's ailments and habits.

PURPERAL DIARRHŒA.—M. S. C. "My wife, two weeks ago to-day, gave birth to a fine boy. Her nurse, by order of an Allopath, gave her physic two or three days thereafter, which set her into a diarrhœa, and which has not let her sleep, only temporarily by the administration of paregoric. Now, I didn't approve of these things, but not knowing the right application of water, I remained silent. My

wife is weak, scarcely able to be about house. Will you be so kind as to prescribe in the WATER-CURE JOURNAL, which I take and carefully read." Give her warm hip-baths, and cool but not very cold injections, once or twice a day.

TYPHOID AND LUNG FEVER.—E. B. P., Salem, Mass. "In 1849 I had the typhoid fever, and was doctored with drugs. Was always well before; but since have been subject to pains in all parts of the body. In 1852, had the lung fever; and now, whenever I take a long breath it gives me pain under the lower ribs, &c." Your case is an every-day one. Calomel or antimony has, no doubt, poisoned your whole system, and a blister or too much bleeding has contracted the muscles of the chest. Live plainly, take a daily sweat-bath—water not so cold as to be uncomfortable—and a wet-sheep pack once a week or so.

PROFUSE LACTATION.—J. B., Chatham, Ohio. "Can a too abundant secretion of milk be checked without injury? If so, how?" Yes. By dry and abstemious diet, and derivative hip and foot-baths.

THE ITCH.—E. P. J., Orienta. Wash and bathe the skin morning and evening, and eat unfurnished brown bread and fruits, and no common itch can trouble you long.

COLD FEET.—E. P. J., Bloomer. Take short tepid foot-baths once or twice a day, preceded and followed by active exercise. If cold in the night, take a hot foot-bath five minutes, followed by a dip in cold water, on retiring.

BUTTER.—F. B., Cincinnati. "I am troubled with salt rheum, scrofula, or something of the kind; and I find butter disagrees with me very much, and I have tried to get along without it, but find it exceedingly difficult. Coffee and tea I do not want, and meat I can give up easily; but I want a substitute for butter. When your Hydropathic Cook Book came out, I thought I should certainly find something to meet my case; but I was surprised when, having examined it carefully, I found not the first word upon any thing to eat on bread or puddings. Is there no easy way to make something which will cause bread to slide down as easy as to grease it with butter, and not be so objectionable, or even, perhaps, be advantageous? I think a great gratuity that a work so near perfect as the Hydropathic Cook Book should lack instruction on so important a topic. If you have any directions which will be of service to me under my present difficulties, please let me know." Nature has intended the *suliva* as the *superification* of our food. Now, if you do not like the arrangement, or if your taste has become fashioned differently, must nature be corrected or must your taste be reformed?

SCROFULA AND CANKER IN THE MOUTH.—E. C., Centerville, Mass. The most essential treatment in the case you mention is the dietetic. Avoid salt, spices, saleratus, and grease. Use unbolted flour, with fruits and vegetables. A daily sponge and a tepid sitz-bath are all the bathing applications necessary.

GYMNASTICS.—Gymnast, Philadelphia. "What is the best illustrated work on gymnastics that can be obtained in this country, and what its cost?" THE HYDRO-PATHIC GYMNASIUM. Review (now publishing) will contain a complete system of Gymnastics, amply illustrated with engravings. Terms, only \$2 a year, in advance. Address FOWLES and WELLS, New York.

AN APOTHECARY-SHOP.—P. P. C., of Shelby county, Ind., is certainly one of the "best-abused" patients of the country. She says: "For these diseases of mine I have taken 500 doses of calomel; 1 doz quinine powders; 1 quart in solution; 60 drops *sus fortis*; 3 bedlins of a little of every thing fixed up in whiskey; 1 quart sweet anise; half-gallon gum myrrh in brandy; 10 boxes pills; 32 scarifications; with blisters, plasters, and issues innumerable, and chloroform more than I can measure." After this, Phoebe, you need not fear any thing; for it is abundantly proven that *doctors can't kill you*! It would benefit your health, though, to remove to some place where doctors cannot be found, and live on unfurnished bread and fruit, and take a sponge and hip-bath daily.

BLEEDING PILLS.—A Doctor's Subject. Take a very small injection of cold water at bedtime, and a free injection of tepid water each morning.

OPIMUM IN LABOR.—S. P., of Michigan, writes us a doleful account of the results of giving opium to women during parturition, which it seems is a very common practice in that community. The excretion he expresses is none too strong. The doctor or midwife who knows no better than to drug the patient with opium, because the pains are severe, ought to be expelled from the lying-in-chamber with a forty-foot donkey!

SULPHUR.—D. E., Wisconsin. "Please inform me through the WATER-CURE JOURNAL whether sulphur, used as a cathartic, is injurious to the system?" It is.

THRUSH AND SWELLED GUMS.—H. A. P., Henderson, Ky. The swelling of the jaws and gums suddenly, and the subsequent ulceration and dark gangrenous appearance, in the case of your child, indicate the effect of some kind of poison. But we cannot, from the data you furnish, determine what the poison was. The drug-medication employed undoubtedly made the matter worse, although it may have reduced the swelling.

VEGETABLE DIET.—J. C. T., Yountsville, Ind. "Will a vegetable diet salt all constitutions in all climates? How shall I reconcile the conflicting views of Phrenologists and Hydropaths on this subject?" You will find these, as also all other questions you propound, fully discussed in "Smith's Fruits and Farinacea," now being republished by FOWLES and WELLS.

TOOTHACHE.—G. W. G., Scrubgrass. "I have been perusing your Encyclopedia, and by the index I am referred to page 138." A typographical error. The figure 8 should have been 5. See page 135.

TOBACCO.—J. W. W., Morris county, N. J. "Knowing that you consider the general use of tobacco injurious, I would ask, Do you think smoking is ever beneficial in cases of asthma, soreness, or other diseases of the throat?" No. It is a frequent cause of all these diseases.

VEGETARIANISM ON THE ROAD.—J. D., being out of health, thinks of travelling as a business agent. He is a vegetarian, and desires to live hydropathically. What plan can he best pursue under the circumstances? Eat the best bread, fruits, and vegetables he can find, and let the flesh alone.

FILTERING WATER.—S. P. B., Dover, Ill. The Hydropathic Cook Book contains a variety of illustrations as to the various methods of filtering.

NERVOUS HEADACHE.—A bilious stomach, or in other words a congested liver, is the usual cause. To cure it, eat unfurnished bread, and a moderate proportion of fruits and vegetables, and be abstemious in quantity. Take also a towel-wash daily, with occasional sitz-baths and abdominal manipulations.

DEFAMATION.—Dorothy, Brinfield, Mass. "Messrs. Editors: How many times in your WATER-CURE JOURNAL have the Allopathic physicians been ridiculed and even slandered for the murderous deeds they have and do still accomplish; intentionally poisoning their patients with their dread-fuldrugs, and then robbing the poor family of the last cent in remuneration for the horrid deed?"

"One would think, to read some of its articles, that every one of the regular physicians were even worse than murderers, and indeed, I have seen the idea of their being professed Christians treated with the greatest scorn. But what I was going to ask was, the difference between the pocket-druggists of the Allopaths, and those of the Water-Cure establishments. "Why are patients who visit one of these for medical treatment charged such enormous prices? Can it be that the water is so expensive? If no other article is used, why must such exorbitant prices be charged? How many of the poorer classes are there who could afford to remain weeks, and perhaps months, at one of these Water-Cures, at the rate of eight or ten dollars per week, aside from the accommodations they must provide for themselves, and then, perchance, fail of recovering their health? I never know any physician charging one-half as much for a single examination as I have read of in your paper. Is it not enough to discourage any poor invalid to read over the terms of entrance? Why are not the charges made in the reach of the

poor as well as the rich? Is not health as great a blessing to the former as the latter class?

"Of course none are responsible for such charges but the proprietors; but is it not so outrageous for the one system as the other?" And ought they not to be treated accordingly? "As you have been so liberal as to insert in the JOURNAL articles which were either pro or con, I humbly ask the same, with an answer, for this."

Dorothy, dear, you have made a dreadful misapprehension. We do not accuse drug-physicians with being murderers, but we do charge that their drugs are manslaughterous. It is the system, not the men, we drive at—a pretty considerable of a difference, as we take it. Now, as to charges. We charge for room, board, servants, fire, light, etc., all of which cost something. The drug-doctors only charge for talk and Latin, the drugs being too insignificant to name, so far as cost is concerned. And when we examine and prescribe for a case, we charge a single fee, five dollars, which usually is all the patient is ever called on to pay for professional advice, whereas the drug-doctor keeps advising and charging continually.

COSTIVENESS.—S. J. N. E., Abington, Mass. "Please inform me of the cause and cure of costiveness? The patient is a child nine months old, and has been troubled three weeks after birth?" The mother should adopt a plain vegetable and fruit diet, and confine her farinaceous food to unbolted and unfermented flour. The child should also be fed, more or less, daily, on baked sweet apples, mealy potatoes, and wheat-meal gruel.

PROBLEMS.—J. W. G., Selin's Grove, Pa. "Does age determine the limit of man's growth; and if so, when? Can the memory, once weakened by onanism, be restored to full vigor? Since we can increase the size of the muscles by exercise, cannot the bones be enlarged by the same means?"

1. Yes, when the vital powers are so far exhausted that they can only hold an even "balance of power" with mere chemical affinities. The time, of course, depends on a thousand circumstances. 2. It depends on the degree of injury experienced by the nervous system. Generally it is not perfectly restored. 3. Certainly. All structures maintain a certain relation in development.

PNEUMONIA.—Dr. Hinds, of North Carolina, writes: "When I have leisure, you shall hear from me touching some of the Water-Cure doctrines. I am now much engaged in curing diseases Allopathically, and, of course, scientifically; and although I say 'I myself, I have right good luck, scarcely ever losing a patient.' I have had a number of bad cases of pneumonia recently, and my last case is convalescing finely on cupping, blistering, mercury, and a little tartar-emetic. I tell you, my dear Sir, this treatment acts like a charm in my hands; but if you can teach me a better way, I will gladly embrace and practise it, for I am in search of truth, and always open to conviction. Please give us a chapter on the treatment of pneumonia."

Verily, Doctor, we can teach you a better, despite the "charm" of your burning and poisoning medication. Give us a report of your cases—one, two, or a dozen—with the symptoms, progress, medication, nursing, duration of the disease, and period of convalescence, and, if you please, the rationale of your treatment, and we will contrast them with precisely similar cases treated hydropathically, giving a detail of all the circumstances above alluded to. This will present the whole subject before our readers in an intelligible manner. What say you?

TYPHOID PNEUMONIA.—S. R. M., Russellville, Ky. "Dr. Trall: I may be uncommonly stupid, but really I cannot find in the *Hydropathic Encyclopedia* answers sufficiently explicit to suit my purpose, to the following questions, viz.: What is the proper Hydropathic treatment for typhoid pneumonia? Can typhoid fever be cured, hydropathically, in less than twenty or twenty-one days?"

Reversing your order, we answer, 1. We have always cured typhoid fever, hydropathically, in one or two weeks and such has been the general result of Hydropathic practice elsewhere. 2. If you would learn how to treat fevers from the *Encyclopedia*, first study fevers in general. The rules of practice there apply to typhoid pneumonia, and all other febrile diseases. Next look at Typhus or Typhoid Fevers, and learn the characteristic symptoms of this type of fever. All "peculiarities of practice" there laid down, apply to all typhoid forms of disease, be it pneumonia, dysentery, or

disease of any other name. Lastly, look at *Pneumonia*, and see what is said of the typhus or typhoid form of inflammation of the lungs. Then you will have all the general rules and all the specialities necessary to conduct the treatment.

VEGETARIANISM IN COLD CLIMATES.—H. N. H., Concord, N. H., asks why we do not show the adaptiveness of vegetable food to extremely cold climates, etc. We have often done so. Our books have fully explained this whole subject. The theory on which the necessity of animal food is predicated in cold climates is, that it affords carbon to warm the system; but a fact, in reply, is, vegetable food affords the same carbon. As to the necessity of persons who reside in regions where vegetable food cannot grow, eating animal food or perishing, we admit the fact, and say, in reply, there is no necessity for human beings occupying such parts of the earth at present. There is room enough where vegetation flourishes. But this is nothing to the principle of vegetarianism. What is best, when both are attainable? is the question; not, Which is best in a choice of evils?

Business.

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

FOWLERS AND WELLS,
No. 308 Broadway, New York.

WHOLE WORLD'S TEMPERANCE TRACTS.—FOWLERS AND WELLS now have ready for gratuitous distribution, at cost of paper and printing, the following list of excellent TEMPERANCE TRACTS, of twelve pages each:

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FRIENDS OF TEMPERANCE! will you aid in rescuing from an ignominious death a brother, a sister, a mother, or a father? Then put your shoulder to the wheel, and help to lift out from the mire of despair the sinking mortals whose reeking frames, saddening moans, and delirious voices, cry for protection, help, and a shield from the most heartless and wicked temptation. Guard them, ye sober-minded. Protect them by law, ye law-makers. The argument, evidence, and testimony is before you, in these earnest, eloquent and convincing Tracts. Will you heed the truths they contain? You cannot resist it. *Nor can that man who finds a justification for wrong-doing, because the "law" permits it, longer satisfy his conscientiousness, in permitting a live serpent to poison the blood, to craze the brain, and precipitate his neighbor into the maddening gulf of "delirium tremens."*

The object of these tracts is to enlighten the people on the question of temperance, and to answer scientifically any supposed objections against the total suppression of the use of Alcohol as a beverage or a medicine, proving conclusively its incompatibility for either. Shall the people be enlightened? Shall they be guarded and protected? How many tracts will you circulate? A hundred? a thousand? The cost is but trifling when compared with the good they may do.

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OUR BOSTON OFFICE, 142 Washington street, proves a great convenience to our New England friends who frequent that city, but who seldom venture so far from home as New York. Being in daily communication by the express, by land and water, and within a moment's reach by telegraph, we are enabled to keep a complete stock of all our publications at this New England "head-quarters." PHRENOLOGICAL EXAMINATIONS, with written descriptions of character, and advice touching occupation, education, self-culture, etc., may be obtained at all hours. Public lectures on Physiology, Phrenology, and kindred sciences, are frequently given, and PRIVATE CLASSES for teaching their practical application to the common avocations of everyday life are in almost constant operation at the Cabinet, affording citizens and strangers an opportunity of attending. Our rooms in Boston are at 142 Washington street, near the Old South Church.

MR. O. S. FOWLER, of New York, will commence a course of ten lectures on PHYSIOLOGY, PHRENOLOGY, and their bearings on education, self-improvement, criminal jurisprudence, moral government, and human development, in the city of Philadelphia, on the 29th of March inst. For further particulars see handbills and daily papers, or inquire at our branch office, 531 Arch street, Philadelphia.

THE ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA is a work of great value to the medical profession and the people, and embraces so much matter of interest to all classes of people, that the enterprising publishers will, we think, soon find the edition they have printed, exhausted.—*Pennsylvania Mining Register.*

We are happy to inform our worthy Schuykill friend that upwards of forty thousand copies of the Encyclopedia have already been published, and that the increasing demand is pretty good evidence that as many more will be required. At all events, one edition succeeds another as rapidly as printers and binders find it convenient to deliver them. The European market has been but partially supplied as yet, while there are half a million in our own country who ought, need, and would be glad to read it.

OLD COLONY NURSERY.—Mr. B. W. Watson advertises "the finest sorts of Fruit and Flowering Trees" in the present number of our Journal, for "Water-Cure establishments." Catalogues sent gratis on application. We commend the Old Colony Nurseries. Mr. Watson can fill orders for all varieties of trees, shrubs, and plants which grow in this latitude.

CARPETS.—The advertisement of HIRSH ANDERSON, 99 Bowery, New York, may be found in our columns. This is, we believe, the largest Carpet Establishment in the city. Besides, every variety of European and American patterns, from the most elaborate and costly, down to the plainest quality and lowest priced, are here displayed. Our country friends as well as citizens, in want of this kind of goods, may save themselves the expense of a trip by handling an order to any express company, describing what they want, and sending to Mr. Anderson, the most enterprising dealer with whom we have the pleasure to be acquainted.

PERSONS remitting us money through the mail, will please send it in drafts on some banking-house in New York, instead of certificates of deposit on country banks, as these are not worth so much as the notes of those banks, we having to pay from 5c. to 5c. for collection, no matter what the denomination.

ALMANACS.—In consequence of the destruction of the stereotype plates of our Water-Cure and Phrenological Almanacs by the late fire in Spruce street, we shall be unable to print another edition, and shall consequently be obliged to discontinue furnishing them as offered for premiums. Other books will be sent as advertised.

OUR ALMANACS for 1855 are now in course of preparation, and will be issued with as little delay as possible.

WATER-CURE JOURNAL.—This is the cheapest work, for its usefulness to our race, published. Its directions in regard to the preservation of health are of the greatest importance.—*Waterstown (Wis.) Chronicle.*

THE JOURNAL.

OUR TERMS for the WATER-CURE JOURNAL are as follows: Single Copy, One Year, \$1.00; Five Copies, \$4.00; Ten Copies, \$7.00; Twenty Copies, \$10.00; or, One Copy five years, \$4.

OUR OBJECTS are more fully stated elsewhere, but may here be briefly given, namely: the dissemination of The Principles of Hydropathy, and the Laws which govern Life and Health.

OUR FACILITIES for publishing are ample—acquired by an experience of many years—and the cooperation of all the leading writers on Physiology, Anatomy, and practical Hydropathy throughout our own country and Europe. Our GREAT KEEPER, the Hydropathic, or Health Reform, is progressing rapidly wherever known and appreciated. It has already overthrown and annihilated monstrous abuses practised upon the people by drug-doctors, and by ignorant vendors of patent quack nostrums.

OUR FRIENDS are solicited to aid in the circulation and promulgation of these useful, truthful, health-preserving and life-prolonging principles. Every family may derive great benefit from such knowledge, and every individual may aid in extending the same blessing.

TO those who may wish to form CLUBS for the JOURNAL, we will cheerfully send SPECIMEN COPIES *gratis*. CLUBS may be composed of persons residing in all parts of the country. We will send to one or a hundred post-offices—it is all the same to the PUBLISHERS.

ON THE SAME TERMS.—It will be the same to the Publishers if TWENTY COPIES of EITHER or BOTH the PHRENOLOGICAL JOURNAL or WATER-CURE JOURNAL are taken in one club.

Money on all specie-paying banks will be received in payment for the JOURNAL.

CLUBS may now be formed in every neighborhood throughout our country, and be forwarded at once to the Publishers.

*Several bank-notes or post-office stamps may be enclosed in a letter, without increasing the postage.

Letters addressed to the Publishers should be plainly written, containing the name of the Post-Office, COUNTY and STATE.

WHEN BOOKS are wanted to go by mail, the order should be written on a slip of paper, separate from that containing the names of subscribers.

ALL LETTERS and other communications should be POST-PAID, and directed to—FOWLER and WELLS, 305 Broadway, New York.

ADVERTISING.—The New York Tribune charges fifty cents a line for advertisements in its weekly paper.—*Exchange*.

And every line is worth it. Our charges in the *Weekly Era* are thought by some to be high; but we have not known one who has tested the worth of such advertising, who has not admitted the principle, that advertising through a good medium is the cheapest, at any price within the bounds of reason.—*National Era*.

The circulation of the *Tri-une* is not far from one hundred thousand copies a line, at the rate of fifty cents a line, is only half a cent a line for each thousand copies circulated.

The circulation of the WATER-CURE JOURNAL is fifty-six thousand, and our charges only twenty-five cents a line per month, which is less than half a cent a line for each thousand copies circulated. But we prefer to publish no advertisements; nor should we, did not the general reader require and demand such information as is contained therein.

THE HYDROPATHIC QUARTERLY REVIEW.—We rose from its examination, not only convinced of its real merits and prepared to recommend it to our readers, but impressed with the conviction, that if every family would read it and practise its plain and truthful instruction, they would save from their doctors' bills many times the cost of the work, besides saving themselves from a great amount of pain. More than this, it would give our physicians and their patients more time to work their gardens, and enjoy the fruit thereof. The contents of the *Review* are varied, interesting, and instructive; the style clear and simple, and free from provokable technicalities.—*Amer. Banner*, N. Y.

THE NEW Church Repository, edited by Prof. GEORGE BEHN, in addition to a variety of original papers on doctrinal subjects, has a copious supply of information in regard to the condition and progress of the Swedenborgian faith in this country. The excellent spirit and marked ability of this journal commend it to the attention of the religious public.—*N. Y. Tribune*.

Talk and Topics.

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

HYDROPATHY IN WORCESTER.—In 1849, DR. SETH ROGERS, from Vermont, once a pupil of Dr. Shew, erected an establishment in that thriving city—a city which has more than doubled its population in the last ten years, and now counts upwards of TWENTY THOUSAND inhabitants, with a capital of \$12,375,566. There are no less than five important railroads connecting Worcester with Boston and other cities east, Providence and New York south, Springfield, Hartford, Albany, &c., west, Nashua, Lowell, &c., north; all connecting with the other principal American railroads, thus rendering that city accessible from all quarters. Add to all these advantages, a surrounding country rich in agricultural products, in manufactures, the people distinguished for industry, intelligence, integrity, and a progressive liberality; the land of hospitality, schools, and learning; a suitable field for the growth of Hydropathic principles, through the wide circulation of the WATER-CURE JOURNAL—for, be it remembered, we planted more than one hundred copies of the WATER-CURE JOURNAL in the city of Worcester in the year 1848, besides many hundreds of copies in the surrounding towns of that county. "The people" were ready for the reform. It took root and thrived abundantly. Invalids cast out drugs, and sought the restoring hand of the Hydropathic physician. DR. ROGERS was soon surrounded by an appreciative, enthusiastic, and confiding household. His Establishment became the centre of attraction for those who needed his services. He met their wishes and their wants. In short, he "healed them." They, in return, sent their friends; and for three years this faithful physician, assisted by his "noble helpmeet," conducted with great success his extensive practice. But from an overruling desire to know more of the world, and to perfect and complete his medical education, Dr. Rogers effected an arrangement with GEORGE HORT, M.D., of Boston, to fill his place for upwards of a year, while he set sail for Europe. After visiting London and other cities, he took up his residence in Paris, where he remained a year, attending lectures at the principal medical colleges, clinics at the hospitals, and availing himself of the vast stores of knowledge which those old metropolitan libraries afford. And now—the 10th of March—just as we go to press, his arrival in Boston by the steamer *Atlas* is announced. Dr. Rogers will return at once to resume his humane office, and to receive the most hearty welcome by the citizens of Worcester, who hold him in high though just estimation as a scholar, a physician, and a man.

Long life, say we,
TO SETH ROGERS, M.D.

SHE HAS NOTHING TO DO.—How deplorable it is to be so situated, either from poverty or an overabundance of "this world's riches," as to have "nothing to do." If prevented by poverty from entering into the various lucrative pursuits by which others gain an easy subsistence and even wealth, then, indeed, is her condition bad. But if brought up in the lap of luxury, all her wants anticipated and supplied without the inclination or necessity of physical or mental labor, and without even the opportunity of healthful exercise, she is not less an object of pity. Nor will she be more likely to escape a premature grave than the former, who depends upon the cold charity of a selfish world.

Nothing to do! Young woman, be not discouraged, though you have been crowded out of your "proper sphere" by effeminate men, and denied a "liberal education." You shall yet have enough to do, and of that which is both "pleasant and profitable." You shall soon fill all the charitable missions, manage our almshouses, asylums, and prisons. You shall teach our schools, common and select, summer and winter. (Every young woman ought to teach school at least one year before marriage, in order to acquire self-government and self-reliance.) You shall engage in horticultural and in mercantile pursuits, make gardens, plant nurseries, lay out parks and pleasure-grounds, sell goods, and keep accounts. You shall give lectures on science, morals, and men. You shall edit newspapers, magazines, write poetry, (and read it too), print books, and sell every-where. You shall administer the law, medicine, and the

gospel. You shall do all these things in the good time coming, besides "attending to your own domestic concerns."

The young men shall build steamboats, ships, railways, and manage them. They shall plough, plant, reap, and thresh. They shall build houses, after plans and specifications by women. They shall plant trees, and gather the fruit thereof. They shall attend to all other masculine duties, and not interfere with those of the women. They may marry for love, but not for money. The mode of "proposing" shall be equal. The woman may select the man of her choice, or the man the woman of her choice. There shall be no forced marriages. Both parties shall *advise* with and take counsel from their parents or guardians. Each shall have an equal privilege to read the WATER-CURE JOURNAL, to practise its precepts, obtain subscribers for it, and thus to hasten the day when, all from the least to the greatest, may have something to do, and enjoy "life, liberty, and the pursuit of happiness."

Ladies, (beg pardon, we mean *women*), what say you to this platform? Will you support it? Then give us your-voices, &c., subscriptions for the JOURNAL. Then your rights and interests shall be protected. No more man-midwives, no more male counter-jumpers or male mantuamakers, no more interference with those domestic and maternal affairs which, by right of organization, belong to women.

This question may be settled without great political agitation, without "endangering the Union"—may be settled by a vote from each woman in the nation, said vote to be a ticket of the right denomination, enclosed in a prepaid envelope, directed to the publishers of the WATER-CURE JOURNAL, New-York, and deposited in the nearest post-office.

DAILY LECTURES ON PHYSIOLOGY AND HYDROPATHY have been delivered the past winter by physicians to their patients at several of the principal Establishments, as previously announced by advertisement. Dr. Hayes, of Wyoming, Dr. Gleason, of Elmira, Dr. Thayer, of Binghamton, have each provided themselves with suitable apparatus, such as anatomical drawings, charts, maps, and models, with which to illustrate their subjects, and have thus converted their Cures into seminars of learning.

We commend the example to others, and would advise that the doors be thrown open, and the lectures made free to outside neighbors—when no expense would thereby be incurred by the lecturer. By this means, larger audiences would attend—an excellent way to disseminate the principles of Life and Health.

GOOD STATIONERY.—When buying paper, pens, ink, and so forth, get the best. Our thoughts flow more freely, when writing with a good pen, on good paper, with good ink. Fewer mistakes would be made, a better style or hand would be attained, with good tools; printers would make fewer blunders, and authors seldom be mortified by typographical errors.

When writing for the press, write on one side only. Take a sheet of "foolscap" and cut it into four equal pieces lengthwise of the sheet. This is a more convenient shape for the compositor; it covers up less of his case when setting type. But always use black ink, white paper, and a good gold pen. Then write sensibly, briefly, and you may see your thoughts correctly printed.

TEMPERANCE AND A PROHIBITIVE LAW as enforced by PHRENOLOGY and PHYSIOLOGY. By O. S. FOWLER. Being No. 5 of "Whole World's Temperance Tracts."

"THE HUMAN CONSTITUTION," says the author, "is that final empire before which to arbitrate whatever questions any may affect man, physically or mentally. Temperance and intemperance thus affecting the mind and Physiology expound all the laws and functions of man. If, therefore, temperance is based in the nature of man, or intemperance violates it, these advenues of that nature will commend the former and condemn the latter. Then, what verdict do they render as to the effects of alcohol on body and mind? The trial is intrinsically just, as unfolding *first* a principle, applicable alike to other subjects, and the issue important. Besides, does not the Temperance Reform now specially need the dignified authority of HUMAN SCIENCE, that august mirror of Heaven's imperial mandate and man's highest good?"

This new Tract contains thoughts, facts, and principles enough to make a volume, but is given—without chaff—in twelve pages. The author asserts—and proves it—that whatever affects the body similarly affects the mind; and that the body powerfully stimulates the brain concentrated on the animal propensities; Effects on the Morals; Right of the

Law to prohibit the Liquor Traffic; the Ballot-Box; Crimes and their Causes; Protect Human Life, &c., &c.—closing with the following:

"Yet since nothing can be accomplished but by appropriate means, in what way can we kill an evil to great, and so ramified throughout society? First, by LAW. This natural means is adopted by all civilized communities to rid themselves of all public evils, and is as appropriate to remove this as murder, or any other moral evil. Then KILL this SLACK TIE, ye voting freemen who wield this battle-axe of temperance power. Empire states complete your nobly-begun victory. Nor let temperance anywhere lose a single vote to the great probricatory issue, because its details may not exactly suit. Let not trillies kill such great issues."

"MINISTERS OF RELIGION, smash this dragon's head with all the thunderbolts of your sacred office. Preach, pray, labor, wrestle, overcome, and lead your churches."

"WOMAN, labor with us. By distributing tracts and votes, and inviting men to read the one and cast the other, as did Michigan women, inspire men to *enact and enforce* this law, while you sustain it by that moral power of which you are the natural fountain-head. Oh, wield wisely but effectually the restless power thus reposed in you. Let rich and poor, wise and simple, men and women, one and all, each in our spheres, do all we can. Let the greatness of the work alone measure our exertions, as it will our reward."

"To whom it may concern," we commend this earnest tract. Reader, have you an interest at stake? Is your self, your family, your FUTURE, from the lightning curse of intemperance; convince your neighbor; procure his influence and assistance; scatter, broadcast, these eloquent pages; remove the temptation, and thus save human life, the bodies and souls of men."

This new tract may be had in packages of one thousand for Four Dollars, or at Fifty cents a hundred. Published by FOWLERS AND WELLS, 305 Broadway, New York.

DOCTORS LOOKING UP.—We now have doctors in the United States Congress, in the Senate, the House of Representatives, and in the Legislature of almost every State. Is not this encouraging? But the recent signal triumph of our very excellent friend, the editor of the *Boston Medical and Surgical Journal* gives us more pleasure than we can possibly express with pen and ink.

J. V. C. SMITH, M.D., has just been elected Mayor of the metropolis of New England, the city of Boston; of no party, but of the people; an intelligent, upright, judicious, straightforward TEMPERANCE man, and a REFORMER! As a friend and "reform-citizen," we regard Mr. Smith a fine specimen of humanity, for whom we have great respect, and not a little real heroic affection; but as Dr. Smith, of the "regular" school of the "cod-liver-oil," we are his opponents, and shall continue to oppose him until he lays up, "for good," his saddle-bags, lays aside the sheep-skin, empties his bottles, burns up his pill-boxes, and abandons his former "practices." We must, in justice to our convictions, to the cause we advocate, continue the war until we have put to rout and completely exterminated the poisonous practice of twenty thousand doctors and ten thousand druggists. We must spike their guns, blow up the patent medicine manufactories, use their cod-liver oil to grease machinery, (not human stomachs), convert their fishing-vessels into wood-sheds, or, for their business, and their "wind up their bobkins." There is plenty of healthful and useful work to be done, so that the alcohol-dosed doctors and druggists need not be long out of employment, while our charitable institutions will provide for such of them as may have, in an unlucky moment and unguardedly, swallowed some of their own "remedies!" Some may turn politicians, some farmers; more ingenious and inventive may take to "mechanics" while the more learned, talented, and liberal will become presiding officers in places of honor and trust. All may therefore be suitably provided for, and poor sick humanity be spared the pain of dying with an apothecary's shop in their bodies.

We congratulate Mr. Smith and the citizens of Boston. The honor conferred is well merited, and will be carefully and scrupulously guarded, while the laws will be judiciously administered, the interests of the people kept in view, the Reforms encouraged and promoted, and all "Down East" benefited. When Mr. Smith, the Mayor of Boston, visits New York, we will have a nice fresh clean bath ready, and our table spread with all the vegetable luxuries of the season. Will he return the compliment?

[The above article was put in type for the February number, but crowded out. "Better late than never."]

THE WATER-CURE JOURNAL is a very valuable paper, and is contributing much towards the removal of abuses in the different systems of medicine practiced.—*Christian Advocate and Journal*, Hamilton, C. W.

Literary Notices.

ALL WORKS noticed in this department of the JOURNAL, together with any others published in America, may be procured at our office, at the publishers' prices. EUROPEAN WORKS will be imported to order by every steamer. Books sent by mail on receipt of the cost of the work. All letters and orders should be postpaid, and directed as follows: FOWLERS AND WELLS, 305 Broadway, New York.

NOTES OF TRAVEL AND LIFE. By TWO YOUNG LADIES, the Misses MANDELL and HOMER. 12mo. 258 pp. New York.

We have taken much pleasure in looking over this book, fresh from the pens of writers who have never before made an attempt at authorship. Perhaps a favorable "business acquaintance" with the authors made us more desirous to know what they had to say. But before saying much of the authors, it may be well to remark that they are two good-looking, intelligent young women, who, having tried of school-teaching, and finding no other occupation that would render them a fair compensation for their labor, or a tolerable support, dared violate the customs of society, and earn an honest livelihood by canvassing for periodicals and selling books. The volume now before us contains a series of letters written by them while thus engaged. They have given their own reason for authorship in their Preface, which we quote:

"Reasons, do you ask, why we have written a book? For one, as pioneers in a new sphere of labor for our sex, we would make known to them our success, and open to them a new avenue to industry and independence. Again, we saw people in their every-day clothes, and from our unexpected position, they showed themselves as they were. Thus we present a series of pictures from the great, and of never-fading interest, Book of Life. And third—and are not three reasons enough for women, at least, who are not supposed to have any—we would replenish our purses, and turn our labor and thought into profit."

In their travels through several of the States, they met with all kinds of people, by some of whom they were misled and advised to leave the business, and return to "women's work." One woman, after having subscribed for a book, after deliberate consideration, came to the conclusion it would be wrong to patronize them, and sent them word to that effect; but by most they were kindly received and commended for their undertaking. They were, for the most part, well patronized, and were quite as successful as could have been expected.

We believe it is the intention of the authors to keep the entire control of the sale of their book, and not to furnish it through the ordinary channels of trade. We cannot, therefore, supply our friends, and can only advise them to purchase it when presented by the ladies in person. And to the hundreds and thousands of our countrywomen whose checks pale and frames are wasting by hard work and close confinement, we would say, Go ye and do likewise.

LEWIE; or the Banded Tye. By COUSIN CICKLY, Author of the "Silver Lake Stories," &c. [Price, prepaid by mail, \$1 25.]

Lewie is a domestic tale, founded on a basis of facts, and conveying an excellent moral. "It traces the career of a spotted and petted boy, whose mother was too weak and indolent to restrain him as she ought through the several stages of a perversive childhood, a reckless boyhood, and a passionate, ungovernable youth, till this victim of a parent's folly is found in a felon's cell, with the mark of Cain on his brow."

PUTNAM'S MONTHLY.—We have before expressed the opinion that this is the best American Magazine, and fully equal to the first-class monthlies of Europe. The contents of Putnam are wholly original, fresh, pithy, and American. The March number, among other articles, has "The Cooked Hat Gentry," "Valley of the Amazon," "How I Live, and with Whom," and a splendid Poem, entitled "Winter Even a Hymn to my Fire."

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A Repository of Science, Literature, and General Intelligence; Devoted to Phrenology, Physiology, Education, Magnetism, Psychology, Mechanism, Agriculture, Horticulture, Architecture, the Arts and Sciences, and to all those Progressive Measures which are calculated to Reform, Elevate, and Improve Mankind. Illustrated with numerous portraits and other engravings. A beautiful Quarto, suitable for binding. Published Monthly.

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THE WATER CURE JOURNAL AND HERALD OF REFORMS.

Devoted to Hydropathy, its Philosophy and Practice, to Physiology and Anatomy, with Illustrative Engravings, to Dietetics, Exercise, Clothing, Occupations, Amusements, and those Laws which govern Life and Health. Published monthly, in convenient form for binding.

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"Every man, woman and child who loves health; who desires *peace, its direct result; who would be 'live while he works,' 'live till he dies,' and really live, instead of being a mere walking corpse, should become at once a reader of this Journal, and practice its precepts.*"—[Postpaid.]

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, etc., Reports of Remarkable Cases in General Practice, Criticisms on the Theory of Practice and the various Opposing Systems of Medical Science, Reviews of New Publications of all Schools of Medicine, Reports of the Progress of Health Reform in all its Aspects, etc., etc., with appropriate Illustrations. Each number contains from 190 to 290 octavo pages.

TERMS IN ADVANCE.

Single Copy, one year, \$2 00 | Five Copies, one year, \$8 00
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"In addition to the widely-circulated monthly journals issued by these enterprising publishers, we have the New Hydropathic Quarterly Review, edited by the most distinguished members of that school. It is filled with articles of permanent value, which ought to be read by every American."—[New York Tribune.]

POSTAGE on the REVIEW, when sent to regular subscribers, and paid by them Quarterly in advance, at their own office, is only four and a half cents a number, or eighteen cents a year.

When single numbers are sent to non-subscribers, and prepaid by the publishers at the New York post office, nine cents a number; or when not prepaid, double this amount.

Single numbers, for agents, will be prepaid by the publishers, and sent to any post office for fifty cents.

Communications, New Books for notice or review, Advertisements, and Subscriptions, should be addressed to the Publishers, as follows:

FOWLERS AND WELLS,

305 BROADWAY, New York.

P.S.—One copy of each of these three JOURNALS will be sent, one year, to one address, for three dollars.

GLEN-HAVEN WATER-CURE.

TO THE SICK:—

You long for health. It is not surprising that you do. It is God's best blessing. Without life is dreary, for sickness has no rest. You have tried Allopathy, Homoeopathy, Eclecticism, Galvanism, Clairvoyance, and patent medicines. And still you are sick. I do not wonder you are. I only wonder you are *alive*. Were not Nature kind beyond parallel, the poisons you have taken in under the name of medicinal remedies would long ago have killed you.

What a wretched delusion this drug-medication, so common and so constant, is! What a stupendous fraud! No thing like it exists in the records of the human race. If so, what is it? People have been deluded in their worship, following false deities. People have been cheated in their speculations, grasping *bubbles*; they have taken to themselves false philosophies, and have grossly erred; but knowledge has dispelled delusion, bubbles have burst, truth has shown herself, and the race has in many things grown wise. But in this matter of *drug-taking*, the millions are as blind as heebers. The brutes of the field are wiser than they. Will the sick never think! Shall Nature never teach them? What possible relation can a substance so *poisonous*, and therefore destructive, hold to the human body, other than *deadly*? How can a man, by simply calling himself a *Doctor*, make those whose legitimate nature it is to *kill*, eat on the human body so as to *cure*? Calomel, opium, iodine, quinine, lobelia, and hundreds of other substances, are *poisonous*. Necessarily, therefore, they kill, or tend to kill, in proportion to the quantity taken. O man! O woman! will you never cease this slow but sure sapping of the powers of life? Will you never awake to the horrible fact, that war, pestilence, or famine, has never peopled graveyards as thickly as *drugs*?

Do you ask *why you shall die*? I reply, trust Nature and common sense. There are natural means for treating disease. At their head prominently stands the WATER-CURE method. Do not despise it for its simplicity: therein lies its power. All God's means for benefiting man are simple. Nature is always simple. It is man that establishes processes which are complicated and difficult to understand. God makes things, and means, and plans, and processes, by which results are to be accomplished. Man attempts to improve, and makes a fool of himself.

We do not desire or intend to delude or lead astray, but to tell the simple truth, as all who visit us will find. We are situated at the head of Skaneateles lake, twenty-five miles south-west from Syracuse, N. Y. The lake is admitted by all to be the most beautiful body of water in the State except Lake George, and only yielding to that in size. It is a *Home* for sick people who, having failed to recover their lost health by other means, can and do recover it by Hydropathic treatment. To the truth of this statement, over 1500 persons can speak. *True*, they have to show heart and courage, resolution, and *much self-denial*; but hard as it is to have all these when one is weak and feeble, and broken down by disease and drugs, it is not as hard as the *drugs*.

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

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

4. Our quantity used daily cannot be less than 1000 barrels; living streams run into and out of our reservoirs, and plunges fresh from the top of a mountain a thousand feet high, where they issue to the surface through a stratum of slate. We have never known the water to freeze, and our most desperate cases to the "goodness," the "livingness," the purity and softness of our water.

5. We have no particle of medicine in our medicine since Establishment came into our hands. We have not found a case where, having failed to cure it, an Allopathic physician would have given rather than a *readings*, with the least expectation of doing the person ill.

6. Our Cure will accommodate eighty persons in the winter, and one hundred in summer. Our rooms are commodious, plainly but neatly furnished, and are all kept warm and *clean*. Our *bath-rooms* are not surpassed, if equaled, in the country. They are four in number, and high, and well ventilated, and of the following sizes: 12 by 24 feet, 12 by 20 feet, 16 by 20 feet, and 10 by 12 feet. To this last is attached a nice dressing-room, 12 by 24 feet.

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

8. Our assistant Physicians are Dr. C. J. Armstrong, of Castleton Medical College, and Dr. Harriet N. Austin, by their attention, assiduity, and skill, they have secured our fullest confidence, and won for themselves the grateful regard of those to whom they have ministered.

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

10. We take nobody on the "No cure no pay" principle, so nobody need worry. We do our best, and if we fail, are just as much entitled to compensation as if we succeed. If we choose to *give*, that is another thing. Our terms for advice and prescription will be found in another place. See NOTICE.

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

12. We never limit ourselves as to *time*. That we must have. It is of no use to ask us to pledge ourselves to cure in a fortnight, ninety days, six months, or a year. We make no pledges of this sort, and we do not expect our assistants, our combined *skill*, to do for you, by day or night, in season and out of season, all that we can, to give you health in the quickest manner and to get you away to

— "Sister's blessings who never you go."

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

14. *OURSELVES*.—We have letters enough to fill a volume from those who have been cured by us, from most of the States of the Union and the Canadas. They speak of us and our Institution in terms of high praise and grateful acknowledgment. We have never solicited, and never will, for the purpose of publication, or to puff our Establishment. If it will not stand and prosper on its own merits, we desire to see it go down.

We select, without the consent or knowledge of the writers, a few extracts from letters recently received:—

Hartford, January 5, 1854.

DEAR SIR:—Perhaps from my long silence you may think I have forgotten you, but it is not so. Glen-Haven has often I have been very much interested in you, and I have often felt emotions. I had a safe journey home, and surprised all friends by my improved appearance. They wished to know if it was fat on me. Soberly thought it was only blood caused by the water. My answer was, "If it is blood, may I ever continue to have the same." I see Mr. D. occasionally. He expresses himself satisfied with his visit to the Glen. Yours affectionately, J. F.

Marion, February 9, 1854.

FREEST JACKSON.—Language cannot express the gratitude we feel for the kindness shown by our friends at the Glen. Suffice it for the present that we prize it.—Respectfully yours, B. S. S.

Indianapolis, December 9, 1853.

MY DEAR SIR:—I refer with much pleasure to the time when we were at the Glen. We have almost regretted not having remained longer.

It is quite probable you may have some patients next spring whom I have advised to go to you and be healed. We are all well. I am now in the 30th year, and as a comfort to poor, weak humanity.—Very truly, P. B. L. S.

Nantucket, October 30, 1853.

DR. J. C. JACKSON.—Dear Friend and Physician: The remembrance of my sojourn with you will always afford me the greatest pleasure and satisfaction. Your kind and rural simplicity, were very congenial to my spirit. We had there set aside some of those worthless conventionalities existing in the practice of the medical society, and exist in the freedom of our own true nature. The portraits of all my friends at the Glen are engraven on

— "We had and have seventy patients all winter; and at this date, March 1st, have Ladine and grandson from sixteen States and Canadas."

my heart, not to be effaced, and I frequently imagine myself in the midst of you all.—Yours respectfully, J. C. J.

[From a Gentleman reduced to 94 pounds in weight.]

DR. J. C. JACKSON.—Dear Sir: Having a few moments to myself, I improve them in penning a few lines to you, for, believe me, there is not another person besides my dear wife and children) that I think half as often to you as I do of you. The people here say you ought to give me a salary for walking the streets, for I am a walking "circular" in favor of your Institution; and some say I ought to *sell* you all, have got, for the benefit you have done me. Believe me, I was weighed to-day, and I weighed 150 pounds! I find myself improving all the time, and so is my wife and family. We take a bath every morning, and live strictly Hydropathically. There is more Graham food eaten here in one week than was eaten in two years before. We have numerous inquiries how to live almost every day; and have had some very striking and interesting cases of water-treatment in acute diseases, such as sudden colds, croup, and colic. I am very anxious to have you come and give us a few lectures. The people are very anxious to see you and hear you. We will try and make you a very warm welcome. Give my best respects to Mrs. Jackson, and bring her with you when you come to Canada.—Yours truly, P. W. D.

Georgetown, December 18, 1853.

[From an Allopathic Physician.]

J. C. JACKSON, M.D.—From your communications in the WATER-CURE JOURNAL, I feel as if I had a tolerable acquaintance with you, and I mean to add, in almost unbounded confidence in your medical skill. I have read with care your reports, and have been profited, interested, and highly gratified. I take the liberty of introducing to your notice and kind attentions the bearer, or rather his daughter. She needs a little exercise of your skill to restore her to health. I was called to see her a few times while she was under the care of another practitioner, and felt interested in her care, as a friend both of her and her father.

I honestly believe that water, properly used, will accomplish a cure in all cases which are curable, and, further, that your skill in its application is unequalled.—Yours respectfully, N. D.

[This gentleman has since placed his daughter under our care.]

Defiance, Nov. 29, 1853.

DR. JACKSON.—I am sensible that I owe you much that money cannot pay for the improvement of my present life is good that I shall yet be a living witness of the efficiency of water in child-bearing, assisted by the kind advice of Dr. Jackson.—Yours in friendship, A. S. S.

Onesago, October 26, 1853.

DR. JACKSON.—Dear Sir: I am happy to inform you that I am still alive and in the enjoyment of my present life. I have had none of my *spells* since I came home. In fact, I have not enjoyed so good health in eight years as I have since I returned to my home. I have been very much interested in the whole. Doctor, I think I made a first-rate investment of my money when I deposited it with you.

I have not only recovered my own health, but I have been instrumental in mitigating the sufferings of quite a number of my fellow-citizens.—Respectfully yours, J. B. A.

Petersburg, Va., Jan. 1, 1854.

DR. J. C. JACKSON.—My dear Sir: I found my health greatly improved after leaving your Establishment, and has continued so until within the last few months, since which time it has been on the decline. This latter effect is owing to the use of tobacco, which I had abandoned for more than a year.—Yours truly, W. G. P.

Hartford, Dec. 4, 1853.

DR. JACKSON.—Dear Sir: When I left home in July last, no person who knew me thought I would come back alive. I had been sick for several years, and I had long difficulty. The doctors said tubercles were formed. The change in me is truly wonderful. I would you could hear the expressions of astonishment that greet me in the street. I have not returned, I met an old friend in the very day. He stopped, looked at me, and said, "Is this Mr. D.?" I said, "It is not only me, but I have been doing so for some time." He said, "I am glad to see you after your appearance." It is possible that you have become a brandy-drinker. I replied, "No, Sir, I don't brandy, but I don't drink any more." He said, "I am glad to hear that all that ever I knew." Another asks if I am not bloated; another says, "Have you had the toothache, that your face is swollen?" another says, "I have never seen you so well as now." "Maybe," says I, "but I would like more of the same sort." Persons remark to me daily that they never knew such a change in so short a time and emanated for years. After a short absence from the city, they behold me with their cheeks standing out with fatness. Truly, I have recovered my health. I can now do all that I wish. I can count converts by scores, made such by my cure. You already have evidence of what I say, and you will have more. I would call upon me almost daily to know if there is hope for them. The only objection to the Glen which I have heard expressed is the distance.—Yours, for humanity, J. S. D.

J. C. JACKSON, M.D., PHYSICIANS.

MRS. L. E. JACKSON, PHYSICIANS.



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

We have reformed our promise made to our patrons last summer through the WATER-CURE JOURNAL. We have given them since that time more than fifty lectures of forty minutes to an hour in length. There have embraced Descriptive Anatomy; Physiology, Human and Comparative; the Laws of Health, and the History, Pathology, Causes, Symptoms, and Hydropathic Treatment of a very considerable number of the diseases of our climate. We have also given a new private lecture to ladies upon subjects of the first importance, relating to the special diseases and hygiene of the sex.

To illustrate these lectures, we purchased last fall of Messrs. FOWLER and WELLS and Messrs. HYATT, and obtained from private sources, a considerable number of maps, models, and specimens in human and comparative anatomy.

Our Establishment is pleasantly situated upon the western shore of the lake bordering the valley of Wyoming in the State of New York. It is surrounded by more than two hundred shade, ornamental, and fruit trees; it embraces a large extent of improved grounds, gravel walks and gardens, and a hall for social and musical exercises, one hundred feet in length.

To those desiring information concerning the diseases we have treated and our success, we will send gratis, on application post-paid, our Report of nearly 400 cases, with statistical tables and details of treatment.

Our terms are \$1.50 to \$3 per week, payable weekly. We keep fresh fruit in cold weather, and warm warmly all seasons. We are fully and heartily committed to our work, and we aspire to greater and still greater success in the art of curing disease.

Patients reach us by the Buffalo and New York City Railroad, there coming from the east up to WARREN; those from the west at LINDEN. At either place they will find both public and private conveyances. The public conveyances leave at 11 o'clock A. M. The institution is an hour's ride from either station.

PATIENTS, N. Y., April 1884.

MOUNT PROSPECT WATER-CURE, Binghamton, Broome Co., N. Y.—This retreat for the sick continues with increased prosperity. Large additions having been made during the last winter, we are now prepared to accommodate the hundred patients, and we can say, with great confidence, that our present arrangements are not excelled by any similar establishment in this country.

1st, Our "Cabin."—The buildings of this institution are situated in the midst of a beautiful and romantic grove, which contains and covers the side of Mount Prospect, with carriage and foot-walks running through it in different directions, offering easy unimpeded access to all parts of the grounds. A low rock from the "Cove" passes the CHEMUNDA RIVER, which furnishes us with all our water, and is now being put in a new condition, and now giving, which is so very easy of access that the most feeble invalid can be taken on its smooth waters and enjoy a "bath." We are within ten minutes' walk of the center of one of the most flourishing and beautiful valleys of the Empire State, and accessible at all times by the New York and Erie, and Houghton and Syracuse Railroads.

2d, Water.—The water with which this "Cure" is furnished, is beyond a doubt, pure and as pure as can be found in any other location in this State, varying its temperature but so to preserve the entire body, and not affected by drought or rains, being in reality the "life-giver," and without which our efforts would prove abortive.

3d, Physical Exercise.—We have just completed a large Gymnasium, with Ball Alley, and all necessary fixtures which are so essential to the successful treatment of those diseases peculiar to females.

4th, Medical Department.—This is under the entire control of Dr. Thayer and wife, who are assisted by competent and experienced nurses. Their large experience in Hydropathic practice, through knowledge of disease, and the entire absence of any other system, give us the most confident evidence of their skill in administering and relieving the wants of disease, and we are well qualified for the treatment of the immediate care of Mrs. Dr. Thayer, and assisted by the Doctor when circumstances require it.

5th, Business and Medical Department.—This is under the supervision of Mrs. H. M. Ramsey, who will look after the entire management of the establishment. Every fee is made made with necessity. He is assisted by Mrs. C. W. Balthazard, formerly station at the Hotel for the Friends, and recently married at the Glen Haven Water-Cure. We consider ourselves very fortunate in obtaining the services of so well qualified for the station as paid for, in attending to the wants and comfort of our patients.

TERMS.—From \$5 to \$8 per week, (payable weekly) according to room and attention required.

Patients will bring their own medicine. Two lines or cotton gloves, one woolen sock, and towels—well marked.

P. S.—Dr. T. can be consulted by letter, and prescriptions sent to any part of the United States free of charge. Letters to Dr. T. should be addressed to the following in New York would be more good.

O. V. THAYER, M.D., Resident Physician.
And Mrs. H. M. RAMSEY, Proprietress.

FOR RENT.—THE BROWNVILLE WATER CURE, C. EARLE. F. D. 24

NOTICES OF NEW GREENFERNBERG.

Not the least important of the enterprises which have been undertaken in this city within the last few years, is the Water-Cure Establishment known as New Greenfernberg. It is located on Franklin Hill, some four and a half miles south-west of Utica. The situation is one of much beauty, and affords all the requisites for the Hydropathic treatment, abundance of the purest water, picturesque scenery, fine air, pleasant walks, drives, &c.—Utica Daily Gazette.

REPORT OF 1881.—This report must quote in its entirety to the Hydropathic, or the liberal-minded practitioner of any school. It must be chiefly so, however, to the cautious invalid, or to any one contemplating a course of water-treatment. Many of the cases here recorded are of a remarkable character, and cures have been performed at this Establishment which will bear a comparison with those of any similar resort in the country. Its location is fine, water excellent, and medical supervision of a satisfactory character.—Eclectic Jour. of Med.

We acknowledge the receipt of a report of cases treated at this Establishment, which presents a highly creditable success in its numerous regulations. When we take into consideration that nearly all the patients are chronic cases, many of them being under a complication of diseases, and who have become weary of visiting, and by the failure of common treatment—this Establishment is fully justified. Those who are desirous of availing themselves of water-cure treatment will find this Establishment among the best.—American Journal of Med.

NEW GREENFERNBERG.—This institution enjoys a high reputation. We are a believer in Hydropathy to a certain extent. It is not that a judicious use of water, as a remedy, will cure many diseases, but it can be reached by any other treatment.—Concord Courier.

NEW GREENFERNBERG.—Some of the cures here detailed are really wonderful, and we should have suspicion of their genuineness were not the high character of the medical profession at the Institution a sufficient guaranty of their authenticity. We have never seen a more judicious use of water, and we have never known so many who have, and who come out renewed and improved, that we must believe that the water-treatment here is sound.

This Establishment, we are told by the competent water-cure physician, is one of the best conducted in the country. Dr. Holand, by long experience in this mode of treatment, as well as personal experience of the efficacy, is fully qualified to stand at its head.—Oswego Mirror.

While some Water Cures have been made to succeed, we learn that this one has been a long well patronized, and that Dr. Holand has had even better success than the rest of them. He has offered many a remedy, and he has not failed to give relief. He has a skill and experience, he has a kind and careful manner, and he has a good deal of comfort and improvement in his treatment.—Evening Times.

This institution, we are favorably known, we learn from the best authority, has been very successful in the treatment of many cases. We esteem that men the best of the water-cure, Dr. Holand, in this respect, is a good sign. He is frank, honest, kind, attentive, and

skilled. He does not humbug his patients, but has effected as many remarkable cures as any institution we know of.—Union Journal of Medicine.

As far as we have heard, all invalids who report to New Greenfernberg, return well satisfied with their improvement, which is the best recommendation that can be bestowed on Dr. Holand or his system of practice.—Tribune.

APRIL 1884. Full printed particulars may be had by mail, enclosing R. HOLLAND, New Greenfernberg, Herkimer Co., N. Y.

TARTYOWN WATER-CURE.—THIS ESTABLISHMENT, which was commenced by first year, has been rebuilt, and is now ready to receive patients.

Address, E. D. FRANKSON, TARTYOWN, N. Y.

GRANVILLE WATER-CURE.—FOR THE TREATMENT OF DISEASES OF FEMALES. Address—W. B. BANCROFT, M.D., GRANVILLE, Licking Co., Ohio.

NEW GREENFERNBERG WATER-CURE.—FOR full, printed particulars, address R. HOLLAND, M.D., New Greenfernberg, N. Y.

NEWPORT, R. I., WATER-CURE.—THIS Establishment is now in successful operation, under the direction of DR. W. F. REE, whom please to address by particular.

GEORGIA WATER-CURE.—At Rock Spring, near Marietta, Georgia, is open, summer and winter. C. Cox, M.D., Proprietor. Sept. 11.

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

Business Advertisements.

FOR WATER-CURE ESTABLISHMENTS.—The finest sorts of Fruit and Flowering Trees and Plants, at the lowest prices. Catalogue gratis. Carriage sold to Boston or New York.—B. M. WATSON, Old Colony Nurseries, Plymouth, Mass. April 11.

THE NEW POCKET SPRING, WITH DIRECTIONS FOR ITS USE.—The undersigned takes pleasure in offering to the public, the Hydropathic Process, and especially to families, a new and superior in its kind, portable, and with an LEAFLET BY M. ANDERSON, by R. F. TRATT, M.D., giving complete directions for its use, and a full and complete description of the price of the New Pocket Spring is only Three Dollars and a half. All orders containing remittance should be pre-paid, and directed to FOWLER and WELLS, Clinton Hill, 121 New York, New York.

This instrument has been manufactured to order, to meet the wants of hydropathic physicians and patients. It is most convenient and portable, than any apparatus of the kind ever contrived, with in its case, all little more space than a common pocket-book, while its durable material, and its small size, will be found very convenient.

Extra Vaginal Tubes, 25 cents. Sent to any place desired by Express.

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T. GILBERT & Co.'s WORLD'S FAIR PREMIUM *Æolian* Piano.

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An elegant instrument for small rooms, acknowledged to be superior to Collard & Collard's Broadway, (of London.)

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An instrument manufactured expressly for Mr. W., possessing a power or volume of tone equal to Erard's Grand Piano, and a melodious combination of sound nearly equal to the organ; an instrument he can warrant to give entire satisfaction, as he does all instruments sold, or purchased money returned.

Large Assortment of Instruments of other celebrated make. New and Second-Hand Pianos sold at great bargains.

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Goodman & Baldwin's New and Unrivalled Invention: Patent Organ Builders, having called forth the highest testimonials both from the Press and Artists; and it would be difficult to conceive any thing more melodious than the strains produced by the *Æolian* Attachment of these celebrated makers. To be had at Mr. W.'s, at prices as low as at the factories.

GUITARS.
Mr. W. is also Agent for Martin's unrivalled Guitars.

NEW AND POPULAR MUSIC.
The following are the titles of a few of the choice pieces to be found in this immense catalogue:

The Ghost of Uncle Tom, composed by Miss Martin.

The Prudential Song, a sacred song, quartet, and chorus, harmonized and arranged for Piano, Voice, Organ, or Melodeon, by Henry C. Watson.

Buckeye Celebrated Singing Song, composed by A. Sedgwick.

Eve in her Pinn, as sung by little Cordelia Howard, in her original character of the gentle Eve in Uncle Tom's Cabin.

Once a Year, a Ballad, words by Fitz James O'Brien, Ed., music by Thomas Baker.

Santa Clara, the Queen for the Piano Forte, by C. E. Felch.

Let us speak of a Man as we find him, dedicated to the Hon. J. F. Hale, words by Jas. Simonds, music by J. R. Thomas.

Mountain Echo, a comic song, written and composed by J. R. Thomas.

Mountain Echo, a comic song, written and composed by J. R. Thomas.

Oh! I'm so Wild, as sung by Mrs. G. C. Howard, in her original character of the gentle Eve in Uncle Tom's Cabin; words and music by G. C. Howard.

St. Clare in Lull, Eve in Heaven; words and music by G. C. Howard.

Little Katty Vase, as sung by little Cordelia Howard, in the drama of Little Katty the Hot-Corn Girl; words and music by G. C. Howard.

The Broom's Posing, composed by M. C. S.

The Water Spirits, Duet; words by James Simonds, music by Thomas Baker.

Freeman House Polka, composed by Van Der Weide, as sung by John Fitch.

Uncle Tom's Religion, as sung in the grand drama of Uncle Tom's Cabin, words and music by G. C. Howard.

Peg goes the Wheel, a Gaily composed for fun.

St. Clare in Lull, Eve in Heaven; words and music by J. B. Woodbury.

All music sent by mail, postage free. Large discount on all orders.

April 12.

AGRICULTURE! MECHANICS! SCIENCE! SPARKS! KNOWLEDGE! ONE DOLLAR A YEAR.—THE PEOPLE'S JOURNAL, an illustrated Record of Progress, Science, and Industry.

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DICKENS' HOUSEHOLD WORDS.

A NEW MONTHLY MAGAZINE.

A Chapter, more Relaxed, more Enlivened, and more interesting, has been published.

The regular staff of contributors to this Magazine is perhaps unequalled by that of any other work ever published. It embraces the most eminent men in various departments of art, science and literature—among which may be mentioned—Charles Dickens, Alfred Russel Wallace, William Howitt, Leslie Hunt and Barry Cornwall.

A few short Extracts from a Thousand long Vols.

"These of our readers who do not read every number of this admirable little, miss a most instructive, agreeable, and judicious work. It is the best-vised extract-chose of the kind ever attempted. The most curious information, the most pleasing stories, and the best-written papers for the people, appear in each number—from essays on natural history to details of manufactures; from ingenious paragraphs of events to the most deft criticism on the measures and the facts of the day. The scope of the work is charming and suggestive."—Boston Daily Transcript.

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"Household Words"—words spoken in a thousand English ears, and whispered over again in thousands of American hearts. It is a work of great value, a work—sometimes lesser words, but generally only plain, plain words—tendently words of counsel, words of good cheer, but replete with instructive and hard words, and we hope never last words.—Albany Evening Journal.

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