

WATER-CURE JOURNAL.

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Physiology, Hydropathy, and the Laws of Life.

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REMOVAL.

THE WATER-CURE JOURNAL is now published at 305 Broadway, New York, two blocks above the City Hall Park, and a few steps below the Turnstone, and nearly opposite the New York Hospital. Our post-office address is now as follows:

FOWLER and WELLS,
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A PROMISE should be given with caution and kept with care. A promise should be made by the heart and remembered by the head. A promise is the offering of the intention, and should be nurtured by recollection. A promise and its performance should, like the scales of a balance, always present a mutual adjustment. A promise delayed is justice deferred. A promise neglected is an untruth told. A promise attended to is a debt settled.—*Hopes and Hopes.*

CANADA POSTAGE.—Our friends in Canada, when sending their Clubs for the Journals, will please remember to enclose, in addition to the subscription price, the American postage, which is only six cents a year: a small matter considered by itself, but on the thousands we send to Canada, would amount to more than the price at which the Journals are furnished with warrant us in losing.

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THE WATER-CURE JOURNAL we commend to those who wish to live comfortably for a "good spell."—*St. Catharine Journal.*

Essays.

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

LETTER TO AN ALLOPATH.

GLEN HAVEN WATER-CURE,
Scott, Cortland Co., N. Y., May 1, 1854.
HENRY HAYES, M.D., Hartland, Vt. :

DEAR SIR:—I do not address this letter to you because you are an Hydropathist, but because I am one; preferring it to the school of which you are a distinguished ornament.

Compared at present, the Allopathic has greatly an apparent advantage over the Hydropathic school. It has great age, and the prescriptive rights which age gives. It has the wisdom which close observation and varied experience are calculated to bestow. It has the prestige of order and regularity; and to a good degree as yet, it has the confidence of the people.

Hydropathy has to a small extent only any of these advantages; and some of them not at all. Of age, it has only that which belongs to youth. Of Regularity and Apostolic Succession, it has not a whit, being most clearly an innovation; of weight of character and confidence with the people, only a moderate amount; and its way is through struggle and contest to triumph, if triumph it ever sees.

It is a matter of surprise to many of my personal friends who feel an interest in my personal welfare, why I should place myself in hostility to the Allopathic practice. I was born, reared, educated and trained under its fostering care. From the earliest settlement of western Massachusetts, each generation had furnished a physician of the Regular school from our family. Yet here I am, a so-called quack, trying to cure the ills that flesh is heir to, without the consent of the established schools; and without drugs. Why is this? What queer idea has got into my head to think I know more than all the Allopathic doctors in the land? I propose to tell you. In doing so, I speak for

myself only. Laboring in the same cause with me are physicians of both sexes, to do honor to whom I feel proud; but I never make them responsible for any statements of mine. Their statements may be like mine or not; my practice may be like theirs or not; we are respectively independent and severally responsible, each for what he says and does, and that only.

To be frank, I think I have potential reasons why I should not be an Allopathic physician. The first is, that Allopathy affirms the curative power of poisons. Its whole philosophy is based on this dogma, and by it stands or falls. Of its *materia medica*, its *poisonous* remedies are by far more numerous than those which in their nature are innocuous. In fact, its *chief* remedies are *poisons*. Those which are the most highly recommended and most popular, are *poisons*. Those remedies which, if they do no good, do no harm, are in small repute with physicians of your school. Now I join issue with this notion. I have no quarrel with the men who cherish it. They devoutly believe in their efficacy. They administer them in good faith. They ascribe wonderful results to their exhibition, and they think themselves justified in calling any man a *quack* who falls not in with their idea. I wish to leave out of my inquiry the representatives of the system, so that I may the better make my assault on the system itself. Those who stand forth as its advocates are men of learning, experience, and skill. It is evident they must be so; else, with such a system as they practise, they would destroy as large per cent. as now they save. They are gentlemen, but their system in my judgment is a *stupendous falsehood*, whose sceptre has been deadly, and whose effects have been incalculably deleterious.

Doctor Hayes, I do not believe a human being was ever kept out of the grave by giving him poison, unless such person had by mistake taken poison. Aside from this kind of administration, which is no part of Allopathic therapeutics, no poison ever prolonged human life, or cured one who could not and would not just as well and better have lived without it. It matters not a whit whether the dose be of huge potency or of high dilution: poisons everywhere always kill,

or tend to kill. That is their nature, and to it they are true. What one gives as medicine—to do good and not harm—to save and not destroy—must hold to the human body relations which are naturally congenial; so that its influence when taken in health shall be good and not ill. Any substance, when taken as medicine, which will make a *well* man sick, will make a sick man *sicker*. Any substance which taken will make a sick man better, will not make a well man sick. This is the law of action of remedies as well as their law of limitation. Beyond it they cannot go. Overstepped, one is in the sphere of destruction and not of cure. Take the materia medica, and sit down and apply this rule (for it is a sound one, however much it may be doubted) to the remedies therein contained, and see after a faithful application how many you have left, and you will be surprised. No greater absurdity can exist than this, of supposing that certain substances, which are unfriendly in health, will act friendly when the body is out of health. Nature's economies are not thus arranged. She is guilty of no such sophistry as this. Uniformly she makes her agents for the preservation of health, grand restoratives; and those which act to restore, which build up, which supply waste, which repair breaches in the constitution, which invigorate organs whose functional associations are feeble or imperfect, are always appropriate to the body *when in health*. Step out into her broad domain, beyond the intermeddling of man, and see how true this is. Air for the sick and well; light for the sick and well; food for the sick and well; exercise for the sick and well; water for the sick and well; easy and pleasant mental conditions for the sick and the well. Each and all, to sick and well, in proportion to their respective capabilities to bear them. But never one or all of these for the sick only, or the well only. Take the Allopathic agents, which Nature abhors, and the distinction is at once set up. Ha! ha! how the whole land would laugh at the assertion that calomel, like *air*, was to be used by both sick and well, only in different quantities. Or opium, or strychnine, or colchicum, or sulphuric acid, or aquafortis, or arsenic, or iodine, like water, is appropriate for the well and sick, *only in different quantities*! Why, everybody knows that no Allopathic doctor would dare thus to affirm. Yet of his remedies, the Hydropathist dare affirm their universal fitness. Oh that men of common sense would use it! they would come to see the utter impossibility of making that perform for a sick man, in the way of *cure*, what it will not do in the way of protecting a well man against sickness. My dear Sir, how can a substance—calomel for instance—acting on a liver which is healthy, so as to disturb it and make it sick, *whirl about and act on it, now it is sick*, so as to restore it? Or, how can a body, made sick by drug-medication, (as tens of thousands are,) be made well by the application of the same means? This problem reminds one of the problem of accounting for the difference between saints and sinners in Huidibras:

The saints may do the same things, by
The Spirit in sincerity,
Which others are but tempted to,
And at the Devil's instance do,

And yet the actions be contrary,
Just as the saints and wicked vary.

That is, give calomel to a well man and it raises the Devil with him; i.e. makes him sick. Give it to a man with whom the Devil is raised, i.e. who is *sick*, and it makes him a saint, i.e. restores him to health. A wonderful power of accommodation to man's convenience these poisons are. When will this terrible imposture cease?

When will this delusion end? If ever a man sent from the depths of his heart a cry up to God which should be all-prevailing, it seems to me that one should go forth, beseeching Him to enlighten the human race in this matter of the laws of life, the way to preserve it, and its *intrinsic* value. For, if you set aside the Water-Cure school, or those who believe in the use of remedies only which are congenial in their operation on a healthy system, the whole world is under this fatal mistake. Take as an instance the following: A very large and influential body of men and women have become convinced that alcohol is a *poison*; that its destructive influence is incalculable; that a check or stop to its use must be had, or the nation is ruined. So, in season and out of season, they labor to bring the public mind to this issue. They have not been satisfied with summoning morality and piety to their aid; they have invoked the aid of *science*; and chemistry has been called to witness that alcohol is a poison. Edward L. Youmans, a chemist, in a work titled, "Alcohol and the Constitution of Man," shows great research and learning to demonstrate the injurious and oftentimes deadly effects of this agent on the human body.

He declares that it acts as a disorganizing agent to the *water of the tissues*; that, like heat, it coagulates the albumen of the blood if taken in excess; that it is *only less destructive as it is taken in less quantity*; and that it is never neutral or inactive. That it obstructs the nutritive and reparative functions; that it prevents the natural changes in the blood; that it impedes the liberation of carbonic acid; that it does not protect the system against cold; that it causes irritation and inflammation; that it is not a tonic; that it cannot protect from contagion; that it produces internal disease, when the patient is apparently well; that it deranges the liver; that it is a deadly poison, and that as a poison it has a specific action on the brain; and concludes by affirming that, in whatever quantity or form, it is a poison, *except when judiciously given in cases of disease by a cautious and candid physician*. There, Sir! Did you ever see a scientific man drawing such conclusion? Here is a substance, admitted to be, in and by its very nature, a rank, deadly poison, drying up the juices of the human body; operating destructively in that degree, that Government is to be called to its prohibition; whose very nature and influence are changed by a prescription of a physician. That is, take it *without* the assent of a cautious and candid physician, and it will *kill*; take it *by his advice*, and it will *cure*.

"Strange such a difference there should be
"Twixt twiddle-dum and twiddle-dee."

Is it not humiliating thus to pervert science to ignorant notions? Yet what is true of alcohol, is true of *all* poisons. If in healthy conditions

they are destructive, in diseased states they are necessarily more destructive. If they will kill the strong, think you they will save the weak? Never, Sir! All this sort of talk is trifling—audaciously wicked trifling; and when brought out into practice, horribly destructive in its results. All this poisoning people for their good, is on a level with the practice of blood-letting; a practice so destructive, that a very able writer has declared that the *lancet* in Europe has sent more persons into eternity than all the battles ever fought. A remark I am disposed to think greatly within the truth. Now, Sir, this is one of the reasons why I cannot be an Allopathic physician. And it applies with like force to any school whose remedies are *poisonous*. I will never consent, in order to be regarded as a man of celebrity, to violate my convictions, and abate myself-respect. I know as well as I want to know, that all the specific affinities which it is said different poisons have for different organs, are *destructive* affinities. They attack only to kill. Calomel—if one fact is true above another, it is, that it has killed hundreds of thousands, who, but for its administration, would have, by the use of simple means, recovered from their ailments. Opium, iodine, arsenic, and like things, have killed myriads. Those they have saved, where are they? Doctor Hayes, four-fifths of all those having acute diseases, who are treated allopathically, have, after their recovery, some form of *chronic ailment*; some derangement, disturbance, or marked disease, which it is a burden to carry; which makes life less joyous; which in many cases hangs as a dead weight on the soul, causing it to clamor for deliverance. This fact of itself is pregnant with condemnation to the drug system. It speaks for itself. It demonstrates that the remedies which are held so *potential*, are powerful only to *use up vigor*; breaking down the elasticity of the muscles; stiffening the sinews; inflaming the secreting membranes; relaxing the capillaries; obstructing the glands; weakening the action of the lacteals, and so subverting nutrition; reducing the tone of the lymphatics, and so making the blood impure; affecting respiration and the circulation; and making the patient old before his manhood has reached its prime; strewing his head with gray; furrowing wrinkles on his face; giving him the stoop of age, the decrepitude of the confirmed invalid, and the air of one to whom the grasshopper has become a burden. Is not the land full of such persons? In every town, city, village, neighborhood, hamlet—I liked to have said house—you can have tottering, feeble, cadaverous testimonials of the truth of my avowment. What ails them? Why, they have *chronic disease* of some kind. Chronic disease! Do you suppose, that when the day shall have come that physicians shall know how to treat acute disease properly—so treat it as to cure it—that chronic disease will be known? Nay, verily, chronic disease is the effect, the child, the offspring of drug-giving. For myself, I should be ashamed, were I to report a case of acute disease as *cured*, and have my patient have some chronic affection in its stead. Water-Cure commits no such blunders as that. An acute case, no matter what it is, if put into the hands of a Water-Cure physician, dies, or *gets well*,

leaving no aches or pains; no stiff knees, inert kidneys, weak lungs, tender spine, poor circulation, feeble digestion, swollen limbs, sore eyes, catarrh, running at the ears, loss of hair, trembling legs, weak voice, and unsteady brain. He comes forth from the combat, fresh and vigorous, with his forces at his command, and a heart full of gratitude. He knows the difference, and never forgets it. Let me quote a case now lying before me. The lady lives in —. The reader who peruses this letter may say the case is singular. I simply say, that I have received not less than *one thousand letters* the past year, wearing the same general air—that of their writers having been drugged well-nigh to death, and asking me if I could cure them. To a larger half I have had to say I could not. Their doom was sealed without reprieve.

"At 14 was unwell. Neighbors told mother to go for a doctor. He came; gave me blue-pills; afterwards some mercurial preparation, which salivated me. Attended me a good while. I grew worse; and finally father called another doctor. He hesitated some; but concluded to try mustard, pepper, horse-radish, whiskey; blistered the whole length of the spine; tried alkalies, saleratus, potash, soda, lime-water; then acid drops; but none of these helped me. Could not sleep; so took opium, morphine, lupuline, extract of lettuce, valerian; but all made my nervous system worse, and me more wakeful. *Continued blistering for one year*, but did no good; then antimonial sines, nine weeks; then a seton; then caustic issues; had twelve burned in my back in about six months, when they began to heal. They put antimony into them. Then he thought that cupping would do me good. I was blistered, scarified, and burned, till I was all covered with scars. I doctored this way four years; during which time I had nine different physicians, *who all considered it doubtful if I was ever any better*. I had a large kernel in the hollow of my foot. My physician said it was scirrhous or cancerous in its nature. He wanted counsel—so father called a noted physician, who said it was cancerous; said the right lobe of the liver and the lower part of the stomach were ossified; and that I should not live four weeks. I will try and name some of the medicine that I took in that four years: carbonate, sulphate, precipitate, and muriate of iron; iodine, nitrate of silver, hydrate of potassa, opium, morphine, ammonia, balsam of copaiba, nitre, spirits of nitre, spirits of turpentine, arsenic, scintu, belladonna, stramonium, strychnine, quicksilver, calomel, blue-pill, oxide of bismuth, aquafortis, composition, barberry-bark, white-ash bark, Peruvian bark, quinine, lobelia, blood-root, wild turnip, wild cherry, buttonballs soaked in brandy, tar-water, camphor, cinchona, ether, hydrocyanic acid, digitalis, castor oil, rhubarb, bilious pills, liver pills, Pinney's pills, Soule's pills, chlorate of potash, tartarized antimony, Epsom salts, cream of tartar, and many others that I cannot think of. The last doctor I had came and proposed to give me some medicine. I said to him, 'Doctor, I am filled to the chin with medicine.' He said he could do nothing for me, and went away. Since that time I have had no doctor. Soon after this, menses came on; lasted eight weeks; had a violent cough; became a mere skeleton; could not

sit up a moment; could hardly speak a loud word; had a sort of hearse made, on which was a bed, and I was put on it; was carried out by and by; began to be a little better; finally, got so as to be put on a bed in buggy and ride out; rode so nine months; gradually gained, so I can ride now, sitting up without help; write some; sew a little; keep up good courage—am cheerful and happy; do not allow myself to get low-spirited, discouraged, or have the horrors. My health has been better for the past six months than for the past nine years. Do you think, dear Sir, I can get well?"

Now, what shall be said of a system which will allow able men, one after another, successively to fill up this poor girl's tissues with their infernal poisons, making her to have torments surpassed only by the damned? My blood runs cold, and I shiver with horror as I think of tens of thousands on thousands, subjected to just such tortures; and this in a land nominally Christian, with a good God all around and about us, whose tender mercies are over all his works; and whose wisdom and goodness are never more beautifully displayed than in the bountiful provision He has made for the preservation of human life. I wash my hands of all this human butchery; this blood-guiltiness; this opening of graves whose sods should rest undisturbed for long years, ere the shovel and the pick sent forth their dull leaden death-knell. Men of your school may call me a quack; try to keep the sick from consulting me. I will let their criticisms pass unheeded; but so help me God, I will not have a hand in dealing out their poisons. I will dig the hill-side for bread, and quaff water for drink; will scent the fresh air of the morning for strength, and wear sheep's gray for a covering, before I will pour poison into the current of my brother's blood, and dry up the marrow of his bones.

I know that thus to talk, seems severe; but it is mild compared with what should be said. Admit, for a moment—which I deny—the curative effect of drugs; and in seventy-five per cent. of all the cases where drugs and medicines are given, adulterated drugs and medicines are exhibited; stuff which bears the same relation to the article supposed, as chalk bears to cheese. I do not speak unadvisedly. I understand full well that I am responsible to the moral sense of the people for the truth or falsity of the statements I make; and so I affirm anew that at least seventy-five per cent. of the drugs given to the sick are not the articles supposed. Read the following from one of the first druggist firms in the world:

"The regular practitioner of medicine has almost insurmountable difficulties to contend with, in the fact, that his prescriptions are necessarily little better than experiments—more particularly the physician of the South and West—from the fact that the purity and strength of medicines vary so very materially.

"It is well known that laudanum is usually made from the most inferior and unsaleable pieces of opium, which seldom if ever contain half the proper quantity of morphine.

"Rhubarb is powdered from roots varying in price from twenty cents to one dollar per pound—the lower prices, of course, more or less decayed and worm-eaten; and thus, being unsale-

able, they are powdered and colored to sell 'cheap.'

"Instead of jalap, large quantities of the *spurious jalap*, and also of a variety known as *jalap tops*, are sold at about one-quarter the price of the true jalap."

For Peruvian bark, at least a thousand pounds of the worthless inert Carthagena and Maracibo bark are ground and sold for every pound of the true Peruvian Calasaya bark. Now, if these are facts—and they certainly are well-known facts, and very serious facts, too—*how is it possible to prescribe with any certainty?* Is prescribing with such medicines any thing else than experimenting?

"It is well known among dealers, and yet not generally known to the profession and the public, that pure and genuine medicines, particularly pure powdered drugs, from the first quality of gums and roots, are scarcely procurable in this country, and therefore physicians often prescribe medicines to meet certain indications in the disease of the patient, without obtaining the desired and expected beneficial result. To enumerate the articles of adulterated medicines that are daily sold in market, would be to name almost the entire list of the materia medica. From the finer and more important chemicals and pharmaceutical preparations, such as morphine, quinine, hydrate of potash, calomel, blue-pill, &c., &c., down to the most common, and those of daily use, such as cream of tartar, rhubarb, ipecac, &c., the adulterations are so adroitly made, that (without analysis) even the closest inspection will fail to detect them. Quinine is often found largely adulterated (in some instances more than half) with mannite and other substances. Blue-mass and calomel have been found much more than half adulteration. A gentleman at one time connected with an extensive manufacturing establishment, informed us that just before he left England, the factory turned out more than four thousand pounds of blue-pill, containing barytes, instead of mercury; and it was all destined for the American market."

Add to this evidence of the adulteration of drugs, the abundant evidence of the drugging of liquors, which are in such repute among physicians, either as directly to be drunk, or to be used in making extracts of roots and shrubs—commonly denominated "Hydro-alcoholic Extracts," and you put the cap-sheaf upon this stack of imposture. Eminent chemists assert that nine-tenths at least of all the liquors consumed in the United States are more or less drugged.

Under an enactment of Congress, relative to the adulteration of drugs, the United States Examiner reports, that "The country is filled with base mixtures and worthless trash; and the question naturally and fairly comes up, will prime crude drugs be found on sale in town and country in as pure condition as when imported, or, in other words, be found free from adulteration?" And he says "No," emphatically. Yet it is such wretched creatures as these that medical men rely on to cure disease, and sneer at others who, for their remedies, step from a sphere so poorly regulated by Art, out into the broad world of Nature presided over by God. Whilst I love and honor to a very large extent the fraternity of physicians, of which my noble father

was for thirty years a bright, particular star, I must in duty to my self-respect leave the Allopathic system to the contempt which I feel that it merits. It has nothing intrinsic to recommend it; it lives on the character of its practitioners, (and even they cannot sustain it after the people are awake.) whilst Water-Cure has in it an inherent force which will sustain it and all who follow it truthfully.

I am not forgetful that there is a class of physicians who call themselves *Water-Cure* physicians, who use drugs in greater or less quantities. But it is always to be borne in mind, that these persons were of old drug doctors; that they were taught that practice; that they have added to it water as an agent, hoping thereby to add to their success—of which Heaven knows there was great need.

I do not now know of a single *Water-Cure* in the United States whose physician gives drugs, who had not, previously to his taking charge of an establishment, given them. The Hydro-druggists are all from the drug schools. The Hydropathists are converted Allopathists, Homoeopaths, or Eclectics; or newly-educated young men and women. It is not fair to hold *Water-Cure* and *Hydro-drug* doctors on the same level. We are no nearer alike than an Allopath and Homoeopath are. The former give *water*; the latter medicine; yet they do not represent the *same idea*. Hydropathy and Hydro-drugery are not synonyms; not types of the same system; not co-workers in the same cause. The former is a *revolution*; the latter *may* be a reformation. The one is *radical*; the other is a modified form of drug-medication. For my own part, I am so convinced of the complete unworthiness of drugs as remedies against disease, that I prefer to be subjected to many trials, rather than have my patients touch poisons.

On the other hand, I am so convinced of the superiority of water in the treatment of all diseases, that I prefer to wait patiently and hopefully for the time to come when intelligent men and women will no more think of introducing into their systems, when sick, subtle, concentrated poisons, than of cutting their throats. And I shall not have to wait so very long. For a revolution, based on truth, always proceeds in a geometrical ratio; and so absorbs numbers rapidly. Meanwhile, there is ample field opened to me and mine for all the skill and devotion to the *NEW* *MOX* which it needs. One only needs to *cure* the sick, and the sick will find him and go to him, let him be where he may.

Let me commend to you some of the positive reasons for my preference of Hydropathy over drug-medication. First, is its adaptability to all forms and phases of disease; in all climates and latitudes; and to all living creatures. It is, without a joke, the universal remedy. No matter what disease one may have, water-treatment will cure it, if curable by medical treatment. Even in surgery it is rapidly supplanting other agents. One of the most distinguished surgeons in this State told me that he always does up his patients in water-dressings. And it is well known that Liston rejected all other liquid applications. But within the pale of physic as distinguished from surgery, it stands as a remedy without a rival. Some who use it say, that in a large share of cases

it is valuable, but in some cases it is of no use. Admitted; but the cases where it will do no good are incurable by any method; and I have always found those who limit its application are those who give or take drugs. What else could they do? Not to do this, would be to pay a poor compliment to themselves as drug-givers, or to their medicines as remedies. Second: It is not simply because of its adaptability, but because also of its potency in controlling morbid symptoms, rapidly changing ill conditions, that I am its advocate. Take a case: I was called yesterday to the bedside of a lady whose brother I had cured after other physicians had given him up, and who is a patient of mine for a very severe disease. She had carelessly taken cold, and I found her with all the opening symptoms of inflammation of the lungs: head hot; rigors; flashes of heat; sharp pains in the sternum; cold feet; pulse 120; suffused eyes; dry, hacking cough, and greatly alarmed. I ordered her a pack in a sheet wet as it could be and not drip, in water at 85°, and to wrap her in it from top of head to tip of toe. She was thus wrapped. In five minutes she said she was hot, steaming as it were. I had her taken out; given a dripping sheet at 80°; rubbed with the hand for two minutes, and again packed as before. In this last envelopment she remained fifteen minutes; took her out; gave her a sheet as before; wiped her dry; rubbed her well; put on head-cap, neck-bandage, and chest-jacket, wet; the two last covered by dry; put her in bed, with warm bottle to her feet; taking time in all—just thirty minutes. I went into her room; felt her pulse; it was calm, full, soft, and only 85°; pressure of head relieved; feet warm; surface cooled to a natural temperature; and she smiling and saying to me: "Oh! Doctor, was there ever any thing like *water*?" To which you may imagine my answer, Now, if any drug-doctor on the face of the earth will produce, in a like case, the like effects in the same time, by the administration of *any drug*, I will give him *fifty* dollars. He may take it from the tail or jaw of a *snake*; from the head or body of a *whale*; from the bowels of the earth; or the topmost bough of a tree on a mountain top; and I defy him to do it. Yet this instance of mine is nothing strange in the annals of *Water-Cure*.

One more reason, and I close. *Water-Cure* shows its superiority in its power to palliate disease when disease is *incurable*. It smooths the passage to the tomb. It leaves the patient in full consciousness to make arrangements for his great change. There is no nausea; no stupor; no delirium; no exhibition of abnormal symptoms, such as drugs cause; but Nature is left in the best estate to combat the foe, and to expel it from her domain if possible. My dear Sir, for yourself I cherish profound regard—not merely for your personal worth, but for your attainments as a physician. Your name is in the mouths of the Green Mountaineers as one of high repute. Let me commend *Water-Cure* to you as worthy of your closest scrutiny, and as sure to answer your most sanguine expectations, if you investigate and practise it. For myself, nothing could make me doubt its efficacy. Nothing will turn me from it. I hope to live many years, and to gather around me, in my mountain home, many

memorials of my practice, in the remembrance left me by those who came to me under sentence of death from gentlemen of the drug-school, and have gone away well.

Truly and kindly yours,
J. C. JACKSON.

SOMETHING TO TAKE.

BY MRS. R. B. GLEASON.

A FEW days since, this household phrase was suggestive of some practical thoughts. Having occasion to remove a pedunculated tumor by ligature, on calling the second morning after its appliance to tighten it, the careful mother said in a tone of tenderness for the daughter, mingled with mild reproach for myself, "Surely it seems cruel that Phoebe should lie here without something to take."

On stealing softly into the patient's room, I found her sleeping, not with suppressed suffering written on her countenance, but rather like one who was taking a comfortable nap. When she awoke, I found no febrile excitement, no local inflammation. The symptoms were every way encouraging. On explaining this to the mother, she replied:

"Well, yes, it did seem as if she was doing well; but then she kinder *thought* she ought to have something to take."

On my way homeward, "something to take" sounded in my ears as if uttered all along the valley of the Chemung, and echoed by the adjacent hills. And so it is the world over; this "something to take" is the main thought of many a head, the great disturber of many a stomach, the irritant of millions of nerves.

The young Miss of genteel form and fashionable dress, who lunches on dainties, reclines on sofas, and reads light literature by day, and dreams of her admirers by night, has loss of appetite, want of strength, a pain in the side, and must have "something to take." Well, what shall she take? Why, take off her tight dress; and take to some active, useful employment.

The man of business whose brain is oppressed, whose stomach is in pain, whose nerves are irritable, must have "something to take." What shall it be? Let him take more time to talk with his wife, to play with his children, and his dinner will digest better, his head be clearer, and his sleep sweeter.

To be sure, in years to come, he may have a few hundreds less in purse; but in health, *yea*, in *heart* too, he will have gained a treasure of infinitely more worth than golden wealth. More than this, he will have imparted to the "loved ones at home" that which is *too choice* for money to buy,—a father's care, a husband's company. The masculine as well as the maternal element is required to perfect "home influence."

Here we find the fair young mother lying on a feather-bed, with a flushed cheek and fluttering pulse, every door and window guarded as if a pestilential vapor instead of an invigorating breath would steal in if they were left ajar.

Though the dreaded peril was safely passed, and she hoped soon to be strong again, yet she

finds that day by day she grows more feeble and nervous. The vigilant nurse and devoted husband decide "she must have something to take." Let us select anodynes, tonics and restoratives for her. First give her plenty of fresh air in her chamber; draw aside the curtains, open the blinds, for animal as well as vegetable organizations need sunlight to thrive well. Let her have one general ablation and two hip-baths of mild temperature each day. Do not burden her with body-braces or abdominal supporters, but rather adjust a wet linen girdle, covered with dry cotton, about the body, and it will be a soothing support. Let her take short walks and frequent rides, and so use what strength she has—the sure way to find more.

Next our eye rests on the little nestling in blankets. It worries; a friend by suggests that it has the colic, and must have "something to take." Shall we give it catnip, aniseed, or some other more potent baby-cordial? No, none of these. Perhaps its dress is too snug; perhaps its sensitive stomach is suffering from the sickly condition of the mother. So we will not add irritant to irritant, but we will unfasten its dress, rub its little body; wait a little, it will soon be better.

As the mother improves under her new dispensation, this little counterpart of her existence will also thrive better.

At the house of a friend we find a little boy with curly hair and fair features, but a frail constitution. It is mid-winter, and so he is kept closely within-doors. He wears a low-neck dress with short sleeves, and those little arms have a purple, mottled look, for chill of the surface has rendered the capillary circulation imperfect. The mother assures us they are not cold; but, nevertheless, we see the unmistakable impress of that condition. The little fellow has frequent colds and a croupy cough, and must have "something to take." First take off that embroidered slip and low slippers, and instead, a flannel suit, with substantial shoes, and then let him run hither and thither, in-doors and out, without fear of soiling his clothes or catching a cold. His muscular system will be developed by exercise, his sensitive lungs grow strong by the inhalation of pure cold air, and thus he will grow up a hardy boy, and not a hot-house plant.

On every hand, we find some one complaining of the "compliments of the season" in the shape of coughs, colds, influenzas, &c., all in want of "something to take." What shall we select from the host of pectorals and pulmonics?

Nothing to put inside save frequent draughts of pure cold water; and for the outside, such treatment as will increase the activity of the skin, equalize the circulation, &c. If the attack be severe, take a sweat in a hot bath, with a pour after at 65°, just before retiring. If much oppression of chest, wear during the night a wet linen chest-bandage, with one of dry cotton over; both of them double; and on rising, lay aside the bandage, and wash the chest thoroughly but quickly in cold water. During the day take a foment of twenty minutes over the chest, followed by a wet-sheet pack of three-quarters of an hour, and a drip-sheet rubbing after, at 70°.

Best of all, is much exercise in the open air, either by rides or walks, or both. The inhala-

tion of pure cold air while the body is warmly clad, is one of the safest and surest ways of curing colds, and catarrhal and bronchial affections.

The shutting up those having sensitive lungs in close rooms, is a practice most deleterious to both health and longevity. The safety of such depends not on the *warmth* of the air breathed, but on the *warmth* of surface maintained, especially that of the extremities.

Some persons have a kind of cold-catching mania, and every time the wind whistles through a crevice, they fancy they have a new cold.

Such, despite all their precautions, or rather by them, are suffering from colds almost constantly; because their over-careful habits beget such a morbid sensitiveness that they become unfit for the climate of *this globe*. If there be any more-favored planet where changes never come, where breezes never blow, it would be best to transport them thither.

Then, too, there are electrical changes in the atmosphere which induce more or less oppression of head and chest in those who have a peculiar sensitiveness in the air-passages.

These symptoms are often mistaken for the effects of undue exposure to cold, and so the unfortunate one fidgets about, bundles up and shuts up more closely than ever, and thus perpetuates and increases the irritability of mucous membrane upon which it depends.

Wherever we turn, somebody is ailing, and in want of "something to take." So now for some all-healing balm. Well, let us betake ourselves to more simplicity in diet and dress; to less fashionable restraint and more freedom of thought and life. Let us all *worry* less and *work* on more quietly, patiently and hopefully; remembering that it requires both resolution and resignation, not only to do duty, but to maintain health. Thus may we all be in less need of "something to take."—[Elmira Water-Cure.

A DIFFICULT QUESTION.

BY S. O. GLEASON, M. D.

"How long will it be necessary for me to remain?" is among the first questions asked after a case has been looked over at a Water-Cure. It is a difficult one to answer. I propose to present some of the reasons why it is impossible for a physician to give it a definite reply.

Nature is slow in perfecting all her noblest works. An untold period of time passed away before the earth on which we live was made a suitable habitation for man. Generations of animals and plants had to live, flourish, and become extinct, before such perfection was attained as made the earth capable of sustaining the human race. The "brave old oak" that stands on the mountain's brow bidding defiance to the wintry storms, was centuries in arriving at perfection. It takes from twenty-five to thirty years to perfect the human frame—to consolidate and make it capable of its highest and most energetic movements.

The vapor that floats in cloud-form may descend to earth in such torrents as to remove and

destroy a part of some bluff or bank that centuries of slow progress built up. The fierce whirlwind may twist off the arms of the oak; the hand of disease may prostrate the energies of the stoniest frame in human form in a few moments of time. But what length of time shall be required to send out new shoots from the body of the oak, that shall again arm it as before, none can tell. What time it will require to rebuild the human system when once diseased, and restore it, fresh as it came from the hand of its Maker, to its possessor, none can tell.

It must not be forgotten that in this delicate machine of ours, there dwelleth an immortal spirit that plays an active part in the destruction or in the rebuilding of the diseased body. So the physician has to take into the account, not only the physical condition of his patient, but the mental also. The time required to produce a cure depends almost as much upon the state of mind as upon the disease of the body. The patient who has the greatest amount of constant, untiring, energetic *will-force* at his command, and who keeps this in full, free play, hopefully and cheerfully expended, is altogether the most sure of speedy benefit and of an ultimate cure. Without this no one can expect to make any thing like rapid progress, nor can many cases even hope for an amelioration of their sufferings. So much depends upon the patient, that we cannot tell how much they will aid in working out a cure, or how much they will retard the necessary changes which are to be wrought in the constitution.

As the original growth of the system is slow, so the water-treatment works gradually in producing its healthful and life-giving changes—by cleansing the blood of its impurities; by restoring its secretions; by strengthening the muscular fibres of the heart as well as of other parts of the body; by invigorating and strengthening the nervous system; by giving rest to the weary, tired, jaded brains. In all probability the patient has been exposed to a train of unhealthful causes for years, which have been inch by inch sapping the vital forces, if not working organic changes. He must be removed from these, else he has no hope of a cure. He must in a certain sense "grow back again" into health.

A few months, or even one to two years of time are of but little consequence in comparison to a lifetime, to be spent in making unsuccessful attempts to patch up the human frame by stimulants, narcotics, alteratives, bitters, tonics, &c., which only make the machinery run for a time in misery and pain.

The Hydropathic system of treatment aims at removing old morbid matter; while at the same time it builds up with new, sound material the tissues of the body. It works *real and substantial changes*. They are not deceptive, like those wrought by medicine. Surgeons of eminence have testified, that the muscles of those who have been subjected to the water-treatment before the amputation of a limb, have not only borne the operation better, but that the healing process has been more rapid and safe. This is a clear proof of the purity of the blood brought about by the water-treatment.

Water-cures are so common under the treatment, patients should by all means remain at a

Cure until all critical symptoms have disappeared. There is often a disposition to leave after a few weeks of treatment, from the fact that many become tired of the effort necessary on their part to insure success. They may begin to feel the workings of the treatment; may have more pain, soreness of the surface, headache, chills, feel depressed, get home-sick, and declare they will leave. Some do so just at the *very* time when all the life-forces are being wrought up to the great work of producing a crisis. Only a few weeks since, I had a patient who had been with me only some three weeks, when the organic forces began to work, producing the symptoms above described, and he was on the point of leaving; discouraged, just at the point when hope dawned; just at the time when a water-patient should bring into play all his energies of will, for this is the time that good is to be hoped. He was prevailed upon to remain a little longer. In less than a week one of the most marked skin-crises came out that I have ever seen. The pains left, his spirits came up, and all was right again. He remained until the second one came, and then left, highly delighted with his improvement.

We have one patient who came here near a year since, in the most forlorn condition, who has steadily pursued the treatment; has gained some thirty pounds; general health has improved; the system seems well-nigh changed in its material. Crises have from time to time come out; each time freeing the system, till the rosy appearance has taken up again its residence on the countenance. The rule for patients is, *Stay till you get a cure, if you can.*

I know there are circumstances that hinder a cure, and often prevent its final accomplishment. Home cares, home duties, press themselves upon many, and the requisite amount of time cannot be spent at a Cure to make a sufficient change in the system to insure health. Many incidents may occur that will prevent a cure; such as critical action, general disturbance of the system after one has left, hoping to carry on home treatment. Many fail, when a cure would have been certain if they could have remained at an establishment a short time longer. Books, though good general guides, are not sufficient to meet all the phases that may come up during the treatment of a chronic case of disease. Such are the complications in many instances, that it needs the best skill of the most experienced to guide them to the haven of health. To some, these remarks may seem impertinent. But to one who has seen some severe forms of critical action, they will appear truthful and full of meaning. The cure often depends upon good guidance for a few weeks. If such an opportunity be lost, it may be lost for ever. It is of the highest importance to guide the energies of the system when they have once been aroused to the point of producing important chemical and organic changes.

We are at times greatly pained to see patients leave when the point for which we have toiled is almost gained. Not long since, we urged a patient to remain one week longer; but did not succeed in securing the consent. There was no urgent reason for going. Thirty miles were scarce reached before sickness came on; and the result was, severe critical attack, with none

at hand to guide in the hour of the greatest need.

Thus, often, time and money are lost in the present, and the hopes for future success blighted.

So we cannot give any definite reply to the query, How long shall I have to remain? Circumstances must decide the matter. One who is determined to get well, will abide his time till such changes are wrought as will enable him to make progress after he leaves the Cure. We do not expect to have patients remain with us till they get well. But it is highly desirable that they should stay till they can go in safety to themselves—till they can by our guidance keep improving, and ultimately regain lost vigor and energy of system.

The life of a Water-Cure patient is not one of ease; it is full of stern, vigorous effort. We cannot lead our patients by the "song of coral muses, nor by rosy hours." Work, work, stern work, must be met cheerfully and manly, if we would succeed. Idleness, indolence, inactivity, never can guide us to the goddess Hygiea. We must woo her by effort—by cheerful toil—by manly exertions. The gods love heroes. We must be heroic, if we would find favor in the eyes of the ever-beautiful Hygiea.

[*Elmira Water-Cure.*]

TRIUMPHS OF WATER-CURE.

BY DR. W. M. STEPHENS.

SINCE the treatment of diseases by water has been reduced to a system guided by well-established principles, its history has been one undeviating record of almost miraculous cures. Its curative powers have not been confined to any species of disease, to any idiosyncrasy of constitution, to any age, to any country or climate. It has extended itself as wide as Christian civilization, and wherever it has gone, it has found many to praise and to bless it.

Although every patent medicine, and every system of cure, are supported by many cases of cures performed, the Water-Cure has this advantage, that it has cured after all patent nostrums, and after most all other curative systems have been tried in vain. In the early history of the Water-Cure, no one resorted to it until he had exhausted the skill of the medical faculty, and swallowed a pharmacopoeia of medicines. With such cases the Hydropathic system has been tried and found successful, curing in almost every case in which it has had any kind of a trial.

No system ever had so much prejudice and opposition to overcome. It being started by one outside of the profession, it was condemned as quackery, and the whole medical faculty combined in condemning it as an unsafe and unreliable mode of cure. Had they had the power, the Water-Cure would have been crushed in its infancy, and the world bound fast to the car of drug superstition for a thousand years longer. But it has triumphed over the "faculty." It has been tried side by side with their "poisons" and come off conqueror, thus proving the uselessness and injury of Allopathic druggery. It has awakened the

attention of the world to the subject of disease; and wherever it has been introduced, it has not failed to modify, in an essential manner, the practice of physicians.

There is no disease in which the faithful and proper employment of water will not be beneficial. Even in those diseases which are incurable, it will do good by alleviating the pain, cooling the fever, soothing the nervous system, removing foreign substances, and promoting the general health. So that even in incurable diseases the Water-Cure is preferable to any other system. For when that fails, we may be pretty certain that there is nothing else that can restore; and although some diseases are incurable, yet death may be rendered so calm and sweet, that when the summons comes, we shall go,

"—not like the quarry slave at night,
Scourged to his dungeon, but, sustained and soothed
By an unfaltering trust, approach the grave
Like one who wraps the drapery of his couch
About him, and lies down to pleasant dreams."

Although the Water-Cure has done so much in curing diseases, we can see clearly that its greatest glory is to be achieved and its greatest good to be done by *preventing* sickness. It is our firm conviction that any and every disease can be warded off by a rigid adherence for a time to the rules of health laid down in the Water-Cure system. Every constitution can be braced against the attacks of Cholera, Dysentery, Intermittent Fever, Influenza, Diarrhoea, and against every other disease. The system must first be purified and regulated, and then the tone of life kept up to that point at which it is able to throw off the effects of miasma, malaria, contagion and pestilence. We already see individuals who will live in the midst of all these unharmed. The benevolent Howard, who practised the Water-Cure and used a vegetable diet most rigidly, could breathe the atmosphere of the plague and the pestilence unharmed, whilst thousands were dying on every side.

It may take more than one generation of correct living to raise us above slight attacks of contagious diseases when exposed to their contagion; but the Measles, Small-Pox and Whooping-Cough will become very mild complaints when taken under both the preventive and restorative application of water-treatment.

The Water-Cure points out the road to the time when this earth shall be redeemed from disease, drugs and doctors. It gives a faint glimpse of that period when misery and poverty shall no more prevail; when the voice of lamentation and woe shall no longer go up to God from the children of men; when the racking *strife* of business shall be past; when man shall no longer war with his fellow; when all the goodness of his nature will no longer be turned into bitterness, contempt and scorn; but when, by obedience to Divine Law, strength will be given to man to become more perfect, more Christlike, to subdue to himself this earth and make it a paradise, to govern his own spirit and banish strife and war, to do away with all clanship, with family and national prejudices, and to reduce all mankind to one great BROTHERHOOD.

Danville, N. Y.

Practical Water-Cure.

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

CASES IN WATER-CURE PRACTICE.

—
BY JOHN SNUBBS.
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Case 1st.—This was a severe attack of typhoid fever of the nervous type, (*Typhus Milioid.*) No thorough treatment was attempted, for lack of conveniences, nurses, &c. The patient was a young lady 17 years old. The wet-sheet pack was used as often as was deemed necessary; the bowels were kept open by enemata of pure water, tepid. Care was taken to keep the feet warm and head cool. This, with one or two sponge-baths daily, was about all that was done. And although timid people urged a little *physic*, and the consultation of a physician, yet no medicine was used—no physician was consulted. The motto was: *Keep the fever down and let Nature do the work.* The result: a short run, and speedy recovery.

Case 2d.—This was a case of croup; the patient, a little girl three years of age. As soon as that shrill, hoarse cough appeared, and the “hard breathing” began, the child was put into a tub of tepid water, bathed and rubbed freely; taken out; wiped dry; the chest-wrapper, (which should always be at hand,) wrung from water nearly cold, was put on, covered with dry flannel; a wet bandage was put round the neck, covered with the same; the feet were put into a hot foot-bath for ten minutes, the child being wrapped in dry blankets, and then put to bed. This process was repeated every half hour for two or three hours, when perspiration appeared, the cough became loose, and relief followed.

Case 3d.—This was a case of *lung fever*; the patient, a boy four years old. The circumstances were afflicting. He, with a younger brother, had been under the *Allopathic* treatment two or three weeks. The younger was dying. Friends had gathered round to watch the departure of the little sufferer to a land free from *calomet*, *ipecac*, and *cantharides*. A council of physicians was being held over the other. It closed. The anxious parents were eager to know the result. “After a careful investigation of the case, we must say that we can give you *no encouragement*. The child seems to be going just like the other one; our remedies fail to reach the disease, and the child will undoubtedly *run down*.”

This, substantially, was the verdict. It was open, candid; but oh, how heart-rending! This was not all. After virtually pronouncing the case incurable, they measured out their *calomet* and *ipecac*, spread their *blister-plasters*, and remarked, as they left, “You can use these remedies as you did with the other—it is the best we can do.”

But the father, amidst all his troubles, retained his reason. That taught him, that if his child must die, it ought not to be tortured out of the world. So the remedies were thrown aside, the Water-Cure system applied, and mark the result! The chest-wrapper, changed often, with frequent

spongings, reduced the fever; the warm water enema acted upon the bowels; the feet were kept warm, the head cool, and Nature conquered disease, Allopathy and all! The boy is now well and hearty.

These are but samples of dozens of cases which have occurred in the writer's knowledge within the last few months. Whenever water is applied, and persisted in, the happiest results follow. He has seen the dysentery, scarlatina, bilious fever, brouchitis, incipient consumption, dyspepsia of the worst form, influenza, and asthma, yield readily to the great remedy—Water; that, too, in an incredibly short time. In this vicinity, where it has been applied, there has been as yet no failure. There seems a general awakening of interest. Many are using the Water-Cure agents now, who, twelve months ago, were scouters of the practice. Still, there are a great many hindrances. The *pantry* influence is great, and causes much evil. I think, instead of looking at the patient's tongue, the physician ought to look into the pantry; *there* lies the worst symptom of morbidity.—[Warren, Mass.

LETTER TO DR. HAYES.

Wyoming, April 29th, 1854.

EDITORS OF THE JOURNAL:—We receive many cheering and hope-inspiring letters from those who have been our patients, but few however more emphatic and spirited than the following from a young lady at the West:

Woodville Cottage, March 21, 1854.

DR. HAYES:—DEAR SIR:—I sit down to-day to redeem “a long ago” made but not a forgotten promise. Since my return home, my time has been chiefly occupied in toil, and in painful vigils at the bedside of the sick and afflicted, and this must form my only excuse for not sooner complying with your request. I have in imagination written you many a letter while I have been about my work; and could my thoughts as they arise before my mental vision have been daguerre-typed on paper, you would, ere this, have received many a missive from me. I daily send many a thought and wish on the wings of the wind to my “old home,” and a prayer that the blessing of God may rest upon you and all your household. I often meet with you all in spirit around the “family altar” and mingle my feeble prayers with thine, for the restoration to health and happiness of all those who are seeking for these desirable blessings. May you long live to gather your household around you and lead them before the throne of Divine grace and love. If there is one place on earth made sacred to me above another, it is where “family prayer” is daily offered up before God in truth and sincerity. I have often felt that, had I been a poet born, I too could have written a “Cottar's Saturday Night.” But, alas! I am not. I can only *feel*, with the impassioned Burns, that it is holy and consecrated ground where prayer is daily offered up to “Heaven's Eternal King.” It was his pen, and his alone, that could stamp on paper the *living, breathing* reality of such a scene; and none may ever dare to paint the scene with hope of equal success. I expect I am so well this spring no

one will think it necessary for me to go back, but I would like to go and make a visit, and have H— give me a few baths. I think I should feel renewed in strength, both physically and mentally. My only regret now is, that I did not stay until the fall at the Cure. I think by that time I should have been perfectly *rejuvenated*. As it is, I feel now twenty year younger, in body and mind, for the treatment I had; and I think, if some young man don't take a fancy to marry me now, they are much to blame, and can have no just idea of what is for their interest. Doctor, I don't really like to brag of myself; but I wish you could know how much I have been enabled to endure physically, and the mental toil and anxiety I have undergone since my return home. The water-treatment, to say the least of it, has made considerable of a woman of me, and now, not content with that, it has of late turned me into a *boy*. I suppose you would like to know the “modus operandi” whereby such a miraculous change has been wrought. Well, I will explain: My brother, the latter part of December, broke his leg, and before he recovered to do any thing except as he went upon crutches, his “hired man” left for Iowa, and not another could be obtained for love or money—for I tried both, and they would not work. The public works take off all the efficient help. Now for the transformation: I donned the Bloomer and went forth, not with a crochet-needle, harp or timbrel in hand, but a pitchfork, and took care of horses, cattle, hogs, milked cows, did housework, took my baths, and got time to sew besides. Now, Doctor, as I am exceedingly modest, and don't like to extol myself, but wouldn't I make some *good* man a wife, providing I had a chance? I dislike ever to enter into details of my domestic affairs, for I think every one has sufficient of their own to occupy their mind; but what I have written you of mine is to let you know to some extent, and to let others know, how much I have been benefited by the use of water, diet, air, and out-door exercise, and what it has enabled me to do and endure. Mole-hills that once looked like mountains have disappeared, mountains and all, and I work now with a brave heart and a willing hand. I ascribe to that mode of treatment my deliverance from the house of bondage, and I now “rejoice with joy unspeakable” in the glorious liberty and free use of all my God-given faculties. I hope I shall be pardoned for being so egotistical in saying so much about myself, to the exclusion of all others and other subjects; but what bird *wouldn't* sing, if it *couldn't* help it? Respectfully yours,
LOUISE.

BARE ARMS AND BARE

HEADS.

BY MRS. J. H. HANAFORD.

“Is it possible, Mr. Ellis,” asked a lady who met him one morning when carrying his little son out, in his wicker carriage, for his usual morning ride, “that you permit your only child to ride out with his head uncovered? Why, I should think he would get his death-cold. I should not dare to have mine out so uncovered.” Mr. Ellis smiled, and replied calmly,

"I think there is no danger to be apprehended, Mrs. Dana, or I would not expose a child I love so well to it. Do you not remember that Physiology teaches that it is very important that the head should be kept from being unduly heated? The old adage,

'Keep the feet warm and the head cool,'

is a very true one, I believe."

"Well, I never studied Physiology, but common sense seems to tell me to put a hat on my child's head whenever he goes out. My parents did so to those in their care, and I think I follow a good example when I do as they did."

"I do not allow my little son to be without a hat when exposed to the summer's scorching sun, but in this sheltered carriage he really needs no hat, and, in fact, it is rather inconvenient, and he prefers to be without it. As for the example of our parents, the present generation know far more of Physiology and Hygiene than they did, and it is not strange nor improper for those who have studied those subjects to act according to their present light and convictions of duty, regardless of what was the custom in a former and less informed period."

Mrs. Dana had no reply to offer to this very proper view of the subject, for she was really unacquainted with the laws of health, or the functions of the various organs of the human body. So she passed on, repeating, "Well, I shouldn't dare to do it. I shouldn't dare to have his head so bare."

The warm, bright days of the Indian summer had given place to the chill winds of autumn, announcing old winter's speedy approach. Mr. Ellis had charge of the grammar-school in the district to which Mrs. Dana belonged, and day after day he saw the youngest of her flock coming up to the school-house with bare arms. Her short, flowing sleeves were not sufficient to insure even a little comfort, and the child sat pale and shivering in her seat, for some time after the school was opened, while that evidence of a chill, commonly called "goose-flesh," was quite apparent on her half-covered arms.

For some time this custom, which was not confined to Mrs. Dana's child, was a source of discomfort to the really humane teacher, and in his *enlightened humanity*, and not *false physiology*, he one day felt it to be his duty to explain and enlarge upon the subject of the propriety of bare arms in such weather, while he felt forcibly the hygienic inconsistency of Mrs. Dana, who feared to have her child bareheaded in a covered carriage in midsummer, yet was not afraid to send her little daughter with low-necked dress and bare arms to school in the chilly days of autumn.

How much of such inconsistency is daily seen by the observing physiologist! And, therefore, great is the necessity of thorough physiological training on the part of the teachers and guardians of youth, and the wisdom of introducing the study of the human system, and the laws of health, in all our schools.

Nantucket, Mass.

REAL TREASURES.—A virtuous mind in a fair body is a fine picture in a good light, and, therefore, it is no wonder that it makes the softer sex full of charms.

Dietetics.

ERRORS IN BREAD-MAKING.

THIRD ARTICLE.

SELF-RISING POWDERS.—The term self-rising is only to draw attention to the powders which are composed of acids, acid compounds and carbonated alkalies. The following is a specimen of what baking-powders are, viz: Two tablespoonfuls of super-tartrate of potash, one tablespoonful of carbonate of soda, add them to two pints of flour. Another, 2 oz. 5 dr. 45 gr. of crystallized carbonate of soda, 7 oz. 2 dr. 22 gr. of muriatic acid. Tartaric acid and bicarbonate of soda are also used. Alum being but a few cents a pound, and well known to bakers, (they having used it much,) will most likely be used in baking-powders, and when united to soda will form Glauber salts in the bread, and leave a residue of pure clay: for alum is a sulphate of alumina or clay. Tartaric acid will with soda form something like Rochelle salts in the bread.

There are but few medical men who have any clear and well-defined ideas of the action of soda and potash as regards *pneumatic digestion*, therefore they will be exposed to be made tools of to gull the public into a belief that a compound of tartaric acid and soda is not hurtful.

Those who totally abstain from such compounds will be in no danger of hurt from them, and will enjoy an elasticity of limb, a firmness of muscle, and a buoyancy of spirits superior to those who use them. And further, they will be saved from the adulterations of chemicals which frequently take place. Sal-cratus even is adulterated: and were there nothing to sustain the position that such compounds are hurtful, but the fact that strong concretions are sometimes found formed on the surface of joints, composed mainly of soda and an acid; this ought of itself to be sufficient to deter any intelligent and cultivated people from using alkaline compounds in their food on any occasion.

But these light delicate cakes raised with a little soda are very inviting. They are like Solomon's champagne, when the carbonic acid gas caused the wine to sparkle in the cup, and show itself aright, but afterwards it stung like a serpent, and bit like an adder.

These cakes occupy the same place in food as wine does in drink; and are rendered inviting by the same element, viz: carbonic acid gas, and it will require a little grain of self-denial to keep clear of them.

ACTION OF SALTS ON THE HUMAN SYSTEM.—The preceding remarks on salts, including muriate of soda, or common salt, and the almost universal use of that article by man and inferior animals, may cause some who are not acquainted with the subject to conclude that, seeing salt is so freely used, saline matter cannot be so very hurtful after all. I have to inform those who so think, that there is sufficient and abundant evidence of the baneful effects of saline matter on the blood. It is but a short time since the arrival of one of the vessels sent out from this country to the Polar

Seas in search of Sir John Franklin; and it may be presumed that the crew was amply provided with the means to prevent and cure the scurvy; yet to such an extent did that disease prevail, that old sores that had been healed up, actually broke out afresh; proving that the amount of saline matter in the circulation was so great as to impair the affinity between the living blood and the living body.

It is a settled point with those acquainted with the nature of scurvy, that it is a disease of the blood, and not of the muscular parts; and the rapidly with which patients recover from that disease (when not too far gone) when released from salt provisions, and have an opportunity to manufacture blood from other sources, is evidence what effect alkaline matter has on the blood. And those who are not confined, as sailors are, to a limited fare, are exposed to be heedless about the amount of alkaline matter they take into their system, the effects not being immediately visible. And with regard to common salt, I am not aware that it ever is assimilated or is capable of being assimilated. Neither does it contribute to the production or maintenance of animal heat, but directly the reverse. The more alkaline matter in the blood, the colder the subject, and the less able to withstand the cold of winter or the heat of summer. And if there is any use for it at all, it assists in the process of decay; the particles of our bodies become worn and decay, and are removed from the system. It may also assist as a solvent in gastric digestion.

The following quotation from Liebig, of whose works I had an opportunity to see a few weeks after the foregoing was written, shows the light in which the first chemist of the day views alkaline matter in the system:

"All salts with alkaline bases, when administered internally to man in dilute solutions, may be again diluted in the blood, and the transit of these substances produces disturbance in the organism." Further, "It is manifest that the presence of organic salts must produce a change in the process of respiration. A part of the oxygen inspired, which usually combines with the constituents of the blood, must, when they are present, combine with their acids, and thus (the oxygen) be prevented from performing its usual office. The consequence of this must be, the formation of arterial blood in less quantity, or, in other words, the process of respiration must be retarded, or be imperfect. And other eminent men, each of whom is a host in himself, such as Schwenneke, Pitcairne, Friend and Thackeray, testify that the carbonate of potash, soda and ammonia, (the carbonate of ammonia is used in pastry by the confectioners,) has a particular effect on attenuating the blood, breaking up its coagulating power, and thus inducing a diminished vital cohesion of the various textures of the body formed from it.

And according to the experiments of Orfila, "potash is absorbed and conveyed into the blood. When he gave about one drachm to dogs, the presence of this alkali was, after the lapse of six hours, detected in the liver, spleen and kidneys. And owing to the solvent action of this poison on fibrin and albumen, the blood is never found coagulated after death." See Taylor on Poisons.

in relation to medical jurisprudence, page 224. Dr. Pereira corroborates the above testimonies. He states that "the alkalies give rise to effects analogous to those caused by mercury; after some time the digestive function becomes disordered, the blood becomes thinner and darker colored, and loses its power of spontaneous coagulation when drawn out of the body; the whole system becomes enfeebled, and a state precisely analogous to that of scurvy is brought on."

It is universally acknowledged that scurvy is brought on by the long-continued use of salted provisions; now it cannot be the opinion of medical men that it is the acid of the salt or of the saltpetre which produces that disease, for they give acids as correctives, therefore it must be the potash and soda of these compounds. The intelligent and reliable author of "Letters from Gracfenberg" states that Priessnitz tried some experiments on pigs with salt. He fed some with the usual allowance, and others without salt in their food; on dissection, he remarked that the intestines of the latter were sound and healthy, and those of the former were soft and easily torn with the fingers; and goes on to say, "it may not be out of place here to offer a few remarks on the use of that article," as there seems to be a very unreasonable prejudice in its favor. It has often been asserted in books and in conversation, that the use of salt as a condiment is absolutely essential to health; but I never met with a single fact or argument which went to support this assertion.

On the contrary, it is well known that many tribes—the New Zealanders for example—abstain entirely from the use of salt. And it is often necessary to forbid the use of it in some disorders, in various skin diseases: even in simple water-rash, the irritability of the part affected is often considerably increased by the use of salt.

I have known more than one case of sloughing ulcers which had resisted medical remedies, healed by decoctions of simples, and a diet of unleavened barley cakes made without salt, as the only food, and spring water as the only drink." The facts and testimonies of these distinguished men, coupled with the scientific deductions of Liebig, it is thought, (by the writer), cover all the ground that has been assumed. And I have been informed that several of the oldest Water-Cure practitioners in this country take similar views of the action of saline matter on the human system. As professional men, I think their opinion and counsel of much value.

CONCLUSION.—In conclusion, these statements and remarks on bread and alkaline compounds are kindly presented to those who feel interested in the welfare of society; the use of the carbonate of soda and potash in bread has taken deep root among the people, and the evil is on the increase.

The writer felt he had a duty to do in the foregoing matter, and he has done it as well as he was able; and if its fulfilment in any degree will prevent disease and tend to improve the health of the community, the happiness of the writer will be increased, for he is seriously impressed with the conviction that the physical condition of society has much effect on its mental, moral, and spiritual states.

PROSPECTUS OF THE WATER-CURE JOURNAL. VOLUME XVIII.

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

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Dress Reform.

THE FASHIONS.

[See Illustrations on last page.]

We here offer the readers of the WATER-CURE JOURNAL, and especially the ladies, a rich treat, not set down in the "programme." We do not promise among the "new and attractive features" mentioned in our Prospectus, to give "à la-bon plates," "colored," or "uncolored," or "Reports of the Fashions," but, in imitation of the Ladies' Magazines and *Punch*, we this month embellish our pages with a couple of "specimens" of dame Fashion's handiwork "in full bloom and feather," together with a long and minute, as well as an accurate report of her various and wonderful inventions for adorning and improving the noblest work of God, in the "human form divine." These curious and ingenious inventions are offered freely to all—the cost *pay for them*, and all loyal subjects in both hemispheres are expected to adopt them, not only cheerfully, but admiringly and enthusiastically. Who would not? Look at those two elegant figures very slightly altered from *Le Follet*. Do you think Nature ever made any thing so fine? No, indeed! Nature is evidently a bungler. She hides her diminished head on the approach of the Parisian dressmaker. The artists of Greece and Italy were utter barbarians, and knew no better than to follow Nature in all her blunders! The Venus of Medici?—pslaw! what a *scold*! And our own Powers must have studied among the savages. He certainly never saw a *belly* on Broadway or the Boulevards! The Greek Slave should be corrected at once, and adorned with puffed sleeves, flounces, feathers and *mantua echape*, not forgetting a bonnet worn "on the small of the back!"

We have ventured to place a Bloomer, by way of contrast, on the same page with the *fashionables*. It is possible that some of our fair readers may be perverse enough to think that Nature is wiser than the French mantuamaker, and that the dictates of unpurported taste and the requirements of health and comfort should be heeded rather than the bulletins of Fashion. Such eccentric characters will prefer the American costume; but we fear that the few who make any pretensions to *bon ton*, will be treated with nearly as much contempt as the Venus of Medici and the Greek Slave. But we forbear. We will keep the reader no longer from the Report of the "Summer Fashions," which we condense from one of our city dailies:

SUMMER FASHIONS.

The prominent feature in the new fashions is the total absence of simplicity, or even the affectation of it, in the dresses, hats, or mantillas. A redundancy of ornaments, a prodigality of trimmings and a superabundance of embellishments, everywhere prevail; dresses are fluttering with ribbons and flounces, dazzling with gold embroidery, or radiant with flowers. Hats are bending beneath their heavy burdens—daisies and daisy roses—"the humble flower that loves the lee," and the rare exotic. Splendor and profusion are everywhere visible, and republican simplicity is fast approximating to aristocratic luxury.

BONNETS

Bonnets this season are invariably made with cap-crowns; the fronts are small and just sufficiently large to admit a profusion of insiduous trimmings, which generally consist of flowers, in wreaths, or clusters, and an artificial veil. The principal novelty is a fall of lace around the edge of the hat, which has a charming effect. The shapes are the very prettiest we have ever seen, elegant and graceful, and the artist's taste displayed in the arrangement of the flowers, the combination of colors, and the harmonious blending of every hue and shade, is worthy of all praise. The flowers are generally small; no gaudy peonies nor staring sunflowers, but clusters of delicate sweet-pea, the colors melting into each other like the hues of the rainbow, myrtle-blossoms, "ivory pure," violets, musc-rose, "hyacinth all bloom," "althea with the purple eye," "hosts of golden daffodils," and jasmine with "the bright profusion of its scattered stars." Around the outside the flowers are wreathed, mingling with the inside trimmings, and imparting a look of luxurious beauty to the hat. The materials used are various—ribbon, silk, lace, straw, hair—and the combination of the different materials produces sufficient variety to please the most opposite tastes. We have some very beautiful hats made of fancy straw, and ornamented with the same profusion of floral trimmings. There is a slight depression in the crown, and the cape is almost concealed beneath a mass of spreading field flowers, "hedge-rows beauties numberless," that extend across the back of the bonnet, and fall in thicker clusters over the ear.

Straw and Lophorn are also worn, trimmed with wreaths of scarlet hips and blushing berries glancing through dark green leaves or marabout feathers, tipped with straw; the latter style of trimming is striking and *distingué*.

DRESSES.

Great variety prevails in the cut of the waists and sleeves, individual taste and caprice breaking through the monotony imposed by fashion, and asserting their supremacy. But, generally speaking, the open corsage prevails, without uniformity of style, however, something open to the waist, in the shape of a heart: some cut square across about half-way down the corsage, and others cut very low on the bosom, in the shape of a bow tightly stretched across the bosom, and lousible, rounded, pointed, or cut square in Spanish fashion, the skirts very long, almost forming a train, and, when not made with flounces or over-skirts of unequal length, trimmed with velvet or hove of ribbon. The sleeves are of every form, puffed, pagoda and flowing sleeves, box-plaited; some slashed at the bottom, *à la Française première*; some looped up on the wrist, with a knot of ribbon, cord and tassel, and some are slit open from the shoulder, on either or both sides of the sleeve, in the Oriental or Turkish style. Ball-dresses are made with double skirts or flounces, and are of light material; tarletan, richly embroidered with flowers, or grenadines striped with silver or gold, or stella dresses glittering with a shower of gold or silver stars.

MANTILLAS.

There is one important change in summer mantillas. They are scarf-shaped across the shoulders, but instead of falling in folds, encumbering the arm, they meet across the bosom in the shape of a bowtie, and are there confined by a bow of ribbon. This keeps the mantilla firm, and prevents any ungainly shifting, and likewise does away with that unladylike lurch by which refractory mantilla carriers once brought to their proper places. The *plateau volant*, formed of two deep flounces of rich Chantilly lace, is of this style, and on a slight, young figure, looks eminently graceful. The Eugénie is a very pretty summer style, which displays the figure to great advantage, for it descends only to the waist. The Rachel, and other pretty scarf-mantillas, derives its name from the world-renowned French *tragédienne*. It is made of silk, and trimmed with several rows of ribbon, and closes in front near the neck, in the form of a heart.

HEAD-DRESSES.

Some of these are magnificent, being formed of velvet and gold-lace, and trimmed with scarlet poppies, interlarded with golden sprays of roses, peonies, lilies, and marionnet feathers, tipped with gold. Some are pointed in the front, *à la Marie Stuart*, and have clusters of moss-roses and japonicas glowing through the transparent cloud of lace that envelops them with all the art of studied carelessness. For elderly ladies, a graver style prevails; flowers are eschewed, and lace and ribbon are the only trimmings used. Wreaths of flowers, with peacock sprays and glancing berries, and a bewildering variety of colors, blend exclusively to youth, and are never seen to better advantage than when gleaming through masses of clustering curls, or resting on glossy folds of simply braided hair.

The superabundance of face trimmings would seem to preclude the possibility of curls for the next year; but fashion laughs at obstacles, and so we are to have the trimmings and the curls together. The old-fashioned friz puffs that were worn about twenty years ago, are coming into fashion again, and promise to be popular, for they retain the curl much longer than other styles, and are by many considered becoming; still they are quaint and formal, and inferior in grace to the flowing ringlets and wigs, and in beauty to the simple dignity of the classic style. However, what is fashionable will always be considered becoming, and so we doubt not many flowing locks will still show of half their length; short hair being an indispensable requisite for these "revivals." Three or four of those friz puffs are worn on each side of the face, none coming below the ear; and when worn under a hat, a braid called the Grecian braid invariably accompanies them. The back hair is arranged in the French twist or cascade style, and the ends are folded round, some smooth, some cable-twist, and some Grecian braid. For evening-parties flowers will be added, natural or artificial, according to taste, the natural flowers being the more *recherché*, but at the same time more transient.

COME KISS ME.—This is the name that should be given to the fashionable bonnet, which, lightly resting on the back of the head, affords no protection to a pretty face, but, on the contrary, in the most objectionable manner, in all circumstances, invites the *stamp* of kindness and affection! How different from the odious "poke bonnet" used five-and-twenty years ago, which formed a projecting line of circumvallation around beauteous features—a *chaussée-de-frise*—which the most ardent and presumptuous admirer of beauty would hardly attempt to pass, when even

To undertake the pleasing process

Required an elephant's proboscis.

Boston Journal.

But why should the ladies wear any bonnet at all? The present fashion affords no more protection than a hair-comb. Why not adopt the Spanish veil, or the German cap, or the Italian bare head, and let the beauties come out in all their naked loveliness? These mere apologies for bonnets, worn, as *Punch* says, on the "small of the back," affording no protection from the weather, are the most costly items of a lady's dress, ranging from \$10 to \$20 in the Bazaar, and from \$25 to \$50 in Broadway; and of course they must be changed with every season. If not with every month in the year. What with "spring hats," "summer hats," "fall hats," "winter hats," "riding hats," "opera hats," "travelling hats," "fair-weather hats," and "foul-weather hats," a fashionable New York lady is obliged to spend more on the outside of her head than the inside may be worth.

LINES BY SAM. HILL.

ON THE UNEXHAUSTIBLE COLORED "FASHIONS" IN THE LADIES' MAGAZINES.

And there ye stand, two simple things,
Distorted in proportions;
Meant doubtless for two female forms,
But ah, what sad abortions!

Some unfledged artist has, no doubt,
For two young *belles* designed you;
But more like *fatals* in steeples hung
I must confess we find you.

Your features, sure, were copied from
Those rubber dolls in cases;
Mere puppets as you are in form,
To you belong their faces.

Your necks and shoulders bare, 'tis true,
A semblance to the human;
But then, such execrable waists
Do not belong to woman.

Sure ye've no room for hearts to beat;
And if you're respiration,
Your lungs like smothered bellows heave,
In struggling desperation.

Those puffs and gawgaws on your skirts
Were better on a saddle;
Such flourishing of petticoats
Denotes a brain that's addle.

We've seen some "trifles light as air,"
Some human wind-bags read of;
But never a humpbag yet have known
That these are not ahead of.

He must dispense with these *ville cuts*,
Who now would dictate fashion;
And if none else will take it up,
Sam. Hill must lay the lash on.

McGraville, N. Y.

Miscellany.

A WATER-CURE OBJECTION.—The WATER-CURE JOURNAL lays down hygienic principles and rules which, if fully carried out, would, no doubt, keep our physical systems in such a condition as to bid defiance to many forms of disease. Yet the abstract doctrine that Water alone is the only agent essential to cure all the ills that flesh is heir to, is an idea too crude and absurd to become generally believed—so it seems to me.

Though water is admitted to be Nature's universal solvent, and to contain all the elementary principles of all things in existence, and to be exactly adapted to our physical wants as a beverage and as a preventive agent of many forms of disease, yet, after all, reason does not teach nor inductive philosophy prove, that these principles or properties are sufficiently concentrated in that element to meet the demands of nature in all forms of curable disease.

It is no doubt true that were the rigid hygienic and dietetic rules laid down by Water-Cureists generally, strictly adhered to, water alone, for medicine, would effect cures in many chronic diseases, when there was no organic lesion; provided the patient live long enough to go through with the usual routine of packing, douching, bathing, sitzings, &c.; while, at the same time, reason teaches, and experience proves, that the same cures can be effected in one fourth the time with the same elementary principles, in the more

concentrated form as we find them in vegetables, which act as much in harmony with physiological law as water alone.

I do not speak from the fortuitous suggestions of the moment, but from experience in the use of innocent vegetable medicines, with water and water alone, for the last ten years.

So far as my experience has enabled me to form an opinion, (and my opinion corresponds with all with whom I have conversed upon this subject,) I have never seen any very decided impression made in any local disease until an eruption appeared, which did not appear any different in looks and character from an eruption produced by a piece of salt pork or a liniment composed of essential vegetable oils.

The relief that followed in the one was precisely the same as that experienced in the other case, differing only in the length of time required to bring out the eruption, which was as one to four, as before stated. If there be any difference here, will you be kind enough to inform me in what it consists, in your next?

My object in making these remarks is to gain information by frankly stating the result of my observation and experience, and not to find fault particularly with the Water-Cure treatment, for I reckon it among reforms in medicine.

CHAS. COFFMAN.

Rockland, Me., March 18, 1854.

REMARKS BY DR. TRALL.—Friend Coffman: your whole argument is based on a fundamental mistake. You assume that the Water-Cure system is confined to a single remedy—water. Were your premise correct, your reasoning would be conclusive; but, as with all persons who argue our system, you first misrepresent it, and then proceed to demolish the windmill of your own imagination. "Water alone" is not our agent. But water is one of several agents, each equally important as elements of our system, and as therapeutic agents in the cure of disease.

If you will inform yourself of the first principles of our system, (and you will see them clearly stated in all our standard works, and in the first number of the HYDROPATHIC QUARTERLY REVIEW,) we will be most happy to reply to any objections you may then suggest.

You remarks as to using "the same elementary principles in a more concentrated form," are foreign to any issue between us, for the reason that *there is no such thing in existence*. You cannot concentrate dietetic and hygienic rules, nor articles, no more than you can packing and douching into pills and powders.

The direct question you propound can be answered in short metre; and you cannot fail to see the absurdity of the question, as soon as you appreciate the fact that we have a *set of remedies* instead of a single remedy in our system.

KILLING "SECUNDEM ARTEM."—Messrs. EDITORS: Which is the greatest wonder, that any person has *died*, or that any person has lived the past year in the little village of Versailles in this county? It contains about two hundred inhabitants, out of which number five were practising physicians; three Allopaths and two Botanists!

In June last, a child about two months old was taken sick therewith with fever. The big Allopathic

doctor was called in by the affectionate father; and as he thought there seemed to be a "determination to the head," he applied a blister to the dorsal section of the spinal column; it drew. Then another to the cervical portion, or lack of the neck—that drew also. But the enemy being subdued, the ally now turned his arms against those he had come to assist: the fever left, but the corroding of the first blister could not be stopped; it continued to "eat in" till it reached the spinal cord, causing the most excruciating torture to the little sufferer for several days, till death came to its relief. And all this suffering and death, according to the doctor's own admission, and that of a brother Allopath who was called to the child's assistance, were caused by the application of a blister. Thus were the fond parents bereaved of a child they almost idolized, by that cruel monster, Allopathy. But the doctor said "blisters would act in that way sometimes, in spite of every thing," and the parents are taught to look upon it as a dispensation of Providence! "How long, O ye simple ones, will ye love simplicity? How long will ye refuse to listen to the truth as it is in?" Hydropathy?

Mount Pleasant, Ill.]

E. P. D.

NEW YORK HYDROPATHIC SCHOOL.—The third term of this institution will commence Nov. 1, 1854, and continue six months. The success of the first and second terms has amply demonstrated the necessity for a school of this kind, and fully justified the expectation of its friends, that, if properly conducted, it would be well sustained.

Experience, however, has shown that a four months' term is too brief to enable the teachers to do justice to all the subjects embraced in the educational programme. And as the winter season is most convenient for students to come together from all parts of our country, it has been determined, as a permanent arrangement, to have one six months' course of lectures and demonstrations from Nov. 1st to May 1st of each year, whilst during the remainder of the year, private lessons with occasional lectures will be given to such pupils as remain through or prefer the summer term.

Every facility will be provided for a thorough course of medical instruction, adapted not only to those who intend to make the practice of the Healing Art a profession, but also to those who desire to become Health Reformers or Physiologic Teachers. Particular attention will be given to practical anatomy.

EXPENSES.—Tuition fees for the winter term, \$75; do. with board in the institution, \$150. Tuition for the summer term, \$50; do. with board, \$100. Tuition with board one year, \$250. For further particulars, address

R. T. TRAIL, M.D., Principal,

15 Laight street, New York.

SIZE OF AMERICAN TERRITORIES.—Utah would make twenty States of the size of New Hampshire; Nebraska, fifteen; Indian, twenty; North-West, sixty-five; total—one hundred and twenty-six States. Should these Territories have an equal population to the square mile with New Hampshire they would contain a population of about thirty-eight million souls. What a destiny

awaits our country! and what a *tremendous* circulation we shall yet have for the WATER-CURE JOURNAL! This is a great country, and we always thought so; but it will take some time to make all these new States; and longer to fill them up, unless the people adopt the Water-Cure!

Notes and Comments.

BLOOD-SUCKERS.—Dr. Hooker, in the course of his "Himalayan Journals," just published, gives the following sketch of a pleasant excursion on the Nepaless Himalayas: "Leeches swarmed in incredible profusion in the streams and damp grass, and among the bushes; they got into my hair, hung on my eyelids, and crawled up my feet and down my face. I repeatedly took upwards of a hundred from my legs, where the small ones used to collect in clusters on the instep; the sores which they produced were not healed for five months afterwards, and I retain the scars the present day."

And these are the "remedies" applied to "poor sick humans" by regular scientific doctors! When will wonders cease? When shall the Water-Cure prevail?

THOSE GRAPES.—We are under obligations to George S. Griswold, Esq., of this village, for the receipt of a cluster of Isabella grapes in a perfect state of preservation. They appear as fresh and plump as when first picked, and may well seem somewhat remarkable, they retain the rich and delicious flavor peculiar to this grape when first ripened.—*White Hall (N. Y.) Democrat of April 14th.*

Let the editor obtain, and give the public a recipe for the preservation of grapes, as above? We should be glad to disseminate facts so useful.

LECTURES ON PHYSIOLOGY, BEFORE THE "INSTITUTE," in Cold-Water Michigan.—*The Sentinel* says:

The Monday evening lecture was given by Dr. L. McCORMACK. His subject was Physiology, or rather limited, after a few general remarks, to the circulation of the blood and respiration. The truths he advanced were made more plain by the use of a Manikin, Skeleton, and Charts. For the special benefit of the members of the Institute, the Doctor dwelt particularly upon the necessity of proper ventilation in school-rooms, sleeping-rooms, &c. Pure air is necessary to secure the health of the scholars, and healthy scholars alone can make rapid progress in their studies. The Doctor is a rapid speaker, occupied about two hours, and impressed upon the minds of his hearers more truths than we can even glance at. In this connection, we beg leave to say that it is the intention of the Doctor to visit our village soon, for the purpose of delivering a course of lectures, upon which course we hope the mass of this community will attend.

HYDROPATHIC HOTELS.—The temperance cause, after it had proceeded to a certain extent, demanded temperance hotels. Has not the boarding and travelling community become sufficiently *Hydropathized* to demand hydropathic hotels? I think so. I often hear individuals complain that they cannot get such entertainment as they believe *fit*, when they visit our largest cities. It ought not to be so.

The city of New York is just the place to try the experiment of establishing an "inn" to be conducted on principles in harmony with our notions of diet, bathing, &c. It is not to be doubted, I say, but that such an experiment, in the hands of those who would every way successful. We say the publishers of the JOURNAL. L. H.

P. S. Would *Hygieia House* be a good name for the new hotel? We say *amen*, and so will say thousands of our readers. We do need Hydropathic hotels, especially in our large cities. Who will be the pioneer in the new hotel movement?

WATER-CURE IN THE SOUTH.—We take the liberty to publish the following extract from an excellent and cheering letter written by a Southern lady, (of Pikeville, Tenn.), whose zealous and earnest advocacy of Hydropathy we admire, and whose practical demonstration of its superiority over all other systems of medicine will do much to bring about the different state of affairs which she hopes to see in her section. What other paper can boast as many warm friends all over the land, North and South, East and West, as the WATER-CURE JOURNAL?

Our family (numbering some forty souls, mostly slaves) are all warm advocates for the water-system. There are four medical practitioners in our village, but none of them practise in our family. I have Dr. Trail's Encyclopedia, and several other good works on the system, and I have always perfectly competent to treat any simple case that comes up in our family. Every person speaks of my fresh, blooming boys and girls. I tell them it is entirely owing to water, pure air, and abstinence from tea and coffee. I have been trying to live properly for eight years, and believe I cured myself of neuralgia and rheumatism of four years' continuance, by that of the liquid and cold shower-bath. Several of the best physicians in the county gave me medicine,

but I received no benefit. I did not sleep well one night for four years. I commenced bathing. My friends thought I would ruin my constitution, but I am now entirely well. There is much prejudice existing here against the Water-Cure, but as we advance in years I hope to see different state of affairs in our valley. Wishing you great success in your efforts to improve mankind, I remain, a warm advocate of the WATER-CURE JOURNAL. M. A. G.

A WATER-CURE PHYSICIAN WANTED.—Mr. Merchant Kelley, a zealous and efficient co-worker in the great cause of Health Reform, thus appeals to us in behalf of himself and his neighbors and fellow-citizens of Fayette county, Indiana:

I have sent you hundreds of subscribers to your papers, thus preparing a good field for a Hydropathic doctor. I believe it is the wish of three-fourths of the people within eight miles of here, to have a good Hydropathic doctor locate here. Sad indeed has been the mortality under drug-doctors about here; so much so, as to cause many to refuse to have one in case of sickness. If you cannot send us a Hydropathic doctor to locate here, do send one to lecture on the subject. If you know of one who wants a location, do send him to the West, where most needed. Fairview, Connersville, or Bentonville, in Fayette county, Indiana, are places where he might find good.

We commend Mr. Kelley's appeal to our Hydropathic physicians and lecturers. As of old, the harvest is great but the laborers are few. The West and South call loudly for help against the combined hosts of diseases, drugs and doctors. Mr. Kelley may be addressed at Bentonville, Fayette County, Indiana.

THE GREEK SLAVE SOLD.—We notice with pleasure, that the original and world-renowned statue of the *Greek Slave*, sold on exhibition at the Crystal Palace, and owned by Hiram Powers, the great American sculptor, has been sold to C. L. Derby, Esq., of Sandusky, O., for the sum of five thousand dollars, and is, indeed, we believe, to grace the Gallery of the new Cosmopolitan Art and Literary Association of that city.

Lines.

BY O. W. MAY, M. D.

TO THE YOUNG LADY WHO ASKED OF ME A PRESCRIPTION WITHOUT SAYING WHAT AILED HER.

By a lovely young friend a prescription is asked:

But how to accomplish so piteous a task,
And thus be entitled to call for my flask,
Not knowing at all what kind of disease
I am to prescribe for, will surely please

More than a mere guess for an M.D. to solve.

Perhaps 'tis rheumatic, brought on by the changes
Of weather; and surely it not very strange is
Perhaps 'tis bronchitis, produced by these causes—
Oh, horror, the thought!—my fancy here pauses.
Perhaps 'tis dyspepsia, from too much good eating.
Nervous, perhaps, with hysterical weeping
Perhaps 'tis neuralgia, inducing such pain
As to cause sleepless nights again and again.
Perhaps she has toiled beyond her frail strength,
And the losing of flesh has alarmed her at length.

But perhaps the true ailment I never shall find,
Unless I refer it to trouble of mind.

Perhaps, then, the patient is sorrowful-hearted:
Have the smiles that had won her "in frowning departed?"
Or has the loved object been smitten with death?
Has the great foe of life deprived him of breath?
Have the friends of her youth grown cold and estranged?
Do those she thought loved her now seem to be changed?
Is the mind ill at ease? Have friendships been slighted?
Have prospects been blasted, or fond hopes been blighted?

But perhaps none of these is the cause of the ailment,
And o'er the wide sea of conjecture I'm sailing
But what of all this? I am sure the affliction
Will soon yield to this, my judicious prescription:—
Then, whatever the disease, however it shapes,
Eat freely of peaches, cream, sugar and grapes,
And apples and pears and plums, such as suit,
And all other kinds of healthy ripe fruit;
Let the diet be simple and plump and nutritious;
Avoid tea and coffee, however delicious;
No more Homoeopathic directions obey;
But let full Hydropathic treatment I now say;

Take of open air, exercise, quantum sufficit;
"Laugh and grow fat," you say Shakespeare advised it;
Be kind to your friends, be joyous, be cheerful;
Let smiles light the eye—it should seldom be tearful;
Select worthy friends, unite to a loved one—
If these do not cure you, your case is a hard one.
South Orange Water-Cure.



THE PEAR.

BEURRE CLAIRGEAU PEAR.

This is a new French variety, originated by M. Clairgeau, of Nantes, and sent out from the French nurseries in 1848 or '49, we believe. It is a very large fruit, and so far as it has been tested, both in Massachusetts and New York, gives promise of being a valuable acquisition. Col. Wilder sent us the following description among his notices of new pears that promise well:

"Size—Extra large. Form—oblong, ovate pyriform, outline a little irregular. Stem—short and stout, set obliquely and without much depression. Calyx—open, segments short, moderately sunk. Color—brownish green, closely clothed, and almost entirely covered with russet, sometimes intermixed with dull red on the sunny side. Flesh—melting and juicy, with an agreeable sub-acid flavor, resembling the *Earonne de Mello*, but with more aroma. Class—good; will probably prove very good.

"The *Beurre Clairgeau* has fruited in several gardens in

the vicinity of Boston and New York, and promises to be a great acquisition. The tree is a strong, thrifty grower, either on the pear or quince root, and comes early into bearing, many trees which were grafted in the spring of 1851 being now full of fruit-buds."

Mr. Cabot, President of the Massachusetts Horticultural Society, speaks of it as follows, in Hovey's Magazine of March last:

"So far as an opinion, formed by testing one or two specimens, and those from imported trees of the first year of bearing, is justifiable, this pear promises to be, on account of its size, beauty, and quality, a highly valuable acquisition. It is a new pear, raised from seed by M. Clairgeau, at Nantes, of a yellow, russet color, with darker russet specks, and a little red in the sun; very large, with a short, very thick stem; calyx small and open; flesh yellowish white, tender, half melting, of a very pleasant sub-acid flavor, ripening late of October and November; tree a strong grower, wood stout, and appears to come early into bearing." The specimen from which our drawing is taken, was grown by the editor of the *Horticulturist*—*Horticulturist*.

A NEW VOLUME!

A NEW VOLUME of the WATER-CURE JOURNAL commences with the next number.

VOLUME SEVENTEEN terminates with this present number, and volume EIGHTEEN begins with the next, on the first of JULY.

SUBSCRIPTIONS commenced in January, 1854, will terminate next December. Those commenced in July, 1853, are now complete.

RENEWALS may be made at once for the year to come. Those who prefer, may remit for one, two, three or more years, as may be convenient. The amount will be duly credited, and the JOURNAL sent the full time paid for.

A CIRCULAR PROSPECTUS is herewith sent to facilitate the recording of subscribers' names.

CLUBS for any number of copies may be formed in every neighborhood, and sent into the Publishers at once. See PROSPECTUS for terms.

OUR NEW PREMIUMS.—For the time given, and good words spoken, we shall be happy to present our friends with the following list of Premiums:

FOR ONE HUNDRED DOLLARS, two hundred copies of the JOURNAL will be sent one year, to one or as many different post-offices as there are subscribers, and a premium of Ten Dollars in Books published at this Office.

FOR FIFTY DOLLARS, one hundred copies of the JOURNAL, the worth of Five Dollars in Books.

FOR TWENTY-FIVE DOLLARS, fifty copies of the JOURNAL, Two Dollars in Books.

FOR TEN DOLLARS, twenty copies of the JOURNAL, One Dollar in Books.

For a single copy of the JOURNAL, One Dollar a year.

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 REFORM, 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 blessings.

☞ 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 PNEUMOLOGICAL 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.

ALL LETTERS and other communications should be POSTPAID, and directed to—FOWLER and WELLS, 308 Broadway, New York.

The Month.

NEW YORK, JUNE, 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 suffering health on men.—CICERO.

JUNE TOPICS.

BY R. T. TRALL, M. D.

DIETARY OF WATER-CURES.—An intelligent correspondent, who has visited several watering-places and many of the principal Hydropathic Establishments, in pursuit of health, writing from Louisiana, makes some very just and some rather harsh criticisms on the dietetic part of the hygiene at certain Water-Cures. He also takes especial exception to the whole tenor of an article which appeared in a late number of this Journal, on the subject of the dietetic habits of the people of the Southern States. The writer says:

"I notice in one of the WATER-CURE JOURNALS, that some person gave a description of the fare to which he was treated in Georgia, and one of your editors commented on it, saying, it was as true as preaching, for he had been there; and he added besides, that such diet was universal throughout Georgia and South Carolina, and that even the rich planters, except in rare and individual instances, lived in the same manner."

The above statement our correspondent pronounces entirely and slanderously false, and adds:

"I have travelled through the whole North in search of health, and being a dyspeptic, I have been made to learn something about good cooking and bad cooking. And during my travels I found the living not to be compared to that at the South, except in first-class hotels, and there it is not equal to it," &c.

We have nothing to say in favor of Northern living or cooking, either in private families, boarding-houses, or hotels. Physiologically it is, as a general rule, abominable—about as bad as bad can be. It cannot be much worse at the South, and, possibly, every thing considered, it may not be as bad. People, however, differ vastly as to what constitutes good cooking or good living, or even good dietetic materials.

We have nothing to approve or condemn, because it is Northern or Southern. We know that all parts of our common country

are full of disease, and that much of it is attributable to unhealthful habits in eating and drinking.

Nor have we any thing to say by way of apology for bad diet, or a bad article of diet, even though it be found at a Water-Cure Establishment. If it be bad anywhere, it is particularly worse there; no matter where the Cure is, nor who keeps it, nor how "loud-soundingly" it is advertised.

Our correspondent thinks this Journal ought not to advertise any Water-Cures, or pretended Hydropathic Establishments, where improper articles of food are placed before invalids. This Journal has not the power, if it has the right, to exercise censorship in this matter. It can, however, accomplish even a greater and a better work. It endeavors constantly to instruct its readers in the true philosophy of life and health, in the true hygiene and therapeutics of eating and drinking, as well as in relation to all other prophylactic and remedial influences, to the end that all may be enabled to protect themselves from malpractice or imposition, instead of holding their health and lives at the mercy of doctors, or cooks, or boarding-house keepers, any of whom may be careless, ignorant, or dishonest.

We doubt if the dietary at the best Water-Cure Establishment in the world is not far, very far from perfection. In this matter there is ample room for improvement everywhere.

We cannot insure anybody against injury or imposition from ignorance or dishonesty, except in so far as they will study and understand the whole subject for themselves. The Hydropathic Cook Book contains an ample variety of recipes for cooking healthfully, with rules for selecting healthful materials; but, as with every other book, its contents are worth nothing only so far as they are applied; and their application requires care, attention, and more or less experience to render practice perfect.

Most of the dishes therein recommended are too flat and unseasoned for the majority of our artificially-cultivated appetences; but all that is required of those who cannot come at once to such simplicity is, to season moderately after their accustomed fashion, recollecting always the rule in relation to seasonings and condiments of every name and nature—"the less, the better."

APPROACH OF THE CHOLERA.—Since the subsidence of the cholera in many of the

European cities, but little has been said in Medical Journals on the subject. Still the public mind is not yet free from apprehension as to its reappearance amongst us very soon. A contemporary says:

"In London serious apprehensions are entertained of the return of the cholera. The Board of Health of that city warn the Board of Guardians, Local Boards of Health, parochial boards, and other local authorities, against the indulgence of a "false security" in the present appearance of epidemic cholera. Similar decline of the pestilence, it is stated, has been remarked at corresponding periods of its progress on former visitations. Cholera retires for a time, like a wild beast, to gain strength for a more fatal attack. It appeared to abandon the field of its ravages in 1831, but it came back in 1832 with increased intenseness. In the autumn of 1848 the disease appeared in the metropolis, but retired before the advance of spring. Scarcely had it declined when it returned. During the summer it carried off 2,000 persons weekly in succession, producing a total mortality of 17,000. The progress of the disease last autumn was checked; but within the last month the pestilence has again resumed some of its activity. The total deaths in England and Scotland have amounted to twice the amount of the corresponding period of 1849. These analogies justify the apprehension of the General Board that the disease is in a period of incubation, and that it has yet to appear in its full force."

THE CHILDREN'S AID SOCIETY.—As "Heralds of Reform," we cannot well refrain from noticing commendatorially an eminently Christian work which has recently been started in this city. Much of the vice and crime, as well as most of the diseases of society, is the result of poverty, ignorance, and unfavorable exterior circumstances. It has been ascertained, from police statistics, that there are ten thousand vagrant children in this city, one third of whom are engaged in thieving for a livelihood; and of these juvenile thieves two-thirds are girls between the ages of eight and sixteen!

These astounding facts ought long ago to have attracted the attention and awakened the sympathies of the philanthropic; but we rejoice that a work of mercy and of duty and of justice is being extended towards them even at this day.

The Children's Aid Society, constituted by an association of some of our most wealthy and influential citizens, for the purpose of providing homes and employment, asylums, industrial schools, &c., for these boys and girls, who, otherwise, must inevitably be ruined in their prime of life, and become the pests of society, has published its first annual Report, from which we make the following extract:

"Crime among boys and girls has become organized, as it never was previously. The police state that picking pockets is now a profession among a certain class of boys. They have their haunts, their 'flash' language, their 'decoys,' and 'coverers,' as they are called, or persons who will entice others where they can be plundered, and protect the thieves if they are caught.

"There is a class of young lads now in the city, known as 'feelers,' who are employed by older rogues to ascertain where their depredations can be most easily committed.

"Cotton-picking on the wharves, iron-stealing in the dry-docks, 'smashing' of baggage—in other words, pilfering under pretence of carrying it—and 'book-bluffing,' which is a species of mock book-selling, are all means of livelihood for the dishonest poor boys of New York.

"Of the young girls in the city, driven to dishonest means of living, it is most sad to speak. Privation, crime, and old debasement in the pure and sunny years of childhood."

The principle upon which this organization is based is susceptible of universal application. And we trust the benevolently disposed, of all sects and creeds, will ere long learn to appreciate the great fundamental principle, that all reform, social, moral or spiritual, must begin in supplying healthful and comfortable individual conditions.

ETHICS OF PHARMACY.—We are sorry to see men whose business interests are so inseparably blended and interchangeably interwoven with each other, as are those of physicians, druggists and undertakers, wrangle among themselves. But according to the following paragraph which is going the rounds of the newspapers, there are painful indications of brother warring against brother:

"The physicians of St. Louis have combined for the purpose of keeping druggists

to the pestle and mortar. They declare that the apothecary has no just right to put up a prescription the second time, unless authorized in writing by the physician prescribing. Nor has said apothecary any right to make use of said prescription in any way, unless by the consent of the physician. And they pledge themselves to withhold their influence from any druggist who may thus act, and to use other means to make such conduct public. And further, that they will withhold their support from all apothecaries who persist in the reprehensible practice of prescribing for diseases."

ELIXIR OF GUANO.—If skin diseases do not speedily disappear from the surfaces of this risen and perverse generation, it will not be for lack of remedies. Within the last two or three years our Allopathic friends have discovered some half a dozen infallible specifics; hence we are under the necessity of marvelling constantly that skin diseases are just as prevalent as ever. Collodion, Cod-liver oil, bacon grease, whale oil, and common fish oil, have been put forward and puffed onward, as sure cures for rashes, humors, and even eruptive fevers, as scarlatina, erysipelas, &c. But, as always has been the case, and always will be, in relation to past and future drug-remedies, no sooner is the specific discovered to be infallible than it is laid aside, and something else discovered.

The latest invention or discovery in the line of cosmetic curatives, is announced in the following extract from a city paper:

"GUANO IN CUTANEOUS DISEASES.—Remarkable results have followed the use of guano in pemphigus, psoriasis, chronic eczema, and in arresting the excessive supuration and degeneration of tissues in scrofulous ulcerations. Solutions of the same substance have radically cured extensive ulcerations of the cornea, also leucomas and thick albugos, and the eye has regained its natural transparency. It has also cured tinea. Internal remedies are not to be neglected while the guano is employed externally: give iodine in favus; arsenical preparations in certain severe herpetic affections; iron and iodine in scrofula; mercury and iodide of potassium in syphilis, etc., and purgatives in all cases. From one to four ounces of guano to a pint of water is the proportion for the solution; it must vary according to the inflammatory

condition of the affected parts. Boil the solution and filter. Mix one drachm of guano with one ounce of lard, for a very good ointment."

WHISKEY IN SNAKE BITES.—We have received several communications from persons residing in different parts of the country, within a few weeks, on this subject. We have also read, in the Allopathic journals, two cases of poisoning from the bite of the Rattlesnake, in which wonderful cures are said to have resulted from the employment of monstrous draughts of whiskey.

We believe all the facts represented in the cases reported, but we have not a particle of faith in the whiskey. We believe individuals have been bitten, and have been poisoned by the venomous reptile, and have drunk whiskey, per advice of the medical men, in amazing quantities; and that the victims of the double-poisoning are now "alive and kicking." But we do not believe the poisoning from alcohol had any efficacy in neutralizing or ameliorating that from the other serpent.

We do not like to seem obstinate in the face of opposing evidence. But there are two ways of accounting for the cure—Dr. Forbes says three—in every case where drug-medicines are administered. In the one case the patient may be supposed to get well by the efforts of Nature alone, assisted by the drug-remedy; and in the other case he may be supposed to get well *in spite* of both disease and remedy.

It is perfectly true, as has been proved in a thousand instances, that the majority of persons bitten by the rattlesnake will survive, with no medication, or with any which does not absolutely kill of itself. A good constitution in a healthy condition would be almost sure proof against a fatal result. And we must notice, too, that when the whole system is occupied by one poison or one disease; when all the vital energies are struggling to expel it from the system or to counteract its influence, the organic instincts will be comparatively insensible to any other morbid impression.

It is for this reason that persons laboring under the violent inflammation or fever which succeeds the bite of a venomous serpent, having all the vital energies preoccupied, will bear with comparative impunity and insensibility, almost any quantity of alcoholic liquor than can be swilled. One, two, three, four, five, six, and even

seven quarts of whiskey have been *endured* and lived through in twenty-four hours.

Similar facts are noticed in cases of hydrophobia, tetanus from wounds, delirium tremens, &c. The correctness of our explanation is corroborated by the fact that several other poisons have been just as efficacious as alcohol, among which may be named arsenic and vinegar: that is to say, when the system is preoccupied with one poison, these as well as alcohol can be taken in large doses without causing death, for the simple reason that they do not then occasion much vital resistance.

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. TATUM.

DISLOCATED HIP.—P. F. R., Virginia. "About three years ago one of my hip joints became dislocated. I know not the cause: it was not painful, but I could not walk far. I applied the rubbing wet-sheet without much improvement. I have more use of the leg now, but it does not grow, and I am three inches lower on it than the other. Now my object in writing is to know if the leg can be made to grow: if it can, under what treatment? and can the joint be replaced?" The joint cannot be replaced. Attend to the general health; and, if practicable, apply a moderate donche to the affected extremity one or twice daily.

DIETETICS.—A. S. A., Morris, N. Y. "I notice in your Hydropathic Cook Book, on page 22, that rice has 82 per cent. of the heat-forming principle. If this be true, can a person live on rice in Greenland? Do you mean by blood-forming principle, albumen?" A person can find heat-forming principles and blood-forming principles in *all kinds* of grains, fruits, and esculent roots; in the grains, however, most abundantly. Rice is not good as an exclusive article of diet, neither in Greenland nor Guinea, but a well-selected vegetarian diet is suitable for both places. We do not mean "albumen" nor any single element, as a blood-forming principle; but all the proximate elements of food, albumen, caseine, fibrine, &c., are equally blood-forming principles.

SMALL-POX.—D. F. D., Leroyville, Pa. "The small-pox prevails in this neighboring town—how shall we treat it hydropathically?" The management of the disease is very easy and simple. Apply cool or cold water, either in the form of ablutions or packing frequently, so long as the heat of the fever keeps above the natural standard. Afterwards sponge the surface daily with tepid water. Give injections at the outset, provided the bowels are constipated—not without. Vaccination is advisable in cases where people will not or cannot live healthfully. Otherwise we would let small-pox have its "natural" way.

OBSTRUCTED MENSTRUATION.—S. L. M., Summers. The treatment must have especial relation to the cause of the disease and condition of the patient. Generally the wet-girdle, hip and foot-bath, with the dripping-sheet or "pack" occasionally, are appropriate. The standard works on Water-Cure will give you all the particulars.

DYSPEPSIA.—E. S. B., Indiana. "A female is severely troubled with weakness, nervousness, and indigestion; can hardly walk: has been through a course of drugging, calomel, &c." Pack her in the warm or tepid wet-sheet; apply the wet-girdle, and enjoin a strict and plain vegetable diet. There is no danger from cold water externally after

the use of calomel, unless it occasion pain and swelling, in which case it should be employed tepid.

ERYSIPELAS.—J. B. L., La Grange, Ind. "What treatment should be pursued in the case of a man who has been troubled with the erysipelas in his head seven years? His face is red, irritable, and sometimes breaks out in boils." The wet-sheet pack once or twice a week, the dripping-sheet daily, and a plain, coarse, abstemious vegetable diet.

JAUNDICE.—G. C. Jaundice in infancy requires a daily bath, and strict attention to the diet. Feed it and its mother on unfermented and unbolted bread, with plenty of fruit. Butter and eggs are bad.

NEURALGIA.—S. N. P., Mass. Apply wet cloths to the part affected, of the temperature that feels most agreeable, and attend to the general health. The "injured sciatic nerve" may be benefited by the local tepid, or warm and cold douche, with such general treatment as the state of the system indicates.

POSITION DURING SLEEP.—P. W. P., Geneva. "In what position while sleeping should a person lie; and what would be effect of drawing the knees up under the chin?" When a young person inclines to sleep in the position you name, you may be sure there is something the matter that ought to be remedied very soon. The proper position is nearly straight, gently reclining to one side.

PURIFYING WATER.—A. E., S. Framingham, Miss. "The Scientific American contains the following: To purify Water.—Nine ounces of pure fresh lime, dissolved in forty gallons of water, will purify five hundred and sixty gallons of hard water; the precipitate is chalk. It takes sixteen hours for the water to settle, and all the impurity to settle to the bottom of the vessel which contains the water.—Query. Is this not a valuable fact for Hydropathists to know at the West?" No, the writer mistakes transparency for purity. Lime will combine with free carbonic acid, if that be among the impurities, and be precipitated in the form of chalk, which is carbonate of lime. It may also occasion the precipitation of some kind of earthy salts, rendering the water so far less impure. The only way to purify hard water is by distillation. Soft water may be purified by filtration.

MISCONCEPTION.—W. P. S. "I have been troubled for two years with a disorder of the urinary organs, sometimes having an uncontrollable desire to urinate very often, yet the urino passes with difficulty; at other times there is no desire for twenty-four or thirty-six hours." Such cases may depend in general on stone in males, malposition of uterus, &c., in females. The cause must be ascertained positively before the treatment can be indicated.

CANCER.—J. C. B., Miss. The case you describe has probably passed beyond the reach of medical aid. A majority of cases can be cured, if taken in their early stages.

WORMS IN CHILDREN.—J. M. C. Feed your children properly, and the worms will soon cease to trouble them. We are preparing lectures for your vicinity, and for all parts of this drug-cursed community. You will see or hear from these are long.

ELECTRO-MAGNETISM.—M. H., Mantin. "Is Electro-Magnetism one of nature's curative agencies?" &c. Yes, so far as electricity, as the agent or instrument of motion, can be applied to the exercise of torpid muscles.

HUMAN MAGNETISM.—"Fishbone alleges that this influence may be applied to the cure of morbid appetites, as tobacco-chewing, &c. The benefit is said to arise from withdrawing the nervous energy from the organ which craves the abuse. Is this so?" It may be useful in very impregnable persons; but a sure cure in all constitutions may be found in letting the "filthy weed" alone.

COAL-WATER.—M. II., Stone Mills. A correspondent gives us an account of an asthmatic patient, whose physician, having been strongly impuned to try the water-treatment, as every thing else had failed, put his foot in warm water, and allowed him to drink a few sips of water, after

having extinguished a "live coal" in it; and inquires if such is the *real Hydropathy*, &c. We know nothing about such "trumpery." Get some of our hand-books, and then you will know, without asking anybody, what the Water-Cure system is.

NERVOUS DEBILITY.—G. H. S., Rutland. You will find the information you desire in the *Encyclopædia*, under the head of Liver Complaint, Jaundice, &c. See also all the subjects treated of under the general head of Indigestion.

SWELLING OF THE LEG.—L. M. G., Peru, Me. We cannot tell what is the cause of the swelling you describe, without we have a full history of your case—all your previous ailments, and the methods of doctoring you have been subjected to. There may be disease in the hip-joint or vicinity, or some uterine difficulty, and the treatment, except so far as concerns the general health, must have reference to these circumstances.

SPASMS IN THE STOMACH.—A. P., Guiplaines. "My wife is troubled, once in about five weeks, with such a blood to the head, causing spasms, unless she prevents them by drinking cold water and applying it to the head." The trouble comes from morbid bile and chronic inflammation of the duodenum. Give her full treatment—occasional packs, hip and foot-baths, with a plain, coarse, opening diet. If you will give us your full post-office address—county and State—the book will be forwarded as desired.

THE VEGETARIAN PRINCIPLE.—M. H. "What do those who carry out the vegetarian principle to its fullest extent, propose to do for boots and shoes?" There will not be the least difficulty on that score. They may be made of cotton and linen materials, gutta percha, India rubber, and of many other things, which mechanical skill and chemical science can form and fashion. But what has all this to do with vegetarianism? We are not obliged to eat the carcass of an animal, if we do make shoe-leather of its hide, are we?

LANGUAGES AND MATHEMATICS.—"Do you teach in your school those sciences which do not appertain to Physiology?" In many of them we do; for example, French, Latin, Mathematics, &c. About a certain dozen of whom you inquire, the less said, the better. "*Requiescat in pace.*"

Talk and Topics.

THE CRYSTAL PALACE.—Most of our readers have doubtless already been made aware, through the daily and weekly newspaper press, of the reinauguration of the Crystal Palace Exhibition, and its establishment, under new and better auspices, as a permanent institution. We consider this an event of no trifling importance—one full of promise for our city, our country, and the world. LABOR and ART have here been crowned anew, and the Great Exhibition is now an INSTITUTION OF THE PEOPLE.

The Exhibition of the past year, notwithstanding the great and almost fatal mistakes made in the management of the enterprise, has been of incalculable advantage to our country. Its attractions, its influence and its usefulness will now, we firmly believe, be greatly increased; and it should have the sympathy and active cooperation of the people. Let the Crystal Palace be our GREAT TEMPLE OF INDUSTRY and ART, and, as such, continually thronged with worshippers.

The Exhibition will doubtless soon be fuller and more complete in all its departments than it was last year, and will go on continually increasing in attractiveness.

Arrangements have been completed, and some, and are in progress with other Steamboat and Railroad Companies connecting this city with various portions of the Union, agreeably to which, visitors will be conveyed to the Crystal Palace from the remotest spot, at greatly reduced rates of travel.

After considerable discussion among the Directors, it has been decided to put the price of admission at the uniform rate of *ten cents*. We hope and believe that this will be clearly shown to be the true policy. The spirit of our institutions demands that such an exhibition as this should be strictly a *popular* one—made accessible, as far as possible, to our whole population. "Come one, come all" to the PEOPLE'S PALACE OF INDUSTRY and ART.

A WATER-CURE ESTABLISHMENT WANTED.—V. Felt, M.D., writes to us from St. Anthony's Falls, Minnesota, that a Water-Cure Establishment is much needed in that flourishing place. Our cause is making astonishing progress in the far West. We trust the day is not distant in which our friend's wishes will be fulfilled, and a good Water-Cure be established at St. Anthony's Falls.

BEAUTY.—Willis has the following suggestive paragraph in one of his late articles in the *Home Journal*: It is our own longcherished belief that ninety-nine women in a hundred are better-looking than they think they are, from the mere fact that their *main charm* is *life* invisible ink, *learned into evidence by the approach of those who are to see it*. Instead of wasting time on the smoothing of wrinkles, or improving of complexion, the *thinking-up of a sweet smile* is easier and more effective. Think of that, fair reader.

MRS. HARRIET BEECHER STOWE, and MISS CATHERINE BEECHER have been spending some time at Dr. Munde's Establishment at Northampton.

ART AND LITERATURE.—A NEW ENTERPRISE.—An association for the encouragement and diffusion of Art and Literature, and a novel plan has lately been organized in Sandusky City, Ohio, with a branch office in New York. The young institution already possesses a treasure of which it may well be proud, in the world-renowned statue of the Greek Slave, by Hiram Powers. [See advertisement.]

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: FOWLES AND WELLS, 305 Broadway, New York.

MEMOIR OF BUTLER WILMARTH, M.D.; One of the Victims of the late terrible Railroad Catastrophe at Norwalk Bridge, Ct.; with extracts from his Correspondence and Manuscripts. By WM. H. FOLS. Boston: Crosby, Nichols & Co. New York: FOWLES AND WELLS. 1854. [Price, prepaid, by mail, 75 cts.]

An excellent and well-written memoir of a very estimable man. It is a Memoir of 265 pages, and contains a capital life of Dr. Wilmarth. The author says in his preface: "Aside from the interest which this volume will have for the Doctor's personal and religious friends—for whom it is specially prepared—it will be found, I think, to be of much value, particularly to the friends of Hygiene and Medical Reform, on account of the Letters and Lectures on these general subjects which are herein published. To these, therefore, I would call particular attention; confident that, coming from such a man—a man with so much medical knowledge, experience, and skill, and such rare conscientiousness—they are of great value and well worth seriously pondering." It should have a large circulation among the friends of Water-Cure and social and general reform. FOWLES AND WELLS will be happy to supply all orders.

CORINNE; or, Italy. By MADAME DE STAEL. Translated by ISABEL HILL; with metrical versions of the Odes, by L. E. LANNON. Philadelphia: Henry Carey Baird. 1854. [Price, prepaid, by mail, 81 25.]

We are glad to greet this handsome edition of a great and elegant classic. The difficult task of the translator has been done faithfully, (though not slavishly,) and with most excellent taste and judgment. The enterprising publisher has made it, as he should, an elegant and attractive volume. Whoever would possess Corinne in an English dress will do well to procure this edition.

FAMILIAR SCIENCE; and, the Scientific Exploration of Common Things. Edited by R. E. PETERSON, member of the Academy of Natural Sciences, Philadelphia. Philadelphia: Robert E. Peterson & Co. 1854. [Price, prepaid, by mail, 81.]

This is one of those works in praise of which too much

can hardly be said: a book for the school and the family, the young and the old, for *everybody*. "No science is more generally interesting than that which explains the common phenomena of life. We see that salt and snow are both white, a rose red, leaves green, and the violet a deep purple; but how few persons ever ask the reason! and when a child looks up into our faces with its 'why,' how often are we steeled, and can only chide the little philosopher for asking 'such silly questions.'" This book explains all these things in language so plain that the child can understand it, while it is equally interesting to persons of riper years. It is a little library of science in itself, and should be on the bookshelf of every family. It costs only a single dollar.

BLUNT'S SCRIPTURE HISTORIES, ETC. Vol. I. History of our Lord and Saviour Jesus Christ. Vol. II. St. Paul and St. Peter. Vol. III. Abraham, Jacob and Elijah. Vol. IV. Posthumous Sermons. By Rev. HENRY BLUNT, A.M., Chaplain in His Grace the Duke of Bedford, etc. Philadelphia: H. Hooper. 1854. [Price, prepaid by mail, 81 per volume.]

This is a new and handsome American edition of these popular religious works. The author sustained while living a high character in the English Church, as a writer and as a Christian, and being dead he yet speaketh through these volumes to the Christian believer.

OUR PARISH; or, Annals of a Pastor and People. Boston: L. P. Crown & Co. 1854. [Price, prepaid by mail, 81 25.]

An unpretending but thoughtful and earnest book, full of nature and true to life as it is seen in the quietest rusticities of our country. The author says in his modest preface: "I offer you, dear reader, only humble chronicles. They are of the quiet and still life of a country parish. I have set them down without any attempt at fine writing, trusting to nothing more than their truthfulness and simplicity to interest you." The reader will find this truthfulness and simplicity, so stamped on every page, an irresistible charm.

HISTORY OF CALIFORNIA, from its Discovery to the Present Time. By E. S. CARPES, Counsellor at Law. Boston: John P. Jewett & Co. 1854. [Price, prepaid by mail, 81 25.]

Just such a work as we judge this to be, from the somewhat hasty but not careless examination we have given it, has long been wanted. The history of California, unlike most local histories, is a subject of universal interest. The work before us comprises, in addition to the strictly historical part, a full description of the climate, soil, rivers, mountains, towns, beasts, birds, fishes, state of society, agriculture, commerce, mines, mining, etc., with a journal of a trip from New York via Nicaragua to San Francisco, and back via Panama; and a new map of the country. Its mechanical execution does credit to the enterprising publishers.

SACRED POEMS AND HYMNS, for Public and Private Devotion. By JAMES MONTGOMERY. New York: D. Appleton & Co. 1854. [Price, prepaid by mail, 81.]

As we write this notice, the death of the author of the above-named work is announced in the papers. He breathed his last on Sunday afternoon, April 30, at his residence, The Mount, Sheffield, England, at the ripe age of eighty-two years. He enjoyed a well-earned reputation as a poet. The volume before us was first published last year in England, though many of the poems and hymns were already widely known and admired, being found in all our collections. They are among the finest things of the kind in the English language.

FIVE YEARS BEFORE THE MAST; or, Life in the Fore-castle, aboard a Whaler and a Man-of-War. By JACOB A. HAZEN. Philadelphia: Willis P. Hazard. 1854. [Price, prepaid by mail, 81 25.]

We are always glad to greet a book which comes to us from a source like that to which the volume before us owes its origin. It is from the pen of one who writes what he has seen, heard, felt and known—his actual experience of life. It is a lively and interesting narrative of Mr. Hazen's sailor-life, interspersed with anecdotes and illustrations. We have books, and good ones too, from the pens of naval officers, but they do not and cannot give a complete delineation of life on board a man-of-war. "The present volume," to quote the author's own words, "purports to show up a few touches

of the picture on the humble side of the mast; to delineate the thoughts and feelings of one whose person stood in the back-ground; of one whose duty it was never to speak out, but always to do, feel, fight and suffer."

AFRICA AND THE AMERICAN FLAG. By Commander ANDREW H. FOOTE, U. S. Navy. New York: D. Appleton & Co. 1854. [Price, prepaid by mail, 81 50.]

A work which will attract attention and reward it. The author commanded the brig *Terry* on the coast of Africa in 1850 and 1851. Taking advantage of his position and of the various sources of information within his reach, Lieut. Foote procured and preserved the materials for the present interesting and useful volume. It contains, in addition to the narrative of the author's naval operations on the African coast, aiding in the suppression of the slave-trade, a large amount of information in regard to Africa, and especially the little Republic of Liberia.

UNITED STATES MAGAZINE.—A. JONES & Co., publishers of that well-known and widely-circulated paper, *The United States Magazine*, have just issued the first number of a new illustrated quarto magazine with the above name. It is handsome, useful and cheap, (only 81 a year,) and will doubtless secure a large circulation. Address A. Jones, 1, 3, 5 and 7 Spruce street, New York.

THE SACRED CIRCLE is the name of a new and handsome monthly; the first number of which has just been laid before us by its publishers, Messrs. Partridge and Britten of this city. It is devoted to Spiritualism, and edited by Judge EDMONDS, Dr. DEXTER, and O. G. WARREN, whose names are a guaranty that it will be conducted with ability, candor and earnestness.

THE STUDENT, N. A. Calkins, Editor and Publisher, 315 Broadway, New York, commenced a new volume with its May number, in a new and much improved form. It will continue to sustain its well-earned reputation as an interesting and instructive magazine for the school and the family. One dollar a year, in advance.

THE POCKET-WATER-CURE GUIDE.—This tract of thirty-two pages treats on the following subjects: The Water-Cure; How Disease is cast out; Directions to the Sick; Food; Clothing; Process used; Water-Cures; Diseases curable; Importance of Ventilation; Feet Warm, and Head Cool; The Health Reform; Think for Yourself; Vegetable Food; Nature and Medicines; Water, etc., etc.

Postage by mail, one cent. Every man, woman and child should have a copy. It will be sent prepaid, at the following rates: Three copies, 12 cents; Twelve copies, 37 cents; Forty copies, \$1.00. Address, postpaid—FOWLES AND WELLS, 305 Broadway, N. Y.

MUSIC.—We have received from William Hall and Son, the well-known music publishers, 239 Broadway, New York, the following pieces:

"There is Darkness on the Mountain;" Helicon Polka; Home of my Youth; The Cottage Rose; You're all the World to Me; La Rose.—[See advertisement.]

BOOKS RECEIVED.

We acknowledge the reception of the following works, for which we tender to their respective publishers our thanks. We have not room to notice them in this number, but will endeavor to do so in our next:

FROM D. APPLETON AND CO., New York.—Sunshine of Graystone, by E. J. May; The Foresters, by Alex. Dumas; The Chemistry of Common Life; Boys at Home, by C. Adams; A Week's Delight, or Games and Stories.

FROM JOHN P. JEWETT AND CO., Boston.—The Modern Home Doctor, by George H. Dodd, M.D.; Voices of the Dead, by Rev. John Cumming, D.D.; Spots in Our Past of Charity, by Rev. William M. Thayer; Durham Village; Uncle Jerry's Letters to Young Mothers.

FROM WILLIS P. HAZARD, Philadelphia.—The Behavior Book for Ladies, by Miss Leslie; Woman's Influence and Woman's Mission; Text Book of Knitting.

FROM HENRY CAREY BAIRD, Philadelphia.—The Practical Surveyor's Guide.

FROM LONGLEY AND BROTHERS, Cincinnati.—The Parent's and Teacher's Guide.

NEW YORK CITY AND ORANGE MOUNTAIN WATERCURES.

The Subscribers have associated as Proprietors in the management of the New York City Water-Cure, 178 (formerly 184) Twelfth street, corner of University Place, and the Orange Mountain Water-Cure at South Orange, N. J., which is less than one hour's ride from New York by railroad.

One object of our association is to afford patients the opportunity of pursuing their treatment at either Establishment, or a part in each, when the comfort or convenience of the patient requires it, under proper regulation.

The situation, building, and arrangements at Orange Mountain have always been regarded as without equal in the country, and we intend our managements to be in every way worthy of the place.

The Establishment in Twelfth street, New York, shall sustain the reputation it already has, and be under the care of Dr. Wellington.

TRANSIENT VISITORS will find a pleasant home by the day or week, whether called here by business or pleasure.

The Establishment at Orange Mountain will open April 15th.

O. H. WELLINGTON, M. D.

O. W. MAY, M. D.

June 1st

NOTICES OF NEW GRÆFENBERG.

Nor the least important of the enterprises which have been undertaken in and about our city within a few years, is the Water-Cure Establishment known as New Græfenberg. It is located on Frankfort Hill, some four and a half miles south-east of Utica. The situation is one of much beauty, and embraces 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 1851.—This report must prove quite interesting to the Hydropathist, or the liberal-minded practitioner of any school. It must be chiefly so, however, to the CHRONIC 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.—*Electric Jour. of Med.*

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

NEW GRÆFENBERG.—This institution enjoys a high reputation. We are a believer in Hydropathy to a certain extent. It is a fact that a judicious use of water, as a remedial agent, will cure many diseases not to be reached by any other treatment.—*Camden Courier.*

NEW GRÆFENBERG REPORT.—Some of the cures here detailed are really wonderful, and we should be suspicious of their genuineness, were not the high character of the gentleman presiding at the Institution a sufficient guaranty of their authenticity. We have never enjoyed the luxury of wet-sheets, sitz-baths, &c., but have known so many who have, and who came out renovated and improved, that we must believe that the water-treatment has no rival.

This Establishment, we are told by those competent to judge, is one of the best-conducted in the country. Dr. Holland, by long experience in this mode of treatment, as well as personal experience of its efficacy, is eminently qualified to stand at its head.—*Onondaga Morning Herald.*

WHILE some Water-Cures have been unable to succeed, we learn that this Establishment is being well patronized, and that Doctor Holland has had even better success the past year than heretofore. He has effected many remarkable cures. His patients speak in high terms of his skill and experience, his frank and candid manner, and his exertions to secure their comfort and improvement.—*Utica Evening Telegraph.*

This Institution, so favorably known, we learn from the best authority,

has been even more successful the past season than heretofore. We esteem that man the best doctor who makes the most cures, whatever may be his system of practice. Dr. Holland, in this respect, stands high. He is frank, honest, kind, attentive and skillful. 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 resort to New Græfenberg return well satisfied with their improvement, which is the best recommendation that can be bestowed on Dr. Holland or his system of practice.—*Tecumseh.*

Full printed particulars may be had by addressing R. HOLLAND, New Græfenberg, Herkimer Co., New York, June 1st

DR. CHARLES MUNDE'S WATER-CURE ESTABLISHMENT AT FLORENCE, MASS.

(Three miles from the Northampton R. R. Depot.)

It is situated in one of the healthiest and pleasantest regions of New England, among woody hills and evergreen meadows. The fine mountain air is peculiarly pure and bracing, and the scenery, both in the foreground and around are abundantly supplied with springs of the purest, softest and coldest granite water. The walks and rides are exceedingly agreeable, and some of the prospects from the neighboring hills and mountains are truly magnificent. Rooms house the water-cure, and the river that winds its way through the shady grounds of the Establishment, bowling-alley, long piazza protected from the inclemency of the weather, and an apparatus for gymnastics, offer fine opportunities for exercise. Through purchases and the erection of a new building the Establishment has been greatly enlarged and improved, being able now to accommodate an hundred and fifty patients. There are bath-rooms in every story of the different houses. In the winter the Establishment is thoroughly heated.—There are stages and carriages at the Depot, to take travellers to the Institute.

Dr. MUNDE being the first disciple of Præsaniti, and the author of some of the earliest and most successful works on Water-Cure, is the oldest Hydropathic physician now living. His long experience enables him to prescribe the most judicious and successful course of Water-Cure system, which he considers one of the most important of the medical sciences. He is not only a Hydropath, but he believes it to embrace the whole of the Medical Art. He, as well as the public, has seen the success of the water-cure, and he confides himself to the Doctor's care, all the attendance necessary for him, and all comforts complete, with the purpose of the Establishment. Patients.—For Board and Treatment, \$10 per week. Ladies and Gentlemen accompanying, \$12 per week. Children and servants, \$5.50. Children taking their meals at the public table, \$1.00 per week. For Board, Treatment and Education of sickly children, invalids of launces, music and gymnastics, \$100 per year, to be prepaid per quarter. For the first examination or examination, whether the patient enter the Establishment or not, \$5. CHARLES MUNDE, M. D. June 1st.

THE SUGAR CREEK FALLS WATER-CURE is situated 13 miles south of Massillon, from which point, on the O. & P. Railroad, it is reached daily by stage. It is supplied with pure, soft SPRING WATER. Terms \$3 per week. For further particulars address A. J. DANDORFF'S Mills, Tazewell Co., Ill. S. FRANK, M.D. April 1st

THE WATER-CURE ESTABLISHMENT near Willow Grove, Wis., has been enlarged and improved, and is now open for patients and boarders on the first of April. For further particulars apply to Rev. J. C. BRUNNEN, on the premises. April 31st

E. C. WINCHESTER, M.D., Practitioner of Water-Cure, No. 228 Main st., American Block, Buffalo, N. Y. Patients with acute or chronic disease, faithfully attended at their houses. Office consultations daily. April 1st

CONCORD WATER-CURE.—Dr. Vail's Establishment at the Capital of the "Granite State" has been met with extraordinary success from its opening to the present time, both in Water and Summer. For further particulars, address the Proprietor. June 1st.

1854.—LAKESIDE VIEW WATER-CURE AND HOMEOPATHIC INSTITUTE, at Rochester, N. Y., is unsurpassed in its location, and facilities for the cure of all diseases. Room for 100. Horse-board exercises.—L. D. FLEMING, M.D., Proprietor. BARRINGTON, N. H. SEWARD, Francis Group, June 1st

COLUMBUS WATER-CURE. FOR LADIES ONLY. Address W. SHAFER, M.D., Columbus, June 1st

CHICAGO WATER-CURE RETREAT, No. 6 Rush street, cor. Indiana, Chicago, Ill., where patients are received, afflicted with all chronic diseases, summer and winter. Also, general practice, either in or out of the city, receive prompt attention. Feb. 1st. W. W. WATSON, M.D.

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

1st. Location.—The buildings of this Institution are situated in the midst of a beautiful and romantic grove, which continues and covers the side of Mount Prospect, with carriage and foot-walks running through in different directions, overlooking scenery unsurpassed in beauty and grandeur. The Water-Cure is placed on the CATTARAUGUS RIVER—which furnishes us at all times, except during the winter, with the purest, softest, and coldest water, and is so situated, that it is so very easy of access that the most feeble invalid can be taken to the mountain water and enjoy it. We are situated within ten minutes' walk of the centre of one of the most flourishing and beautiful villages of the Empire State, and accessible at all times by the New York and Erie, and Livingston and Syracuse Railroads.

2d. Water.—The water of the "Cure" is furnished by a deep, fresh, and pure spring, and can be found in any other place in this State, varying in its temperature but a few degrees the entire year, and being, by strength or rains, being in reality the "key-stone," and without which our efforts would prove short-lived.

3d. Physical Exercises.—We have just completed a large Gymnasium, with Ball Alleys, and all necessary fixtures which are essential to a successful treatment of these diseases peculiar to females.

4th. Medical Department.—It is under the entire control of Dr. Thayer and wife, who are assisted by competent and experienced SURGEONS. Their large experience in Hydropathic practice, through knowledge of disease, and the success that has attended their efforts, are sufficient evidence of their skill in administering and relieving the waste of diseased humanity. The ladies will be under the immediate control of a female physician, assisted by the doctor when circumstances require it.

5th. We continue, as heretofore, to treat all diseases that "Flesh is heir to." Particular attention paid to diseases of the throat and lungs, for which we have adopted a new mode of treatment, (which) has already proved very successful.

We also treat all cases of spermatorrhoea and nocturnal emissions effectually, by a mild and nearly painless process. (Consultation gratis.)

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

Patients will bring two comfortable, two linen or cotton sheets, one woollen shawl, and towels—well marked.

P. S.—Dr. C. can be consulted by letter; and prescriptions sent to any part of the United States free of charge.—Letters must be prepaid to receive notice; and will appear in our columns.

O. V. THAYER, M.D., Resident Physician. Mrs. H. M. THAYER, M.D., Dispensary. April 1st

DR. TAYLOR'S WATER-CURE, NEW YORK CITY.—This new Establishment, from its position, combines as far as possible the advantages of country and city. It is situated in 15th street, corner of Sixth Avenue, in the highest part of the city, and commands an extensive view of it, and of the North and East Rivers, and the adjoining country. It is very easy of access, as all the "Crystal Palace" conveyances go directly past it. The house is very large, entirely new, well divided, and amply adapted to Hydropathic purposes.

On account of its superior location, for visitors from the country, for purposes of business or health, will find our location most desirable.

Relying upon our past experience, we hope to make our place acceptable to patients.

GEORGE H. TAYLOR, M. D. E. FAY. April 1st

YELLOW SPRINGS WATER-CURE, GREEN COUNTY, N. Y.—This Establishment is on the Little Miami Railroad, one mile south of the town of Yellow Springs, and in sight of Antioch College, is unequalled in the beauty of its location, and offers advantages to the invalid, not surpassed by any similar establishment in the United States.

The buildings were erected for their present purpose, and are adapted to the treatment of all diseases, and are supplied with a Gymnasium and Ball Alley attatched, for exercise and amusement. Dr. C. is assisted by Dr. R. S. PHILLIPS, Physician. A. CHENEY, M.D. Consulting Physician. G. W. BRIGHT, M.D. Chemist.

Terms.—\$4 to \$8 per week, (payable weekly), for all ordinary ailments. For further particulars on application. Address Dr. C. CHENEY, Yellow Springs, N. Y. June 1st

DR. HAYES' WATER-CURE INSTITUTE, at Westport, N. Y.—For a full advertisement of this Institution, see April number of the Water Cure Journal. For further particulars, apply to Dr. HAYES, at this Establishment, will be sent free to all post-paid applicants. Address P. H. HAYES, M. D. Wyoming, June, 1854. June 1st

COLDWATER WATER-CURE is in successful operation. Address, for particulars, J. B. GILLEY, Coldwater, Michigan. June 1st

CANTON WATER-CURE.—Canton, Ill.—Address JAMES BURSON, M. D., Mrs. N. BURSON, or Dr. G. Q. HUTCHCOCK, Canton, Ill. June 1st

Gutta Percha Water-proof Goods.

SOMETHING ENTIRELY NEW.

MANUFACTURED BY THE

NORTH AMERICAN GUTTA PERCHA COMPANY,

UNDER RIDER'S PATENT,

102 BROADWAY, & 1 PINE ST., NEW YORK;

WHERE MAY BE FOUND

Coats, Cloaks, Capes, Ponchos, Overalls, and Leggings in great variety; Caps, Pilot Hats, Sou'-Westers, Hussar Caps, Aprons, Travelling and Packing-Bags, Fire-Buckets, Horse-Covers, Piano-Covers, Table-Covers, Saddle-Bags, Breast-Pumps, Acid-Vats, Carriage and other Cloths, Balls and other Toys, Camp-Blankets, Gun-Cases, Nursing-Bottles, Bath-Curtains, together with a hundred other articles,

WARRANTED TO STAND ALL CLIMATES.

These goods are beautiful in finish, free from disagreeable smell, very tenacious, pliable and elastic, not injured by acids or oil and other fatty substances, perfectly water-proof, and, unlike India-rubber,

WILL NOT DECOMPOSE AND GET STICKY.

The above Stock comprises many articles well adapted to the uses of Hydropathists; such as Bathing-Caps, Sponge-Bags, Hot-Water Bags, Syringes, Gutta-Percha Tissue and Sheet, Bathing-Mats, Bathing-Tubs, Foot-Baths, Eye and Ear-Syringes, Injection-Tubes, Bath-Curtains, Compress-Covers, &c., &c.; also,

A TRAVELLER'S BATHING APPARATUS;

a new and very ingenious contrivance, giving a Bathing-Mat, Shower-Pot, Syringe, Sponge-Bag, &c., all so arranged as to put up in a Gutta Percha Box, occupying no more room than a banker's wallet.

The highest Medal of the World's Fair, and the Gold Medal of the American Institute were awarded for these goods.

TRADE-MARK.



CERTIFICATES

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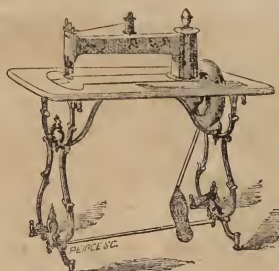
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June 11 D

SEWING MACHINES.

GROVER, BAKER & CO.'S
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" June 23d, 1852.
" Feb. 24d, 1853.
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HATS AND CAPS,
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HARNESSES,
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GLOVES AND MITTENS,
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June 15 D

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RE-OPENINGS AND NEW ARRANGEMENTS.—Our readers are referred to the advertising columns for particulars respecting new establishments, and the re-opening of others.

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MATRIMONIAL CORRESPONDENCE.

TO WHOM IT MAY CONCERN.—More than a year ago, a vegetarian bachelor who lives in the country, and who had failed to find within the limited circle of his acquaintance such a help-meet as he desired and needed, wrote to the President of the New York Vegetarian Society, asking an introduction to some vegetarian lady of congenial tastes and feelings, with a view to a matrimonial alliance. His letter was read at a meeting of the society, and afterwards appeared in the JOURNAL. A number of responses were elicited, which were also published. Thus the Matrimonial Correspondence commenced. Others, similarly situated, desired some means of finding the long-sought "other half" and we were willing, prompted by a benevolent wish to promote the highest good of the unmarried, to give them the freedom of our columns, under certain conditions, and subject, of course, to such limitations as we found it necessary to affix. We have already published thirty-three letters, and have reason to believe that the end sought through them has, in a number of instances, been satisfactorily attained. We have now, however, reached a point at which we are compelled, in self-defence, to adopt a new course in reference to this matter. Before us lie at least a hundred and fifty letters, which we are requested to publish under this head! In the type in which the greater part of our Journal is printed, (briefly) those would fill, at the lowest estimate, fifteen pages! The reader will see at once, that however much we may wish to do so, we cannot print them all, in any form, or on any conditions, and we cannot publish a part of them and exclude the rest, where all have equal claims, without subjecting ourselves to the charge of partiality, and giving offence to those whose opities are denied a place; we have therefore decided to discontinue the Matrimonial Department altogether, or rather to transfer it to our advertising columns, where matrimonial communications will be inserted under their appropriate head, on the same terms as other matter. We are sorry to be obliged to adopt this course, but it seems to us the only practicable one, and we are confident that our "unmarried" friends will, in view of the facts we have stated, coincide with us in opinion, and cheerfully accept the conditions which necessity imposes.