

# THE WATER-CURE JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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## A NEW VOLUME!

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

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. CLUBS for a number of copies may be formed in every neighborhood, and sent in to the Publishers at once. See Prospectus for Terms.

THE PRESS.—NEW VOLUME.—Again, in presenting the first number of a new volume, we tender our sincere and heartfelt thanks to our noble co-workers in the great field of Human Progress, the conductors of the PRESS, for their repeated and ever friendly notices of the WATER-CURE JOURNAL, and the principles it promulgates. We know the value of their commendations. We know how great an influence they exert upon the public mind. They have helped us to diffuse far and wide the health-giving principles of Hydropathy, and the people join with us in thanking them for their co-operation with us in our labors. We hope to merit their continued favorable opinions, and we are sure that the cause we advocate will never lack a seasonable good word from them.

## Essays.

### THE ANATOMICAL REGIONS.

BY R. T. THALL, M. D.

ONE of the principal obstacles in the way of communicating physiological information to non-professional people, is their ignorance of anatomy: and still more embarrassing is this igno-

rance, when we undertake to explain pathological phenomena, that is, to discriminate the nature and locality of diseases.

Various aches, pains, and other indications of bodily disorder, which are referred to a particular part, are often imputed to an organ or viscera which is situated somewhere else, when a correct knowledge of the location of the viscera would at once have put the patient on the right track of investigation.

In Fig. 1 is seen a representation of the anterior regions of the body. 1. Region of the neck. 2. Region of the chest or thorax. 3. Epigastric region. 4. Umbilical region. 5. Hypogastric region. 6. Shoulder. 7. Arm. 8. Elbow. 9. Forearm. 10. Wrist. 11. Ball of the thumb. 12. Axilla or armpit. 13. Thigh. 14. Knee. 15. Leg. 16. Ankle. 17. Instep and foot.

In the region of the neck (1) are situated the large bloodvessels passing to and from the brain—the carotid arteries and jugular veins—which pass along on each lateral portion of this region, the windpipe or *trachea* in front, and the *oesophagus* or swallowing-tube behind it, deep-seated, and close upon the vertebrae, or bones of the back. The thoracic region (2) contains the heart in the centre, and the lungs on each side.

The chest or thorax is divided from the belly or abdomen, by the midriff or diaphragm; hence we have the *cavity of the chest*, occupied by the heart and lungs with their investing membranes; and the abdominal cavity, occupied by the digestive apparatus. The stomach occupies the central portion of the epigastric region, (3), the liver the right portion, and the spleen the left: the pancreas is also situated in its lower and posterior portion, lying transversely across, behind and below the stomach. The umbilical region (4) is occupied by the principal portion of the intestinal apparatus, and the kidneys, which are situated on each side of the back bone. The hypogastric region (5) is occupied by the lower portion of the bowels, and the bladder, uterus, and ovaries. These three last-named regions constitute the abdomen proper. Its lower portion is often called the *false pelvis*, in contradistinction to the cavity enclosed within the pelvic bones, which constitutes the *true pelvis*, or pelvic re-



FIG. 1.

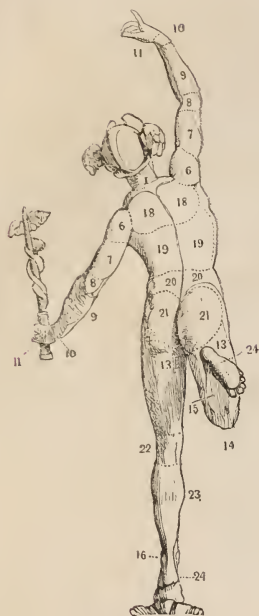


FIG. 2.



FIG. 3.

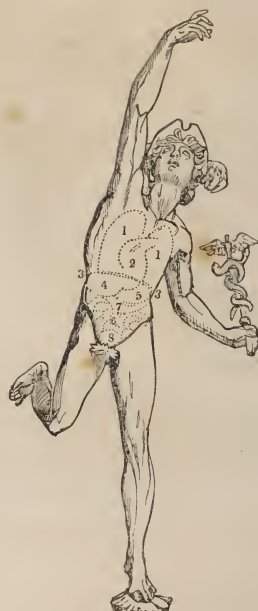


FIG. 4.

gion, and contains, in the female, the uterus and appendages.

In Fig. 2 we have a view of the posterior regions of the body. 18. Region of the *scapula* or shoulder-blade. 19. Region of the back. 20. Region of the loins. 21. Region of the hips. 22. Region of the ham or thigh. 23. Calf of the leg. 24. Heel and foot. The perpendicular line in the centre of the back indicates the vertebral column, which divides all the regions posteriorly into right and left.

A lateral view of the regions of the body is seen in Fig. 3. 25 represents the arch of the foot.

The situation of the more important internal organs is more precisely seen in Fig. 4. 1. The lungs, right and left. 2. The heart. 3. A line representing the edge of the diaphragm. 4. The liver. 5. The stomach. 6. The small intestines. 7. The colon. 8. The urinary bladder.

Fig. 5 shows the situation of the more important organs posteriorly. 1, 1. Lungs. 3, 3. Diaphragm. 9, 9. Kidneys. 10, 10. Course of the spinal cord. And in Fig. 6 we have a lateral view of the situation of the more important organs.

Nothing is more common than for sedentary females to lay their hands on the upper part of the lungs to point out the seat of pain and weakness in the stomach, which is located near twelve

inches lower down. The difficulty in such cases may be from contracted abdominal muscles, which prevent a clear expansion of the lungs; or, as is very frequently the case, from tubercles in the lungs. I have known patients complain of a weight and weakness in the stomach, not suspecting that any thing serious was the matter with the lungs, when in fact these organs were so filled with tubercles that death within a few weeks was inevitable. They could never have been thus mistaken if they had known the relative localities of the stomach and lungs.

If our tight-lacing females understood the exact anatomical structure and situation of the lungs, (see 1, 1, Fig. 5,) and were made aware of the fact that the muscles of the back, loins and abdomen, (19, 19, and 20, 20, Fig. 2,) were the principal agents in respiration, they would as little dare to draw in or contract, or in any way girdle or oppress the muscles of any portion of the trunk of the body, as they would to deliberately commit suicide.

The anatomy of regions also explains why a person with an enlarged liver cannot sleep as well on the left side as on the right—for the reason that the enlarged viscus, in that case, presses with unusual weight upon the stomach.

It explains, too, how it is that a very slight displacement of any internal viscus, as of the uterus, or any portion of the alimentary canal,

may occasion very great distress or disability, by throwing all the organs out of their relative positions, or at least depriving them of their support derived from their normal relations and connections. A slight prolapsus of the bowel causes the greatest difficulty in walking, and is attended frequently with a most distressing dragging-down sensation throughout the whole system, and often accompanied with more or less of mental despondency. Prolapsions and other malpositions of the uterus are attended commonly with extreme depression of spirits.

We need only glance at the positions of the various abdominal organs, and their relation to the thoracic viscera, as seen in Figs. 1 and 3, to understand the mischievous consequences of crooked bodily attitudes. If in sitting, leaning, laboring, or sleeping, we bend the trunk of the body, instead of bending at the hip-joint, which was made for that specific purpose, we compress the whole contents of the abdominal and thoracic cavities together on the line dividing the epigastric and umbilical regions; hence, if frequently repeated, or long-continued, the result is to weaken and relax the abdominal muscles, and to render breathing obstructed and difficult; press injuriously the stomach down upon the descending aorta, or large bloodvessel which lies between it and the back-bone, occasioning various dyspeptic symptoms, with violent palpitations; and closing



up the air-cells of the lungs, thus laying the foundation for consumption itself.

Whenever I see a young lady with a girdle around her waist, or a "supporter" on her abdomen, or a bustle on her back, I involuntarily ask the question mentally, "Does she know where her vital organs reside, and what she is doing to them?"

No one, I think, can study attentively these anatomical regions of the body, these "fashion-plates" of nature, without feeling a corresponding abhorrence and detestation towards the fashion-plates of the fashionable magazines, which propose to refine and elevate the fair sex by teaching them how to deform and destroy their bodies.

We shall probably never succeed in correcting the miserable habits that the majority of the people of civilized society have fallen into, until we teach them the nature, use, structure and situation of all the organs of their bodies. Without a correct knowledge of the use or functions of an organ, no one can be secure against its abuse. All persons know they have lungs, liver, heart, stomach, bowels, &c., but very few, comparatively, have any intelligent notions of their whereabouts or *whatabouts*; of where they are situated or how they are affected for good or evil.

Many a young man has ruined his health, because he has sat poring over his book, with his heels nearly as high as his head, and his stomach and lungs pressed against the diaphragm for several hours each day, in entire ignorance that all this time he was not more than half breathing.

## INFLUENZA AND ITS RESULTS.

BY S. O. OLEASON, M. D.

INFLUENZA annually prevails to a greater or less extent in this country, laying, in a great number of cases, the foundation for disease of the throat, nasal organs, bronchial tubes and lungs.

This disease is ushered in by all the symptoms which attend a common cold, viz., chilliness, shivering, dull pains over the eyes, dryness of the nasal passages, sneezing, and, at length, a copious discharge of mucus; dryness, soreness, and pains in the throat; oppressed respiration; besides, there is great debility, depression of spirits, and a sinking of all the vital energies. It is remarkable how rapidly the vital forces will sink in even a strong man.

This disease is an epidemic. In St. Petersburg, forty thousand people were found to have it in one day. So the crews of ships at sea have been attacked with it all at once, and so many have been prostrated that a harbor had to be sought, as it was so universal and sudden that there were not well ones enough to manage a vessel. The cause seems to be in the atmosphere. Whether from some poisonous material or from the existence of animalcule, is not yet determined. Some seasons the mucous surfaces of the nasal passages

seem more obnoxious to the disease. Again, the throat and bronchial linings take on the disease the most readily.

In persons predisposed to the catarrh, this disease is extremely liable to aggravate it.

For weeks at least, if not for months, there is an increased discharge from the nose, having different shades of color, dark brown, green tinged with blood, &c. The quantity is often immense, so much so, that the patient becomes alarmed, thinking that there must be destruction in some part of the nasal cavity. In scrofulous persons the disease is liable to terminate in more or less ulceration of the nasal linings. In many cases I have seen orifices in the partition between the nostrils. This is the result of inflammation and subsequent ulceration. Whenever there is congestion of the bloodvessels, there is more or less material forced out of the veins upon or into the surrounding parts. Now, if the persons be scrofulous, a large quantity of acrid, excoherating matter is often thus thrown upon the mucous surfaces, causing great redness, irritability and disease. Impurities in the circulation thus find a new outlet from the system, and keep up a disease which no local treatment can cure. It is vain to apply medicated substances to the nasal passages with the hope of a cure. They will not succeed without general water-treatment. It often takes a long time when all the Water-Cure appliances are brought

to bear upon the system, to so free it of morbid material that the acrid secretions will cease from the nasal passages.

The influenza may leave the throat in a highly irritable state. The fauces, tonsils and larynx may have been the chief seats of the disease. The same changes may take place in these organs that have been described as occurring in the nose. From the great debility, which is one of the prominent characteristics of the influenza, there may be, and often is, a succession of external eruptions, such as salt-rheum and the like, which take up their abode upon the diseased surfaces, to the no small annoyance of the patient, and the complaint is thereby seriously aggravated.

Cutting out the tonsils, applying medicinal articles to these surfaces, does no good, save so far as it may afford temporary relief. This I have exemplified in many cases that have been under my care. Morbid material must and will find an outlet from the human system in some direction. And I am satisfied that many of the throat diseases are the result of repelled eruptions, either having been driven in by external medication, or by general debility, the result of some disease like the one under consideration, or coaxed by medical appliances to these mucous surfaces. We have on hand at present several cases that have not had sound throats since they had the influenza some time since. And all of them have either



FIG. 5.

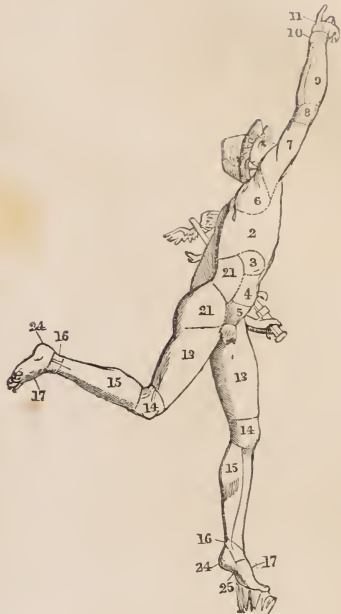


FIG. 6.

some scrofulous manifestations or have had salt-rhum at some time, which are not now apparent upon the surface.

This class of cases can only be cured by securing a crisis. If the salt-rhum has been the cause, then it must be made to appear upon the surface again, before the throat will recover. We have seen this illustrated in many cases; so that what we say on this point is not mere theory, but it has been demonstrated under our eyes. We have treated cases which have been under the care of medicine-doctors for a long time, with no permanent benefit, and they recovered by getting a crisis under water-treatment.

Again, the influenza may attack the lining of the bronchial tubes and work its ravages in them, while the head and throat suffer but little. The same phenomena take place in them as in the other mucous surfaces described. A cough is set up; blood in large quantities is forced into the vessels that supply the lining surfaces of the bronchial tubes; congestion and effusion take place. Morbid changes occur in the blood itself in consequence of its languid circulation; while at the same time poisonous, acrid matter is attracted thither, and profuse expectoration is the result. This results in more or less failure of the vital forces. The skin does not receive its due amount of circulation; it becomes sensitive, and the perspiratory system refuses to do its accustomed work. Hence the diseased mucous linings have to perform additional labor in order to free the system of such material as must have an exit from the general circulation, or induce some severe malady.

We contend that the abnormal condition described, tends to favor the exit of old impurities, and thus make the disease vastly more difficult to cure. If skin disease exist in such a case, it will in the great majority of instances take up its abode, by the law of transfer, upon the weak, debilitated mucous surface, thus establishing a permanent and troublesome cough which no manner of medication can cure. Such cases are almost weekly applying for treatment. Where there is energy of constitution enough left to answer to the treatment, and secure an eruptive crisis, they get well. But if there be great emaciation, accompanied by indigestion, then there is little hope of a cure. When there is vigor enough left to react, more blood is sent to the surface; the capillary circulation is improved; the perspiratory apparatus renews its functions; morbid material is again eliminated; the mucous surfaces of the lungs have less labor to perform; the expectoration diminishes in the same ratio that the activity of the skin increases; until finally congestion ceases, and the lungs are restored.

Now it behooves all persons who are scrofulous, or who have any form of skin disease, when attacked by the influenza, to make special efforts to get rid of this malady at once, before such results as we have indicated take place. For neglect often brings on incurable forms of disease, especially if medicine be resorted to, to cure the after-results of a neglected attack.

The most efficient mode of treatment that I have tried in the incipient stage of the disease, is to take a sweat by means of a vapor-bath, or by the use of a hot sitz-bath (110°) and a hot foot-

bath, covering all but the head with blankets, and then going immediately to bed; cover warm enough to keep up a gentle perspiration all night, or for some hours; then take a wet-sheet, (75°), wash down, and go into the open air. If this be done early, a check is made upon the disease. If it be delayed, then the sweat, fomentations and packs have to be resorted to for some days.

One thing should not be neglected. Go out on all means, well protected, into the open air. Some bad forms of bronchitis have yielded in my hands by the use of the general treatment, and by keeping the patient in the open air several hours out of the twenty-four. No one who has taken a cold or the influenza, should be afraid of the cold air. Inhale it freely, only be well protected and not get chilly.

*Elmira Water-Cure.*

### WATER-CURE FOR THE PEOPLE.

MESSRS. EDITORS:—I observe that in the April number of the WATER-CURE JOURNAL, you call the attention of capitalists to the propriety of furnishing means to increase the number of Water-Cure Establishments, because "the people were now ready." And also in the May number, Dr. Trall calls attention to the same subject, with the additional consideration of planning a large "Establishment," so that a portion of its guests could receive treatment at the lowest possible rates, and accommodate such of the patients also as could be benefited by it with some kind of work; for the threefold purpose of exercise, amusement, and the increase of means to pay current expenses.

I wish to say to Dr. Trall, that I belong to the class for whose especial benefit he was induced to make the suggestion, and can fully appreciate the contemplated result to that class. And I wish if possible to encourage him and all others who have capital, of either money or good influence, to put forth all reasonable effort to carry out to a full realization the plan suggested.

I am aware that to carry out such "plans" is the direct way to destroy the business of doctors, but Dr. Trall and all other Hydropathic physicians, worthy the name, are too well "booked" in the history of the present and prospective generations in this country, and have too much knowledge of human nature, and too much confidence in right principles, to allow them to entertain any fears on the score of lack of employment. Their aspirations will rather be, "Send forth laborers into the harvest;" for certain it is, if laborers are not rapidly multiplied, those now actively engaged must soon be crushed by the amount of labor thrown upon them, and the harvest also go to waste.

I know that the plan suggested by Dr. Trall is feasible, if men of the right principles and good business capacities take the direction of it, and I know also, that no other plan will prove so eminently efficient to indoctrinate the masses of the "working class" in the scientific application of Hydropathy in "home practice." The rich classes will never adopt home practice to any great extent, unless necessity compels them to it

for want of a physician within reach; and the working class have almost entirely been debarr'd hitherto from the best possible means of both conversion and instruction, by the expensiveness of scientific treatment in chronic cases, and the scarcity of physicians when wanted to treat acute cases.

If there is in the life of the laboring man a circumstance in which he must keenly realize the "curse," "In the sweat of thy face shalt thou eat bread, until thou return unto the ground," and almost unavoidably feel that to be poor is to be degraded, it is when he sees a beloved companion, parent, child, or other near and dear relative, sinking to an untimely grave, for want of a few dollars to make available the means of redemption from the crushing effects of ignorance and error, and at the same time secure instruction necessary to guard him from similar errors in the future. ("I know," because I have felt it.)

Permit me to allude to a favorable location for such an establishment as Dr. Trall suggests, and to some of the reasons why I think it favorable.

The Sunbury and Erie Railroad, connecting Philadelphia with the lakes, and the Alleghany Valley Railroad, connecting Pittsburgh with Rochester or Buffalo, or both, will cross each other at right angles in Elk county, Pa.

The Venango Railroad, a link of connection direct between St. Louis and your city, is intended to intersect the other two roads, also, at their crossing. But leaving this last out of the count, there will be about two hundred and fifty square miles of country to select from for a location for a Water-Cure Establishment—all wild land, abounding in springs and mountain streams of the purest, softest water, at no point farther than twenty minutes' walk from one of the above roads, nor farther than one hour's ride by cars from their junction or crossing.

In addition to unrivalled purity of air and water, and any amount of water-power, fuel, either wood or bituminous coal, in exhaustless abundance, can be had cheaper than at any other point this side the Mississippi; also, any amount and quality of lumber at the lowest rates for which it can be had in the States.

Further, I think there would be no difficulty in procuring a title to one hundred acres of land at a chosen point as a hequet, or for a mere trifle, compared with land prices in the older sections of country. Also, the class of persons most needing the benefit of such an institution would feel more especially at home in this retired section, and be less annoyed by the tempting luxuries, and gorgeous display of wealth, than they would be at a less remove from the busy thoroughfares of the great world. These considerations appear to me to promise some thousands of dollars saved in the expense of building, etc., at the commencement, and inestimable and enduring advantages in air, water, and fuel, for generations to come. Supplies for a "Cure" can be brought by railroad any required distance, with no serious addition of expense.

My home is in the above-mentioned section, (Elk county, Pa.) I have been at Glen Haven as a patient, some six weeks, shall probably leave for home in two or three weeks; and when at home could furnish a diagram of that county, with its streams and railroad routes. The county includes



the heads of both the Susquehanna and Alleghany waters.

Within the last two years, I have been much engaged in collecting materials for a map of the county, by actual surveys over all its parts, and have means of furnishing reliable information in that line. I have lived in that section about thirty-five years.

Should you wish to learn further particulars relating to the section of country alluded to, I would gladly answer by letter any inquiries you may see fit to make. E. P. G.

## Practical Water-Cure.

### A LETTER.

Messrs. FOWLER and WELLS:—The following letter was received a short time ago; and at a meeting of the patients to whom it was addressed, it was unanimously resolved to offer it to you for publication in the WATER-CURE JOURNAL. Believing it to be as applicable to patients of other Water-Cures as to ourselves, and to contain many wise and instructive suggestions, the undersigned were appointed to forward it to you, requesting its publication. Truly yours,

E. P. GOFF,

C. T. HASSELL,

H. A. BREWSTER,

Miss R. D. SWIFT,

Glen Haven, May 9, 1854.

Committee.

#### TO THE GLEN HAVEN WATER-CURE PATIENTS:

I am now about to do what I have never done before—address a letter to the *sick*, the *afflicted*, and perhaps the *dying*. Some of you may think that I am meddling and officious, and have but little to do at home. Be this as it may, I am, and have been for some months, impressed to write you. Before proceeding further, I will state that I have been a patient at the Glen myself. I was there nearly eleven months. This fact puts me in direct sympathy with you, and enables me to understand and appreciate your condition.

I propose in this communication to give you my Hydropathic history, together with such topics as are connected with health and longevity.

I received from my ancestry a fair constitution. Was reared in New England, where physiological habits, fifty years ago, were comparatively simple and pure, but by no means perfect. I then contracted those dietetic habitudes which, at the age of thirty-three, together with sedentary life, threw me into the nervous dyspepsia. At that time I discarded the fashionable tables, as found in civic life, and sailed under the Graham flag. Thank God for that. The Grahamic philosophy kept me out of the grave for twenty years, but it never cured me of dyspepsia. It did me untold good in a great variety of ways. Its highest achievement was in giving the *divine* within me supremacy over the *carnal*. This it has done for hundreds and thousands in both hemispheres during the last twenty-five years.

I remarked that the Grahamic philosophy did not cure me of dyspepsia. That was left for other means and other minds to effect. But why did not the Grahamic system cure it? I answer,

because of its impotency. It palliates, it keeps off, but it does not cure. All chronic cases require prompt, bold, intelligent, and often *protracted* action, such as is found in the best Hydropathic institutions throughout Christendom.

My case was a hard one. I had lived twenty years in the pestiferous and sickly miasm of the South. Had swallowed three hundred dollars' worth of drugs prescribed by a *distinguished physician* of the drug-school. God forgive me! The miasm, the drugs, and the tobacco which kept me drunk for eighteen consecutive years, the tea and coffee and condiments, and fat of swine consumed in early and more advanced life, had made a warehouse of my abdominal viscera, and the ten thousand tissues of my body. These damning elements—miasm, drugs, tobacco, (tobacco is an infernal drug,) fat butter, &c., had for years and years been in my system; keeping up an increasing and perpetual nervous irritation; putting me in a physical hell nearly all the time; and all the hygienic agencies which I could bring to bear upon me were only *palliative*, not *curative*.

After struggling twenty years, I gave up that I could not cure myself, and immediately went to Glen Haven, and put myself under Dr. Jackson's care. He opened his batteries on me in August, 1852. In two weeks a ringworm rash started and continued its extension, until it enveloped my entire body, from armpits to hips. It continued without abatement, for twenty-two consecutive weeks, to send forth a rank and fetid odor, and a vast amount of eliminated effete matter, which had been accumulating in the tissues of my body for years and years. Drugs, tobacco odors, and all kinds of villanous smells and colors were brought out, giving various hues to the linen in which I was enveloped. I am certain that not less than fifty ounces per day were taken from me during my crisis.

After twenty-two weeks of uninterrupted critical action this rash subsided, and left the skin as smooth as polished marble, and as soft as velvet. After this, my system was toned up, and at the end of four months Dr. Jackson discharged me, a *cured man*.

I have been glad only once that I went there, and that has been all the time.

When I went to the Glen, I inquired of the Doctor if he could cure me. He said he could, if I would give him time. You must remember that my case was one of life or death—no alternative. I did not ask the Doctor *how long* it would take him to cure me, but simply, "*Can you cure me?*" If so, give me a "through ticket." From that day, until he announced my convalescence, I never so much as *once* asked him about my case, as to *time* or *final result*. I saw at once that I had a great work to do—nothing less than the sanctification, redemption and salvation of a polluted, impaired and exhausted body, and that it required *man's* work to do it—child's play would not answer.

I made a full, complete, and uncompromising surrender of myself to Dr. Jackson, and told him to go ahead, and let me know when he got through. I had no nervous force to fool away, as did many of my brother and sister patients who were at the Glen contemporaneously with myself, in whining, whimpering, scolding and

fretting. That was not my mission there. I could do all that at home for less money. I went there to *get well*, and I worked night and day without any flinching. I told Dr. Jackson that all he had to do was to make out his prescription for me, and I would follow it to the letter, at the risk of my life.

You have gone to the Glen for health. A laudable purpose. The question is, will you get it? This depends entirely on circumstances, most of which are subject to your control. Aside from vital power, it depends upon whether you will give up those habits which have made you invalids. If you cannot discard the *false*, which will be pointed out to you by Dr. Jackson, and adopt the *true*, in every department of health-law written on your constitution by the hand of the Eternal, you had better call for your bills and get home quickly, for you will never get well. You whiskey-drinkers, tobacco-chewers, smokers, and snuffers, opium-eaters, tea and coffee-drinkers, salt, pepper, mustard, pickle and meat-eating patients, who have broken up the integrity of your stomachs, impaired the sensorial powers of your nervous system, and thereby created ten thousand ailments, throwing you into physical, mental and social hells, can never be cured, so long as you indulge in those infernal agents. No; never! It is impossible. The *cause* of your suffering, whatever it may be, must be laid aside at the start, or you cannot "win in the race." Remember it was your evil habits which have brought you to the Glen, and that they will soon send you to the grave if you do not discard them. A man may as well expect to get religion while cursing and swearing, as to be restored to health while violating the laws which God has written on his body. You will please excuse the manner in which I am writing. But smooth, soft, honeyed words will not answer the purpose. You need to have your attention arrested; your minds fixed and stereotyped on some general principles. I know all this is imperatively demanded by Dr. Jackson, and is most faithfully and eloquently set forth to you by him at every opportunity. I have known a patient listen to his powerful arguments against the use of tobacco, and then go to his room, pull out his tobacco, take a chew, and pass it round to others—remarking, that he would have what he wanted in this free country. That man was afterwards told that if he wanted to die with his friends he had better go home quickly. His want of self-government literally killed him.

All of you who wish to be benefited by your stay at the Glen, have two things to learn: First, To govern yourselves; and secondly, to know how to live. This you can do while you are at the Glen, and it will be worth untold millions to you. You will, while your bodies are being sanctified, have your stomach and gustatory nerves so redeemed, that you can digest simple food, and enjoy it with the highest gusto.

Another thing is important: regular exercise. This the Doctor will prescribe, and some of you will obey. Some of you will be inclined to neglect it. I was too long at a Water-Cure not to learn the disposition of many patients in regard to this hygienic duty. They would sit and lounge about in the parlor in a hot and villanous atmosphere until they were as stupid as dolts.

I will say a word to you on the subject of liv-

ing after you leave the Glen. You must know that you have been treated hygienically while there. You have made use of all hygienic agencies; such as water, diet, exercise, air, &c., which have proved tributary to your recovery. If you do not perpetuate the habits formed there, you will in a short time be as bad as ever. If you value life, health and happiness, and wish to secure and retain these blessings, live in every particular as directed by Dr. Jackson. I know it is the way, the truth, and the light. I know it from no theory, but by blessed experience.

Yours in true sympathy,

JOHN CLARKE.

Aberdeen, Miss., March 27, 1854.

## General Articles.

### GOSSIP FROM BOSTON.

—BY XOOOS.

WE have been very much disturbed here of late by the reports of our well-beloved brother Shew's health, the which positively declared that death was determined to have him for its prey; but thanks to cold water and common sense, which have given him the victory, we are not called upon to mourn another of the "mighty dead," as added to the long list lately laid in the "cold, cold ground."

Thanks, I say, to the Water-Cure, for sparing our stalwart champion in the foremost cause of all the world. We could better have spared a better man—supposing Death could find such an one—than him with whom he has of late been grappling! No, no! we cannot yet spare our most worthy able coadjutor in the great work of a world's redemption, for he is one of the *working* men. "Among the brave he has been the bravest; among the true he has been the truest; none of your 'carpet knights' he, but one of the foremost in the field, ever ready, with his giant arm and armor on, to do battle with the enemy, whether of the constitution or the cause!"

And such men are scarce, let me tell you, who, "come weal come woe," "in season, and out of season" are wholly devoted to their high calling, and never for a moment waver; admitting of no "compromises," *however small or caustic* they may be.

No comfort can "the enemy" get from such as he: they cannot say to him, "You use some of our weapons, and are therefore one of us, ('whoso sins in the least jot, &c.," as you thereby acknowledge the principle that we go by." No, no! thank God, there are a few who have been able to come out of the fiery furnace of Physicdom unscathed, and who dare assert, that "it is never necessary to do evil that good may come," even though all the world declare the contrary. What care such as they, though all the Greens in this green old world be against them, if God and nature be with them?

Again I say, thank God, our brother "still lives;" for there is much to do yet: our cause is in its infancy, and *practical* men are needed much to carry on the work, and experienced ones too. It is not to be expected of young men that they shall take so decided ground against the enemy's

tactics, who have just come out from their teachings; their garments will naturally be little defiled by their long dwelling within their tents: but those of them who are not willing to "bend the pregnant hinges of the knee, that thrift may follow fawning," will learn after a while, that "it is hard to make a silk purse out of a sow's ear," and that, however plausible some may try to make it appear, that poisons are sometimes necessary in the cure of disease, it is always safer to trust to the efforts of nature, *kindly* assisted, and will throw their probangs, &c., to the Dutch!

The Phillistines were all ready to pounce down upon the Water-Cure, for not being able to save its able defender; and if he had died, we should never have heard the last of it: but as it is, no credit will be given for its saving one of the sickest men that ever did live.

But I trust he'll let the world know what the Lord has done for him, and the instrumentalities used in the noble work. He is not a man to "put his light under a bushel," and this much he owes the world. Yes, I say, our brother "still lives," and I am glad of it! and I don't care who knows it; and it's good enough for him! and better yet for the world.

The cause was never more hopeful than now. Brains and Hydropathist are synonymous terms now-a-days, and everybody that thinks at all, think they have had enough of drugs, and are continually "smiling the rocks" for the waters of life.

Almost every day, Dr. K. says he has applications for Water-Cure physicians and nurses; but he is obliged to tell them they must "wait a little longer."

Tell Brother Trall, he says, to put 'em through the "mill" as fast as he can: thousands hereabouts would prefer being "doctored" in that way, if they could find competent Water-Cure physicians at hand, who now reluctantly swallow drugs.

Brooklyn, near you, we are glad to learn has at last got a Hydropathic physician as is one—none of your "half and halves," but an out-and-out of the real stamp. Dr. K. says "he knows he's good, for he made him so himself!" and wants the Brooklyn folks to give him a fair trial, and they will find that he is worthy every way of their confidence. He's young yet, to be sure: so was Dr. Parr once! but what of that? he's got old men's wisdom to guide him. Some folks don't know how so much when they are old enough to die, as others do when they just begin to live.

Dr. K. says he singled Dr. A. out from many thousands, because he perceived he had the love of Water-Cure inbred, and was just the sort of man that would inevitably make a good physician; and he is happy to say, that he has not been disappointed. He had an excellent opportunity while with Dr. K. for improving himself in the practical part of his profession, and he took every advantage of it; and the fact is, he is just the sort of man for a physician, honest and faithful in a remarkable degree for this degenerate age, and with a suavity of manner that it is hard to resist—which, I need not tell you, is every thing in a physician. The Doctor prophesies that he will be the most popular physician in Brooklyn ere many years elapse. There are none there now,

he says, that he would trust to doctor him so quickly as he would Dr. A.

The body politic has been much diseased here of late, and the doctors bled one man to death to save the rest!—but that's nothing to what they do sometimes. I presume there have been in this old city alone, ten thousand, at the least calculation, bled to death before this one! but it was done so gently, and in such a legitimate way, and the exit of the victim was so quiet, that no fuss has ever been made publicly about it. Curses, 'tis true, "not loud but deep," have been uttered by the immediate friends, but the doctor didn't care for those, as he was so armed with the popular belief that 'tis disease which kills all that die!!! that nobody could harm him. Even if they could prove that the bleedings and blisterings, the scariifying and horriifying practices so common in "desperate cases," (thus made desperate,) were the immediate cause of the patient's death, the jury would, if called, bring in a verdict of "justifiable homicide," "he was bled to death or killed with drugs and blisters, to save him from dying!"—"*every thing having been done that the 'smartest man in the profession' could think of!*" The idea that too much can be done sometimes never seems to strike common folks!

Dr. Smith, "our worthy mayor," has had a hard time of it for the last week, being first called upon by this party, and then the opposite, for "advice" and medicine. He prescribed for both with his usual suavity. One party, who were clamoring loudly, he prescribed for Homœopathically, giving them words for words, "Similia similibus curantur."

The other party, who wanted to destroy the Mobocrats, he prescribed for Allopathically, by pill and powder. He was more at home in this line: though he didn't use to give quite such large pills, yet they were fully equal in power, and possessed this advantage, both pill and powder did, over those tendered the State—namely, they did equal execution without any explosion!—the Doctor came, the patient was expelled, and the matter ended! no tell-tale noise, to call the attention of the curiously-minded, and the "Marksman" would be a long way off before the dose had done its work! Mayhap shooting again at some other form of disease, but hitting generally the patient, who, if not soon dead, would owe his preservation to the want of power in the "charge," not in the want of aim!

The way these latter "pills," &c., were to be administered, was rather different from his old mode. The Doctor, by the way, is a remarkably bland man, and the way he used to prescribe his doses was in the nicest of syrup, "slightly acidulated," in the finest of silver spoons, with particular directions how to take it, and what would probably be the effect: but in this case of the body politic, he ordered his medicine to be taken in iron spoons of the queerest shape, and told the nurses (great raw Irishers, many of them) not to be particular how they were given, only get them into the body, no matter when, nor where, nor how!—they'd be sure to "operate." Surgeons too were called in to lop off any "excrescences" or "fungi" that should chance to grow upon the said body, but their broad "scalpels" were not needed, as the "sores" were "mortification sores," which were "cutting" enough



in themselves! but which didn't protrude, like a "fungus."

Something like a thousand nurses were provided to administer the "remedies" in case the "symptoms should become desperate," each one of whom was provided with a sharp instrument of some kind, to "complete the cure," in case the "pills and powder" should not happen to "hit the right spot!" just as they give opium oil when colic, &c., don't operate! Fortunately, the "constipation," which was obstinate at first, yielded to the first bleeding, and these potentially-prepared powders and pills, which were "warranted to go through!" and "cure all curable diseases," and many that otherwise could not be cured, were not needed; and all these nurses, with their iron spoons and "toasting-irons!" &c., were useless. But never mind, "Uncle Sam is rich enough to give us all a farm." It is rather healthy here just now, but the doctors "live in hope!"

## Dietetics.

### DIETETIC REFORM; OR, WHAT WILL PAY?

BY A VEGETARIAN.

"One who learned to prefer truth to conventionality; to release human beings from the mental depression incidental to a life of mere precedent."—*Life of Bacon.*

COMMERCE is the glorious link that binds nations together. It ministers to the wants of all. It fosters friendly intercourse with foreign nations. It softens national prejudices, jealousies, and animosities. Commerce is useful to precede the efforts of the missionary to introduce Christianity into heathen lands; ships become the messengers of peace and good-will, and railroads the "iron bonds of union and friendship." But some of the effects of commerce are evil, when it introduces injurious luxuries and the bad habits of foreign nations, thereby wasting time, capital, labor, and health. It is said of Stephen Girard, the millionaire, that a poor man once applied to him for assistance, and he, the merchant-prince, in order to afford him help, and at the same time to keep in view the idea of an equivalent—a leading principle that commercial men do not often forget—hired him to carry a load of wood backwards and forwards up and down stairs, having nothing else for him to do.

To the philanthropist it is startling to view the immense amount of not only useless, but worse than useless labor that is wasted by individuals and nations. Instance the article of salt. Millions of capital, thousands of men and horses, and hundreds of ships and vessels are constantly engaged in manufacturing, buying, selling, packing, hauling, transporting and shipping this useless article to and from all parts of the world. As an article of food, although generally supposed or taken for granted to be indispensable, yet all the evidence for and against which I have been able to gather from reading, observation, and experience, constrains me to believe that it is an unnecessary, irritating, poisonous stimulant. An immense quantity of salt is consumed in packing pork and beef, which, although a fruitful source

of scurvy, &c., is supposed to be necessary as food for long voyages; but some healthy substitute could easily be procured, as the farinaeæ, wheat, corn, rice, &c., and dried and green fruits and vegetables. What an immense amount of capital, time, labor, corn and produce is wasted in raising hogs! But a still greater injury results from eating pork. It favors serofula and bilious diseases, and lowers the tone of the system. Meat-eating generally, I have ascertained, beyond all doubt in my own mind, tends to inflammatory action, to animality, coarseness, and passionate excess.

Tea and coffee are powerful stimulating narcotics, ruinous to the nervous system, always injurious, never harmless, whether weak or strong, and contain not the slightest nutriment, except indeed the water, milk and sugar used with them.

The tea-trade with China and the coffee-trade with the East and West Indies and South America, are carried on on an extensive scale. Here the "white wings of commerce" are instrumental in narcotizing and injuring the human race. Now there are many eminent physiologists and physicians that will sustain me in the bold assertion that for every bag of coffee and chest of tea that has been imported and consumed in the United States, a human life or its health and best energies has been destroyed.

Tobacco is in universal use. How much land is impoverished by this detestable land-exhausting weed! How much health is wasted! How many fine minds are undermined and ruined by this narcotic! How many lives are destroyed, crushed under the wheels of this national "Juggernaut!" So insidious and imperceptible is the gradual deterioration of mind and body caused by its use. My father was killed by tobacco. Every day I see men tobacco-drunk and tobacco-diseased, and yet few of them are conscious of what ails them, and suppose it to be their imagination, or else an unfathomable mystery, or a "mysterious dispensation of Providence." For years I have closely observed the effects of tobacco upon men, and the result is uniform; it corrupts, degrades and debases the health and purity of both mind and body in all cases. How many thousand men, women and boys are engaged in growing, sorting, packing, drying, hauling, transporting, manufacturing into and buying and selling cigars, "fine-cut," "twist," and snuff! How much time, capital and labor is thus worse than thrown away! Verily, it would almost seem as if one-half of the world were engaged in assiduous efforts to injure and destroy the other half, and with weapons clothed in friendship, sanctioned by custom, and recognized in commerce. Think of this, young men who are engaged in or are about to enter into this business!

How many thousand distilleries and breweries are engaged in manufacturing treacherous poison to corrupt, injure and destroy the race! How many thousand men, each one the nucleus of a score of retailers, are engaged in the wholesale liquor business! How many thousand saloon and dram-shop keepers and grog-grocers are turning an honest (!) penny by doing their best to intoxicate, brutalize, debase, impoverish and destroy their fellow-beings!

Next in the list of useless and injurious articles of food come mustard, pepper, and all the spice family—ginger, allspice, mace, cinnamon, cloves,

and peppers, pickles and all other stimulating condiments. How much of the poor man's hard earnings are worse than thrown away in the purchase of these artificial stimulants! when all the stimulants that nature requires are plain food, pure water, fresh air and exercise. Any attempt to improve on nature's laws by partaking of artificial stimulants will infallibly result in disease, misery and crime. What are nature's laws in this matter, and how are we to decide? The answer is simple: Nature has given us, as well as the lower animals, a guide in the instinct of taste, which, when in a healthy state of purity, and not depraved or perverted by previous bad habits of ourselves or parents, is our guide as to what is and what is not healthy food. Let any person do as I have done—abstain from all the above-mentioned articles for several years, and bathe every day—and his system, if diseased, will become purified, and nature's own healthy instinct of taste be restored, and all artificial stimulants, and tea, coffee, and meat, will taste positively unpleasant, and yet gustatory pleasure is enhanced. A piece of dry brown bread to the vegetarian will afford more real gustatory pleasure than the thousand costly dishes of Vitellius. But the ruling question—What will pay?—hinders dietetic as well as other reforms. There are always men who will take advantage of the ignorance and weakness of others. Manufacturers, producers, shippers, traders, merchants, grocers, and druggists are too apt to ask themselves—not—What will benefit? What will injure? What is for the best interests of the community? but—What will pay?

Marietta, Ohio.

H. C. F.

## Dress Reform.

### AN EPISTLE TO THE BLOOMERITES.

1 And it came to pass when Millard, whose surname was Fillmore, was ruler among the people of Gath, and the people did esteem themselves a great and mighty nation;

2 It was so in those days that the women were a feeble and sickly race, and many did not live out half their days.

3 And it came to pass that divers diseases multiplied among them, and many were exceeding ill, and "suffered many things from many physicians, and were nothing better, but rather grew worse."

4 And there lived in those days a certain wise woman of the tribe of Bloomer: and she saw the distress of the daughters of the people, and it troubled her exceedingly. And she saw that the daughters of the people had gone far astray, that they had forsaken the true God, and gone after a strange god, even the god called Fashion.

5 And in obedience to his requirements they did torture themselves by pressing the chest with tight bodices, and by wearing long heavy garments in the heat of the summer, which did drag in the dust and become very oppressive; and this wise woman said unto herself, I will break from this thralldom: I will arise and dress me as becometh a woman who feareth God, and will obey His statutes, and keep His commandments.

6 And she shook off the dust from her garments; and she made for herself tunics of divers colors, which did hang loosely about the form, and were fastened at the waist with a girdle; and she made for herself wide trowsers of fine linen which did fasten neatly with a baud about the ankle.

7 And she said, I will henceforth worship the God of my fathers, and bow me no more to the shrine of fashion.

8 And she arrayed herself in her goodly garments, and walked forth among the people in all the strength and dignity of conscious innocence.

9 And when the daughters of the people saw her garments, that they were good and fair to look upon, they said, Go to; let us make us garments of the same sort. And it came to pass that they forgot the strange god whom they had so long served, and began to make for themselves trowsers and tunics of silk, and purple, and fine linen, throughout all the land, and all its borders.

10 And the people marvelled greatly: and behold, when the proud and mighty ones, the votaries of fashion, saw that many had forsaken their sanctuary, and were walking forth by tens and by fifties in their goodly apparel, they excited the rabble in the streets to mock and throw stones at them.

11 But these God-fearing women passed on, turning neither to the right nor to the left; their reliance was upon the "God of Israel, under whose wings they had learned to trust;" and others pointed at them the finger of scorn, mocked and jeered them. And many of the weak and silly ones returned again after the strange god whom they had so lately forsaken; but those who feared the one only living and true God, still followed after him.

12 And at length more forsook the shrine of fashion and their evil ways.

13 And it came to pass that all the women throughout all the kingdoms, and all their borders, from Massachusetts to Minnesota, and from Maine even unto California, made them goodly garments of silk, and purple, and fine linen, and they did walk to the house of God in them, and there were none to molest or make them afraid.

14 And the people of Gath became a great and mighty nation.

*Hopedale, Mass.*

C. A. H.

**BATTLE BETWEEN A FROG AND A RAT.—FROG TRIUMPHANT!**—A desperate encounter took place between a frog and a rat, at a brook in the vicinity of the slaughter-house of Crish Wighin, in Dover. A rat came down to the brook to drink, and discovering a frog, he "with force and arms" made an attack upon him, by making a firm grasp with his teeth. No sooner did the rat make his hold than the frog plunged into the water, dragging his antagonist with him, where he remained until the rat was compelled to let go, and make for dry land, closely pursued by the frog. As soon as the frog appeared above water, he was again attacked by the rat, and a second time the latter became the subject for cold-water bathing. This feat was several times performed, until the rat, from exhaustion and drowning, fell a prey. After the frog became assured that his antagonist was dead, he seated himself upon his carcass, with all the complaisance imaginable, and there remained for half an hour, exulting over his hard-won victory.—*Gazette.*

**THE WATER-CURE FOR EVER!** Nothing like it to subdue an enemy. Oh that its virtues could only be tried on those wicked Russians! There is water enough in the Baltic and Black Sea to give them a "regular" duckin



ISONANDRA GUTTA TREES.

## Mechanics.

### GUTTA PERCHA.

THE following article is condensed from the *New York Day Book*. The facts it contains are exceedingly interesting, and we presume will be new to most of our readers. See Mr. Rider's advertisement in our June number for further information in regard to the advantages possessed by Gutta Percha goods over those of India Rubber. See also card in present number:

Gutta Percha—the Malayan term given to a concrete juice taken from the Isonandra Gutta tree—is indigenous to all the islands of the Indian Archipelago, and especially to the Malayan Peninsula, Borneo, Ceylon, and their neighborhoods, in which are found immense forests of this tree, all yielding this product in great abundance. Its fruit contains a concrete edible oil, which is used by the natives with their food. The gutta, or juice, circulates between the bark and wood of the tree, in veins whose course is distinctly marked by black longitudinal lines. The natives were formerly in the habit of peeling the tree when they required a supply, but have been taught by experience that the juice can be obtained by cutting notches at intervals in the trunk, and thus preserve the tree for future tappings, as our maples for successive years yield their sap to the sugar manufacturers. The juice consolidates in a few minutes after it is collected, when it is formed by hand into compact oblong masses of from seven to twelve or eighteen inches in length, by four to six inches in thickness; and these, when properly dried, are what is known as the Gutta Percha of commerce. It is of a light brown color, exhibiting a fibrous appearance, much like the inner coating of the white oak bark, and is without

elasticity. When purified of its woody and earthy substance, it becomes hard, like horn, and is extremely tenacious; indeed, its tenacity is wonderful.

The strength of tubes of this material is so great that no visible effect was produced upon them by the proving-pump of the Water Company of the city of Stirling, in Scotland, which gives more pressure than any other pump in Great Britain—a pressure that would scatter the rivets of leather hose in all directions.

The application of heat to the crude material makes it soft and plastic, and in a temperature of about two hundred degrees it becomes ductile, when it can be moulded into any desired shape, which it retains when cool. It can be dissolved by sulphuret of carbon, or chloroform, or if immersed for a time in spirits of turpentine. It is a repellent of and completely unaffected by cold water, and, unlike India rubber, it resists the action of oil and other fatty substances without injury. It is a non-conductor of electricity; is proof against alkalis and acids—being only affected by the sulphuric and nitric, in a highly concentrated state, while the most powerful acetic, hydrofluoric, or muriatic acids, or chlorine, have no perceptible effect upon its structure or capabilities. This gum has qualities entirely different from India rubber. It cannot be worn out. It can be melted and remelted, and repeatedly remoulded, without changing its properties for manufacture, or losing its virtue. It is lighter than rubber, of finer grain, and possesses certain repellent properties unknown to that material; and is extremely tough. It disregards frost, and displays remarkable acoustic qualities.

The experiments which resulted in the astounding discovery of a process of vulcanization, by which Gutta Percha was made permanently elastic and flexible, like India rubber, (contrary to the conclusion of all other experiments, in this country and Europe), and which have removed the objections to most Gutta Percha articles which had existed from the beginning, viz.: non-



elasticity and rigidity, variableness and extreme sensibility to heat and cold—were made by Wm. Rider, of the firm of W. Rider and Brothers, now the President of the North American Gutta Percha Company, and his brothers, Emory and John Rider, who had for years been engaged in experiments with India rubber, (which resulted in the vulcanization, as patented by Goodyear.)

No time was lost in making application for a patent, which was granted.

Under this discovery, Gutta Percha, which before was a fibrous, non-elastic and horny material, and affected by the changes of climate, is converted into pliable and elastic fabrics, which remain the same under all changes of climate; is not injured by acids or fatty substances, is free from offensive smell, and, unlike India rubber, does not decompose and get sticky: with such advantages this invention must prove one of vast importance in the arts.

As this discovery presented a field for business beyond the means of any individual or firm, it was deemed advisable to vest the right to the same in a company. Accordingly the North American Gutta Percha Company was incorporated, under the General Manufacturing Law of the State of New York, to be under the management of a Board of Trustees, with a capital of five hundred thousand dollars, divided into shares of one hundred dollars each.

This Company have an extensive establishment in Twenty-fifth street, in this city, covering eight lots of ground; their machinery is of the most approved make, and very ponderous, weighing over one hundred thousand pounds, which is driven by a splendid engine of one hundred horsepower.

The cutting, cleansing, mixing, grinding, calendering and vulcanizing-rooms are all arranged with regard to the economical despatch of business—the work-rooms are light and airy, and the whole establishment is lighted with gas. The establishment employs about two hundred females, and fifty men and boys, and can turn out six hundred thousand dollars' worth of goods per annum.

## Miscellany.

### INVALIDS AT SEA.

BY MRS. J. H. HANAFORD.

"So Mr. Elliot has decided to try the benefit of a sea-voyage! His health is no better then?"

"No, my friends, I cannot say that he is much better; though he thinks he is stronger since he left off the use of Allopathic medicines and patent nostrums, and only takes now the little sugar pills of Dr. Comer, the Homoeopathist. But he has lately read a few numbers of the WATER-CURE JOURNAL, and is half inclined to go to some Hydropathic establishment, rather than trust himself to the 'tender mercies' of the 'false, inconsistent sea' at this inclement season."

"Why does he not yield to these convictions of his proper course, and bid adieu to the fanciful idea of untold benefit to be derived from simply crossing the ocean? I am of opinion that too many invalids hasten their own departure from earth, by a departure from 'terra firma,' in the vain chase after a will-o'-th-wisp, only to be perceived by themselves. Health is a blessing, desirable enough to justify an extended search over



FRUIT OF THE ISONANDRA GUTTA TREE.

sea and land; but if it can be found better, as I think it can, amid the quiet pleasures of a well-ordered Water-Cure establishment, and in a scrupulous conformity to its wholesome regulations, it were far better to seek it there, than to risk one's life upon the treacherous ocean wave, exposed often to hardships, privations, and dangers, of which the dwellers on land have little knowledge."

"But Mr. Elliot has another object in view beside the recovery of his health, or I think he would at least defer his voyage to the summer season. He has business to transact with a firm in Europe, which he can better accomplish than any one else, he thinks. And so he sails next week."

"Well, I value Mr. Elliot highly as a man and a citizen. He is a good neighbor, and has been, in his days of health, a good Sabbath school-teacher to my boys. I wish I could see him this week, but I must leave the city to-morrow. Give him my best wishes for his success in every way, and tell him I will try to say 'good-bye' to him on the wharf at any rate, will you, my friend?"

"Oh, certainly, with pleasure."

"Here, stop a moment, Everson. Take him this keepsake from an old acquaintance," and the first speaker turned to a small book-rack hanging near, and taking down a copy of "Deck and Port," by Rev. Walter Colton, recently deceased, he added: "I bought it last week, and like it much. I hope Elliot will like it as well. There. I have marked a few lines that I wish you would ask him to read, as they have reference to his case. I will read them to you."

So he read from the book: "'They who go to sea for their health should rise with the sun, bathe in salt-water, and inhale the fresh atmosphere an hour before breakfast. They should also bathe before they retire to rest. Salt water, the chafing-towel, and fresh air, are the restoratives most to be relied on, and the very restoratives which a lazy invalid will first neglect. The inva-

lid should confine himself to a spare diet, and take no stimulants. His only tonic should be the pure, salt atmosphere of the sea. Wine, brandy, and porter are sufficiently injurious on land, but at sea they carry disease and death in their train.'"

The book was delivered; Mr. Elliot was a sensible man, and approved the passage pointed out, and, what was better, obeyed its injunctions. He was no lazy invalid, but, provided with Hydropathic books, throwing aside even the pellets of the Homoeopathist, he applied to himself all the water-treatment possible, and, being favored with a speedy and prosperous voyage, was better in health at its close. He travelled for a time in Europe, visiting Graefenburg, and receiving water-treatment from the immortal Priessnitz, and returned to his native land a new man in respect to bodily vigor and mental clearness.

Yet the donor of Colton's work to him was still of the opinion that Hydropathy did more to renovate him than the sea-voyage.

Nantucket, Mass.

### PRESERVED VEGETABLES.

MASSON'S method of preserving vegetables seems to be very effective, as applied to white and red cabbages, turnips, Brussels sprouts, and such like. The process, as conducted in France, is very simple. The vegetables are dried at a certain temperature, (104 to 118 degrees Fahrenheit,) sufficient to expel the moisture without imparting a burnt taste; and in this operation they lose nearly seven-eighths of their original weight. The vegetables are then pressed forcibly into the form of cakes, and are kept in tinfoil till required for use. These vegetables require, when about to be eaten, rather more boiling than those in the ordinary state. Some of the French ships of war are supplied with them, much to the satisfaction of their crews. Dr. Lindley has stated,

on the authority of a distinguished officer in the Antarctic expedition under Sir James Ross, that although all the preserved meats used on that occasion were excellent, and there was not the slightest ground for any complaint of their quality, the crew became tired of the meat, but never of the vegetables. "This should show us," says Dr. Lindley, "that it is not sufficient to supply ships' crews with preserved meats, but that they should be supplied with vegetables also, the means of doing which is now afforded."

Generally speaking, the flavor of preserved vegetables, whether prepared by Masson's or any other process, is fresher than that of meats, especially in the case of those which abound in the saccharine principle, as beets, carrots, turnips, &c. The more farinaceous vegetables, such as green peas, do not preserve so well.—*Chambers' Edinburgh Journal.*

## TO PORK AND LARD EATERS.

MESSRS. EDITORS:—An item of newscame to my knowledge a few days since, which I have thought might be of interest to the readers of the "WATER-CURE JOURNAL," so I send it along, and you can insert it if you think it worthy. During the last month one of the largest and most popular "Pork packing-houses" in Illinois was indicted, and a true bill found by the Grand Jury against them, for trying up, and putting into No. 1 lard, hogs that had died of disease while driving, or at the slaughter-house, as you know many do. It was proved beyond a doubt that this was done by them, and that frequently. The lard produced by this firm has stood for years, and now does, among the very first brands in New Orleans, New York and Boston; and very probably, if you should have occasion to purchase, you would choose their brand.

If hogs are thus put into lard, is it not reasonable to suppose that they are cut up and packed as pork or bacon? I think we may also safely infer that if one house uses hogs in this way, others do as well. Now, what assurance can any pork or lard eater have, that when he buys a nice ham or keg of No. 1 lard for his table, it was not cut or rendered from a hog that died of kidney-worm, or some other disease? To the writer it would, at least, make a difference whether the hog died by the knife or without it, as he is a strict vegetarian: still it might to others. Thousands of hogs that are slaughtered every winter in the Western States, are as near dead with disease as they can be and live. Scores are thus daily killed, whose fat around the kidneys is a perfect mass of corruption, and alive with worms. This weighs many pounds in some cases, but though it was half the hog, it makes no difference with the packer. The diseased part is cut out with more or less care, as the operator is more or less nearly allied to the hog or human, and the balance goes into No. 1 pork, lard, or bacon, as the case may be. Oh! what a delicious dish our pork and lard eaters would have, if they would only keep these facts before their minds! When will the masses learn that he who eats diseased food must be diseased himself?

I could give you names and residence of the parties, but as I do not wish to have said house

punished more than they are likely to be, prefer not to publish their names.

You may however rely on the exact and literal truth of the statement.

KING JOSEPH.

DRESS.—Horace Mann, in his lectures on Woman, thus treats the subject:

"Is the world a lunatic hospital, that sometimes a lady's dress should be twice her height, and anon but half of it; that sometimes it should expand to the orbit of a farthingale, (when surely there was no want of amplitude in 'woman's sphere,') and then be shrunken in swaddling-bands; that sometimes it should be trailed downwards to sweep the earth, and then built up turret-like, on the top of the head, so that, as Addison said of the women of his time, their faces were in the middle of them; and that sometimes the neck should be be-ruffed in the Elizabethan style, and then laid bare, with a vast anatomical mistake as to its neither boundary. This last unseemliness happens to be the shame of our day. When that Turkish officer, Amin Bey, on his late visit to this country, attended some fashionable parties at Washington, he remarked, that on going into our society, he expected to see 'as many' of American ladies, but not 'as much.' The more private exposures of the Model Artists were broken up as a scandal; but they have amply revenged themselves by taking many other spirits worse than the first, and going on public exhibition at Carusi's and P'apanti's at all assemblies and ball-rooms."

## Home Voices.

### EXTRACTS FROM LETTERS.

FROM B. Appleton, Wis.—As we have had a little experience in home-practice, we will give one incident. In 1851 our family had the scarlatina; two were devoted according to the books; one of them did not recover for eight weeks; the second for six. When the third was taken, it seemed my duty to endeavor to cure him. All the symptoms of the first were apparent; but by a timely application of the wet-sheet the rash came out, and remained out: at least the boy got well in two days. The third day I was seized, and although no medicine was taken, in three days I was at work. In the first cases the patients were kept from the air—entirely confined—as a breath of air would drive the rash in. In the last cases, air and pure water were the "curatives." The first drank tea of all kinds; the last drank water. The readers of the JOURNAL can judge for themselves.

[That is one of the cases which speak for themselves. Comments are needless.]

FROM A. H. C., Maumee City, Ohio.—My faith in drugs has been staggering more and more for many years, and now it is completely gone. About two years ago I said in the presence of our family physician that I believed that if there never had been a doctor in the world it would have been better for mankind. The Doctor not only assented to it, but, after giving a deep sigh, asserted that it was a deplorable fact.

[We commend our correspondent's family physician for his candor. It is not every one who realizes the fact that is frank enough to admit it.]

FROM E. B. H., Newport, Wisconsin.—The people need to be warned and instructed as to the true source of the evils under which they are suffering. Dr. Chapman, lately deceased, once said in a lecture that any physician, with a tolerable practice, in one year would "lay the founda-

tion for a good business for life, for he would ever afterwards have enough to do to heal the mercurial breaches in the dilapidated constitutions of his patients." As much truth is seldom contained in so many words. God speed every effort which is made to destroy the confidence of mankind in all such systems of quackery!

[Another admirable specimen of candor! But what shall we think of a system which poisons people to make business for the doctors?]

FROM J. F. McG., Heller's Cross Roads, Ohio.—As I intend to have my Journals bound, I do not wish to lose any of the numbers. Bear in mind, my dear friends, that I intend to be a life subscriber to my periodicals. I have procured you many subscribers in my travels through the different parts of Ohio. I intend to do all I can for the spread of truth. I am a poor man, and I find these periodicals the poor man's friend.

FROM A. E. G.—Our cause is certainly progressing in this vicinity; for only two years ago I could procure only four subscribers in town; now nearly my whole club is from this place, and our physician has become so enlivened on the subject as to borrow Dr. Trall's Encyclopedia of me, and read it, and speaks very highly of it.

FROM H. A. V., Aberdeen, Miss.—Enclosed is two dollars for that really valuable work, the QUARTERLY REVIEW. When I get to my new home in Texas, I shall try to get one into every family, as the best missionary work I can do. There are mountains of error to be removed, and I consider it a mighty engine. Great success to the noble work in which you are engaged!

FROM P. P. L., Carlyle, Ill.—Through the bounty of Heaven we frequently get a shower of good cold water in this region, but if any unfortunate weight gets a soaking in one, he considers himself a gone goose unless he has a dose of quinine or calomel in his pocket or close by. The Thomsonian doctrine, that "cold is death," is fully believed, and people here would as soon have Death and the pale horse dash upon them as a bucket of cold water. The staple production of the country is *ague*, and the principal imports are quinine, calomel, and Peruvian bark. The exports consist of the congealed spirits of those who can truly be said to have suffered, or rather, "shaken off this mortal coil." The idea of bathing daily in cold water is considered a relic of Icarus.

[A capital place for drug-doctors that must be; but we doubt not there are plenty of them at hand. A few missionaries in the shape of WATER-CURE JOURNALS, with our zealous friend P. P. L. to give them an introduction, will soon set the people right, however.]

FROM REV. D. P. S., Carroll co., Mo.—I am a minister of the gospel, and as I make my rounds I introduce Water-Cure to the people, and as I make converts I send their names. I have introduced the system where it had never been heard of, and got subscribers. And when I can introduce its practice, it performs wonders. I myself, with what little knowledge I have of the system, have at this time a patient under treatment who has been afflicted for nineteen years, and is already able to attend to garden work.

[An excellent example for itinerant ministers of the gospel. They can do great good by following it, and their labors will not be less efficient for the salvation of souls because they also, like their Master, go about healing the diseases of the body.]

PUBLIC SENTIMENT ON THE BEARD.—A public meeting at Tombridge, Eng., has agreed to a resolution, "That the practice of shaving is an unnatural and absurd custom, and prejudicial to the health; and that as the beard and moustache are both ornamental and useful, their adoption is strongly recommended." The *Devonport Chronicle* reports the speeches. One energetic gentleman named Kirkland observed, that "a short time ago the fear of laughter and ridicule would have deterred them from meeting there that evening; but there was a smaller spirit among them now, and the sneers of the dandies, the groans of the old women, and the moaning of the Pharisæes might go where the winds would carry them." [Applause.]



## 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 Publisher's prices. EUROPEAN Works will be imported to order by every steamer. Books sent by mail on receipt of the cost of the work. All letters and orders should be postpaid, and directed as follows: FOWLER and WELLS, 205 Broadway, New York.

THE MODERN HORSE DOCTOR, with Illustrations. By GEORGE H. DADD, M.D., Veterinary Surgeon, etc. Boston: JOHN P. JEWETT & Co. 1854. [Price, prepaid by mail, \$1 25.]

Dr. Dadd is a reformer in veterinary surgery, and has already won a wide and enviable reputation, both as a writer in the line of his profession, and as a successful practitioner. His "Reformed Cattle Doctor" is a deservedly popular work. He niterly repudiates and condemns "the vile practice of blood-letting, and the use of agents that are known to depress the vital principle," and finds the most efficient means of cure in a strict system of hygiene. One step more would bring him upon the only rational and permanent platform—the Water-Cure System, and to the rejection of *all* drug-medicine. Hydrophaty is adapted to cattle and horses, as well as to us of the *genus homo*. But we can commend the "Modern Horse Doctor," as it is, as an excellent work.

THE FORRESTERS, by ALEXANDER DUMAS. Translated from the Author's Original Manuscripts. New York: D. APPLETON & Co. 1854. [Price, prepaid by mail, 68 cts.]

An arrangement has been completed with those distinguished French authors, Lamartine, Dumas, Hugo, etc., by which new works from their pens shall be issued here as early as at home, and this is the first publication under this agreement. It will be followed by some works of great interest and importance. The translations are made by a gentleman to whom the French and English languages are alike familiar, and with the approbation of the original authors.

ALGEBRA, for High Schools and Colleges. By RALPH B. DODD, A.M., Professor of Mathematics and Natural Philosophy in Transylvania University. New York: PRATT, WOODFORD & Co. 1854. [Price, prepaid by mail, \$1 25.]

The design of this work is to meet the wants of the student, both at the commencement and during the continuance of his algebraic studies. It seems to be very methodical in its arrangement, clear in its expositions, and useful in its applications; and to present some new features, which we regard as improvements, in the methods of treating this science. Teachers and others interested, will do well to examine it.

THE BRIDE OF THE WILDERNESS. By EMERSON BENNETT. Philadelphia: T. B. PETERSON. 1854. [Price, prepaid by mail, 68 cts.]

This is said to be one of the best of the talented Western author's novels. It presents a picture of life in the wilderness prior to and at the period when the borders were literally laid waste by the savage hordes which poured upon them, and which is known in history as "Lord Dunmore's war."

THE BEHAVIOR BOOK FOR YOUNG LADIES. By MISS LESLIE. Philadelphia: WILLIS P. HAZARD. 1854. [Price, prepaid by mail, \$1 25.]

A very useful manual for young ladies. A careful study of its pages will save those who are not already familiar with the etiquette of polite society from many mortifying blunders. It is eminently practical in its plan and execution, and no lady can peruse it without profit.

THE LIFE OF JOAN OF ARC, the Maid of Orleans. By DAVID W. BARTLETT, author of "Life of Lady Jane Grey," etc. Ansham and Buffalo: MASON, ORSON & McILLIGAN. 1854. [Price, prepaid by mail, 75 cts.]

A very excellent biographical and historical sketch of the Maid of Orleans, written with special reference to the popular mind. It is well written, and we believe wholly

reliable, which is much more than can be said of some sketches of its subject. It cannot be otherwise than interesting.

TEXT BOOK FOR KNITTING. BY AN AMERICAN LADY. Philadelphia: WILLIS P. HAZARD. 1854. [Price, prepaid by mail, 25 cts.]

This is a valuable little manual for the ladies, containing twenty-seven patterns, and directions for the most useful and fashionable knitting now in use.

VOICES OF THE DEAD. By REV. JOHN CUMMING, D.D. Boston: JOHN P. JEWETT & Co. 1854. [Price, prepaid by mail, \$1 25.]

The author of this volume is minister of the Scottish National Church, Crown Court, Covent Garden, London, and author of "Voices of the Night," "Voices of the Day," "Scripture Readings," etc., and sustains a high reputation for both talent and piety. The "Voices" will be listened to with profit and consolation by the religious reader, to whom through them the dead yet speak words of hope and trust.

A COURSE OF ENGLISH READING, adapted to every Taste and Capacity. By the Rev. JAMES PIERCE, B.A., Trinity College, Oxford. Edited, with alterations, emendations, and additions, by J. A. SPENCER, D.D. New York: C. S. FRANCIS & Co. 1854.

A guide is here presented (says the *Courier and Enquirer*) for young persons to a course of English reading, judicious in the main, though in many respects capable of being improved. It contains much valuable information, and is a book that will profit every young reader. Under the hands of Dr. Spencer it has undergone decided improvement.

A DICTIONARY OF THE PHOTOGRAPHIC ART. By H. II. SNELLING, Author of the "Art of Photography," and Editor of the "Photographic and Fine Arts Journal." A comprehensive and systematic catalogue of the Photographic Apparatus and Material, manufactured, imported, and sold by E. Anthony, 303 Broadway, New York. H. II. SNELLING, 1854. [Price of the Dictionary and Catalogue, bound together,] prepaid by mail, \$3.00.]

This is a complete Encyclopedia of the Photographic Art, and should be in the possession of every Daguerrian in the country. It was got up with great labor and care, and must become a standard book of reference on the subject of which it treats. We shall have occasion in a future number to speak of it at length.

A. C. MILLER'S PIANO FORTE METHOD, REVISED. By JULIUS KNORR. Translated from the German by G. A. SCHMITT. Boston: Oliver Ditson. 1854.

This work contains both English and German text. In this particular it is well adapted to the great mass of learners in the western section of our country. It will be a book generally used as a means of tuition in piano music, wherever such instruction is required, and that is about everywhere. The popularity of the author's previous works insures the success of this, and we speak understandingly when we say that an examination by any one acquainted with the subject on which it treats, will convince of its genuine merit as a Method of Piano Forte Instruction.

CARBET'S MELODEON. Presenting, in a series of nearly two hundred popular studies, a complete and progressive method of popular instruction for the Melodeon and Reed Instruments generally. Together with a selection of the most admired Songs, Duets, Trios, &c. Boston: Oliver Ditson. 1854.

Of the numerous books of instruction for the Melodeon which have come under our notice, we think this is decidedly the best. The elementary portions of it are given in a clear, comprehensive manner, and the exercises appended thereto are progressive in their nature, commencing with the simplest forms of musical composition, and gradually advancing to more complex and difficult passages. The collection of music is an admirable one. Among the songs are "Lilly Dale," "Katy Darling," "Annie Lawrie," and many other popular melodies. There are also favorite airs such as "Zampa," and by Bellini. Of Polkas, "Coquette," "Sontag," "Bohemia," Of Waltzes, "Spirit," "Ellen," and a large number—nearly one hundred in all—of popular pieces of music. The book is sold for one dollar, and is worth *two*.

MOORE'S IRISH MELODIES, with Symphonies and Accompaniments. By SIR JOHN STEELE. Embellished with a portrait of the Poet, and prefaced with a sketch of his life and a history of the work. Boston: Oliver Ditson. 1854.

This is a work which is beyond all question the best collection of vocal music ever published. Dwight's Journal of Music thus alludes to the volume: "Here we have them, the beautiful old songs, the favorites, complete; elegantly printed and elegantly bound. It is perhaps the best edition ever published, and certainly the cheapest, the price being but \$2.50. The 'Irish Melodies' originated in a desire to secure in one collection, and in a form that might not pass away, the numerous national airs known among the wild and beautiful scenery of Ireland. Here they are all! Great favorites they have been, sweet spiritual visitants in many a household, and perhaps the first revelation of the power of melody to the childhood of many of us. They belong to the genuine, undying, people's music, and it is well to gather up their notes in a convenient, nice form, and make them common. They must not and they cannot be forgotten."

This edition of "Moore's Melodies" is for sale in this city by Berry and Gordon, 205 Broadway, and by music-dealers generally in every part of the country.

GRAHAM'S MAGAZINE for June is an excellent number. It closes the forty-fourth volume. The July number will open a new volume, with increased attractions. [See advertisement.]

## PERIODICALS, PAMPHLETS, ETC.

We have received from D. APPLETON & Co., New York, "The Chemistry of Common Life," by James F. W. Johnston, F.R.S., F.G.S., consisting of two numbers of the English edition, and containing "The Air We Breathe," "The Water We Drink," "The Soil We Cultivate" and "The Plant We Rear;" a very excellent little work "for the million." [Price, prepaid by mail, 25 cts.]

FROM PARTHOBOR & BRITTON, New York, "A Rivulet from the Ocean of Truth; or, the Advancement of a Spirit from Darkness to Light," and "A Letter to the Chestnut Street Congregationalist Church in Chelsea, Mass.," in reference to Spiritualism, etc., by John S. Adams.

FROM LITTLE, SON & J. Boston, "Little's Living Age;" a work too well known and too widely and deservedly popular to need our commendation. [Weekly, 12 cts a number, or \$6 00 a year, and cheap at that.]

FROM T. B. PETERSON, Philadelphia, "Peterson's Ladies' National Magazine," edited by Mrs. Ann S. Stephens and Charles J. Peterson. The June number is an unusually attractive one. [Two dollars a year.]

FROM A. RASNEY, New York, a new and beautiful pocket map of the United States.

JUVENILE BOOKS.—D. APPLETON & Co. have lately published "Sunshine on Greystone: a Story for Girls," by E. J. May; "The Boys at Home," by C. Adams, and "A Week's Delight of Games and Stories," all of which are capital works for the young folks. "Sunshine on Greystone" is especially commended to the girls.

## BOOKS RECEIVED.

FROM D. APPLETON & Co.—Bartlett's "Personal Narrative;" "Farmingdale," by Caroline Thomas; "Africa and the American Flag," by A. H. Foote.

FROM A. S. BARNES & Co.—Tschudi's "Peruvian Antiquities;" Polak's "Course of Time;" "Youth's Manual of Geography;" Davies' "Arithmetic."

FROM DEWITT & DAYTONPORT,—"Flora Lind-say," by Mrs. Moodie.

APPLES AT THE SOUTH.—At a recent State fair held in Georgia, more than sixty varieties of native apples were exhibited, including some of the most desirable kinds. The Georgians claim that apples grow larger and fairer there than in New York State. The Cherokee Indians have been instrumental in producing a number of excellent seedling varieties there, as they were acquainted with no other means of propagation than by planting the seeds. Northern varieties grow as well at the South as at the North, but generally ripen too early for preserving or transporting to market. It is asserted that the justly-vaunted Early Harvest, Newton Pippin, and Esopus Spitzenburg, will not compare, in size, flavor or beauty, with the Julien Summerour and Callagha's varieties of Georgia.

## Pomology.

"A richer harvest than the gold fields of California ever yielded, poor as it is, almost without labor, into the hands of the fruit cultivator; a harvest where all value cannot be estimated in dollars and dimes."

### BERRIES.

Those who have not yet secured a copy of Dr. Trall's New Hydropathic Cook Book, cannot be fully aware of the astonishing amount of valuable information it contains. No greater mistake can be made than to suppose that it is a mere collection of recipes for preparing and cooking the various articles comprised in an approved Hydropathic diet. This part of the work is full and exceedingly useful, but those portions which treat of the relations of food to health, the chemical elements and proximate constitution of alimentary principles, and the nutritive and other qualities of the various kinds of food, are not less so. We copy, as a reasonable selection for our columns, a portion of Dr. Trall's remarks on berries, with the illustrations accompanying them in the Cook Book:

#### BERRIED FRUITS.

THE CURRANT (*Ribes rubrum*) is a small, hardy shrub, very productive, easily cultivated, and flourishes on almost every kind of soil. The fruit is sharply acid, yet very pleasant, and, if stewed, may be eaten either green or ripe. There are several small and a number of large varieties of the berry; but the latter are superseding the former in our markets.



MAY'S VICTORIA.

One of the best kinds of this fruit is a new variety from England, called *May's Victoria*. The *Red Dutch*, the *White Dutch*, the *Black Naples*, and *Knight's Sweet Red* are among the other varieties seen in our markets. The red and white currants differ but very little, except that the latter is rather less acid. The *Messour Currant* of the Rocky Mountains, and the red flowering currant of the western part of America, are fine ornamental flowering shrubs.

The *Black Currant* (*Ribes nigrum*) is a distinct species. It grows abundantly in Russia and northern Europe, and, as is the case with all kinds of currants and gooseberries, is often employed in making champagnes and other wines.

THE GOOSEBERRY (*Ribes grossularia*) is a native of cold and temperate climates. It may be easily cultivated on almost any soil. New varieties may be raised from the seed, and the most desirable kinds may be propagated by grafting. The best varieties are known as *Ilwaco's Seedling*, *Crown Bob*, *Whitesmith*, *Red Warrington*, *Roaring Lion*, *Green Walnut*, etc.



ROBERTSON'S SEEDLING.

Numerous varieties of this fruit are known, over three hundred having been enumerated in some English catalogues. They are, however, generally distinguished into the red, yellow, green, and white, according to the color they assume when ripe. The different sorts ripen from June to September.



CROWN BOB.

THE WHORTLEBERRY (*Vaccinium myrtillus*), also called *Bilberry*, the *Black Whortleberry* (*Vaccinium resinoseum*), and the *Loe Blueberry* (*Vaccinium tenellum*), are varieties of the same shrub. The first-named grows in moist lands from two to six feet high, and the last-mentioned grows in beds or bunches on dry hills, from six to twelve inches high. The fruit of both kinds is very sweet and pleasant, and easily improved by cultivation. Our market is largely supplied from Long Island, and nearly all the uncultivated fields within a circuit of one or two hundred miles yield this fruit abundantly. The average price of the berries in New York is about three dollars per bushel. The dried berries are excellent for flavoring puddings, cakes, etc.



WHITESMITH.



BARBERRY.



BUFFALO BERRY.

THE CRANBERRY (*Oxycoccus macrocarpus*) grows wild in marshes, meadows, swamps, etc., but by being cultivated on high land, it has produced larger and better fruit. The berries are very sour, but are highly valued for tarts, jellies, and sauces. They are also excellent, if well stewed and sweetened. Good cranberries usually retail in this city from ten to fifteen cents per quart.

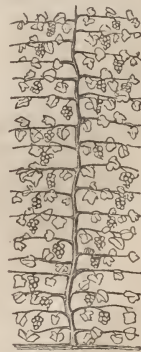


CRANBERRY.

THE GRAPE (*Vitis cinifera*) ranks beside the apple at the head of the fruit kingdom. It flourishes well from the twenty-first to about the fifteenth degree of north latitude. It was known to most of the natives of antiquity, and several varieties are found in the wild state in this country. Though the fruit of the vine has been perverted to the purposes of wine-making, by which the nations have become drunken, no fruit is capable of affording a greater amount of luxurious and wholesome food. In Syria, bunches of grapes have been known to weigh forty pounds. A single vine at Hampton Court, England, many years ago, produced, on the average, a ton of grapes annually. A patch of land of a few feet square, with very little trouble or expense, would supply a family with an abundance of this luscious fruit.

The most extensive grapevines in this country are near Cincinnati, in the vicinity of Philadelphia, and at Croton Point, near New York.

The vines may be trained in a variety of ways to suit the fancy or to accommodate the locality, as the *cane*, or *renewal* system, the *fan* system, the *spur* system, etc. Our cut represents the latter method.



SPUR TRAINING.



ISABELLA.



CATAWBA.

A variety of foreign grapes have been tried in this country, but do not succeed as well as the native. Of these, the *Isabella* and *Catawba* are principally cultivated. The *Isabella* is the sweetest, and is generally preferred in this market. The *Catawba* is preferred at the West.

The raisins of our shops are dried grapes. *Muscadels* and *blooms* are sun-dried. The black currant of our groceries is the small or *Corinthian* raisin.

\* The New Hydropathic Cook Book; with Recipes for Cooking on Hygienic Principles: containing also a Philosophical Exposition of the Relations of Food to Health; the Chemical Elements and Proximate Constitution of Alimentary Principles; the Nutritive Properties of all kinds of Aliments, the Relative Value of Vegetable and Animal Substances; the Selection and Preservation of Dietetic Materials, etc., etc. By R. T. Trall, M. D. With numerous Illustrative Engravings. New York: FOWLER AND WELLS, 208 Broadway. 1864. [Price, prepared by mail, 51 cents. Extra gilt, \$1.00]



# The Monthly.

NEW YORK, JULY, 1854.

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

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

## JULY MEDITATIONS.

BY R. T. TRALL, M. D.

GLORIFICATION.—Poets, and patriots, and philosophers, and philanthropists, and prophets, have sung, and talked, and written, and reasoned, and preached of glory. But glory, like poetry, and patriotism, and philosophy, and philanthropy, and prophecy, is, to imperfect human understanding, a thing of times, and seasons, and conditions, and qualities, and circumstances.

It has been glorious to destroy mankind. Time has been when poets drank their deepest inspiration from

"The field of freedom, faction, fame, and blood."

In days of moral darkness and intellectual blindness, when ignorance was bliss and wisdom folly, it was "the number slain that made the slaughter glorious!"

"The death-shot hissing from afar,  
The shock, the shout, the groan of war,"

Have too long been the favored themes of the sanguinary muse, the zest of poetry and the life of song.

Glory has been too destructive. It has been too selfish and sectional. Statesmen, in Fourth-of-July declamations, have quoted,

"Columbia, Columbia, to glory arise,"

until their constituents—the people-sovereigns—have mistaken country for world, and nation for humanity.

"Oh, 'tis sweet and 'tis glorious for one's country to die!"

shouts the patriot soldier, as madly he dashes onward to imbrue his hands in a brother's blood. But how much more noble, how incomparably more glorious is the sentiment,

"Wherever man is found, there is my country."

It is time we had a new song, an

improved oration, a better thesis, a higher sentiment, a more benevolent sermon on glory.

"The drying up a single tear has more  
Of honest fame, than shedding seas of gore."

The world has had great men enough. Let us now have good men. Great men may have been necessary to subdue the earth, eradicate its thorns and exterminate its thistles: but it will require good men to enjoy it, and develop its fruits and its flowers.

Humanity wants emulation rather than war: virtue rather than reputation: integrity instead of ambition, and philanthropy in place of patriotism.

All nations and all peoples want comfort and the means of happiness; and all individuals want development and the conditions of health. And let us, on the anniversaries of this nation's political emancipation—instead of befouling the atmosphere with the smokes of sulphur and saltpetre; instead of confounding our ears with snapping pistols and crashing cannon; instead of yielding up our brains to be moulded, like potter's clay, by the partisan harangues of political demagogues—let us labor to sow broadcast over the whole face of the wide, wide world—from the centre to the remotest bounds of God's earthly footstool—the seeds of a new epoch, a brighter era, a better humanity, a higher destiny—an age of true glory. And the history that will be written by the future generations, of those who have achieved most for universal humanity, in emancipating man from all evil, and all tyranny, and all wrong, and all ignorance, and all error, will not have to record

"What millions died that Cesar might be great;"

but its boast, and talisman, and text, will be:

"What millions lived that Christians might be good!"

ANOTHER ALLOPATHIC CONVENTION.—A correspondent, who signs himself "Sleepy Hollow," has sent us a racy and raking account of the sayings and doings of the savans of the Allopathic School who congregated at St. Louis in June last, for the avowed purposes of regulating medical science, and taking care of the dear people's

health. Sleepy Hollow tells of many things which did not appear in the newspapers. A full account of the "affair," with suitable commentaries, will appear in the next number of the *Hydropathic Quarterly Review*. If our Allopathic brethren are not awfully slandered, their coming together was a ridiculous farce, their sayings and doings were useless and puerile; and their convention ended in a regular spree, very much after the fashion of the last night of a Congressional session, when eating, drinking, smoking, smashing bottles, rapping craniums and tapping noses, evince the patriotic regard of the revellers for the "greater good of the smallest number." Read the article in the *Review*.

SUMMER DISEASES.—As usual with the summer months, bowel-complaints—dysentery, diarrhoea, and cholera—prevail. Two or three hundred deaths weekly are no extraordinary mortality for a large city from these three diseases, and our people and our doctors have become so accustomed to it, that they seem to regard it as a mere matter of course, a thing to be endured but not cured, like distillery-milk, tobacco-smoke, and alcoholic grog. We cannot, however, allow a summer season to pass by without reiterating our annual protest against this unnecessary mortality. There is no necessity, in fact, for any person, infant, child, or adult, dying of any "bowel-complaint" or "summer-disease," because the weather is warm.

In 1849, the only cases of cholera which occurred in our neighborhood (St. John's Park) were in the families of physicians. These physicians believed that the way to keep off or prevent the cholera was to avoid all appearance of diarrhoea; hence they fell into the prevalent and often fatal error of living on constipating food. Fine flour, rice, salted meats, and a large proportion of animal food, with the almost entire exclusion of vegetables and fruits, was the essential plan of diet on which they lived, and from which they died: and their history is the history of thousands.

The people cannot be too strongly urged, or rather instructed, against this egregious blunder. The strongest predisposition to cholera, and indeed to all bowel-complaints which are prevalent in the warm season, is found in *constipated bowels*. On this point our "Boards of Health" and our "Medical Councils" always instruct the people exactly wrong. We repeat—and every year's experience confirms this truth—that the way to prevent cholera, dysenteries, diarrhoeas, &c., is always to keep the bowels entirely free and loose; that is to say, so to eat, drink and act, as always to avoid the least tendency to constipation.

To accomplish this, to maintain the whole alimentary canal in a perfectly healthy, and hence in a cholera-proof condition, a good proportion of the diet should consist of good ripe fruits and vegetables; and even in cholera seasons, all the flour employed as food should be unbolted; and better still if it be unfermented. We have no knowledge that a consistent vegetarian ever died of the cholera since the world began.

SODA WATER-DRINKING.—We believe the use of this beverage is much more pernicious in hot

weather than is generally supposed. The Boston *Medical Journal* says:

"An immense quantity of soda-water is required in cities, during the hot season, to meet the calls at almost every corner. It is possible, and we believe not very uncommon, to use it to excess, and produce difficulties not easily remedied. A few glasses a day are about as much as the stomach can well bear; but when a gobbletful is swallowed every half-hour, on a warm day, the habit becomes a vice, and the health must suffer. Too much of a good thing, whether of soda-water or lobster-salad, is worse than none at all."

Our Boston contemporary does not give us the reason why a "few glasses a day" are a good thing, and probably it cannot do it. At any rate, we know it won't try, so we are safe in assuming that it can't be done.

WHAT DO PEOPLE EAT?—We clip the following from the Boston *Medical Journal* of a late date. There is no question that almost all the foods of commerce are extensively drugged and adulterated. But as to the adulteration of drugs, there is very little to choose between a genuine and a spurious article, for in many cases the adulterated drug is weaker than the genuine, and has consequently less potency to kill. As to victuals, however, it will, we opine, be a long time before those people who do not select and prepare their own materials, know what it is they are eating:

"A convention of medical and other gentlemen was recently held at Birmingham, England, to consider the subject of adulteration in articles of food now extensively practised, and the best means of preventing it. One gentleman submitted a statement respecting the falsification of several articles of food, as also of drugs, which showed that bread was sold made from wheat flour largely adulterated with 'horse-bean meal,' alum, and jalap. It appeared that the large quantity of alum used, had the effect of producing constipation among the consumers, and so, to counteract that influence, a little jalap was added to the bread. Coffee it was declared to be almost impossible to obtain pure, unless the unroasted berry was purchased. Malt vinegar was made from water and sulphuric acid, with just enough of the pure article to produce its peculiar aroma. The very best of Stilton cheese contained calcareous nodules of carbonate of lime. Cream of tartar contained three parts of alum to one of the pure supertartrate of potash. The cream of a certain milkman, celebrated for its richness, was analyzed. It was found to be composed of very nice prepared chalk, a modicum of cow's milk, water, and tinted with turmeric to give it a rich buttery appearance. In a similar investigation at Paris, some three years since, it was discovered that some of the thick rich cream sold in that city was composed of the brains of calves and carbonate of magnesia. It is needless to enter into any further detail, at present, in this matter, but at an early day we may resume the subject, and speak of the adulterations in articles of food and medicines occurring at home."

PREMIUM ON BABES.—The subject of offering premiums for the best specimens of babies is being agitated in various parts of the country.

Whether the agitators themselves intend the perpetration of a serious proposition or a comical farce, the subject is worthy of a sober second-thought. Why are not infantile specimens of humanity—men and women in miniature—as worthy of attempts to improve the breed, as chickens, and pigs, and calves, and colts, and lambs—miniature Shanghais, hogs, oxen, horses, and sheep? Is not the human animal as susceptible of cultivation as the beasts that perish? And is he not as deserving, yea, as needy of cultivation? Answer that, ye wiseacres in the rearing of domestic animals, and ye ignoramuses in the rearing of children!

## THE HYDROPATHIC SCHOOL.

The second term of this institution closed, by appropriate Commencement exercises, on the third week in June. Among the graduates of the School, thus far, we notice the names of

Mr. ENOS STEVENS,	of Wisconsin.
Mrs. JANE A. STEVENS,	" "
Mr. HENRY J. HOLMES,	" Mississippi.
Mrs. M. D. LINES,	" Williamsburg, N.Y.
Mr. A. SMITH,	" Pennsylvania.
" A. P. TRUEDELL,	" Oswego, N.Y.
Miss A. S. COGUE,	" New York.
Mrs. H. F. FIELD,	" Michigan.
" E. B. HOWARD,	" Illinois.
Miss E. M. JOHNSON,	" Warsaw, N.Y.
" FINNETTE SMITH,	" Illinois.
Mr. JAMES HAMILTON,	" Ohio.
" FREDERICK PRITZ,	" Indiana.
" THOMAS NELSON,	" Missouri.
" O. W. TREE,	" Maine.

A more devoted, exemplary, and deeply-interested class were probably never assembled together for the purposes of a medical education. The next term, which will commence November 1, and continue six months, will no doubt be largely attended. Some of the present class who have not yet graduated will remain through the winter term, and some have recently arrived in the city in order to fit themselves the better, by preparatory studies, for the regular winter course of lectures. We learn that there are already over one hundred applications for the third term, commencing in November.

ANIMAL AND VEGETABLE FOOD.—It is a very general impression, that if man desire full health and a vigorous constitution, he must feed upon the best beef. Yet when one reflects upon the subject, with a just consideration of the matter, it is not so entirely obvious as at first sight it might be supposed.

All, or nearly all the animals that feed on flesh are comparatively small. The huge animals are all vegetable eaters. The lion, panther, and the other carnivorous animals, are not large when compared with the immense ox or the elephant, that feed upon vegetables. Moreover, vegetables are seldom if ever diseased, while it is doubtful if fat animals are ever entirely healthy when slaughtered for the market.

Our main object in presenting these views, is to turn the public mind to the consideration of the subject. It is worthy of careful examination. It is possible meat may be more stimu-

lating food than maize, or wheat, or rye. But certainly flesh is not more nutritious than vegetables. For corn soon fattens the poorest of animals. The finest animal flesh is produced from maize; why then should we so voraciously feed on flesh? Whole nations now live upon rice; there are many families that most rigidly confine themselves to vegetable food, and are considered healthy and vigorous. A distinguished physician, many years ago, published that he and his children never tasted animal food. They were continually confined to the strictest vegetable diet. And he added, that they were not only all healthy, but of the most perfect symmetry of person. It is hard to form an estimate of the vast amount of impurities that are daily caused in the circulation of the blood from eating animals apparently healthy when brought to the slaughter-house. We repeat, the subject demands closer investigation than we have heretofore given it.—*Pa. Inquirer*.

THE PYTHAGOREANS AND THE ESSENES.—Animal food and other stimulating diets, particularly in youth, do immense mischief; though by such slow degrees that the evil is scarcely perceptible. By eating food of an exciting description, the current of life is precipitated and the passions are prematurely developed; the organs become old and decayed, when with a more natural diet they would be fresh, elastic and healthy. Professor Hufeland truly remarks: "The more slowly man grows, the later he attains to maturity, and the longer all his powers are in expanding, the longer will be the duration of his life; as the existence of a creature is lengthened in proportion to the time required for expansion. Every thing, therefore, that hastens vital consumption, shortens life; and, consequently, the more intensive the vital action, the shorter the life. If you would live long, live moderately, and avoid a stimulating, heating diet, such as a great deal of flesh, eggs, chocolate, wine, and spices." Hufeland also tells us that "The Pythagoreans who lived on simple vegetable diet, afforded the most numerous instances of old age." And Josephus says, "The Essenes, as we call a sect of ours, live the same kind of life as do those whom the Greeks call Pythagoreans. They are long-lived also; inasmuch that many of them live above a hundred years, by means of their simplicity of diet, and the regular course of their lives.—*Reynolds' Miscellany*, No. 81.

GRAPES AS HOUSE PLANTS.—The *Lincoln Democrat* says:

In a visit to Mr. Johnston's nurseries which we referred to a few weeks since, we were struck with the extraordinary beauty of some rich clusters of grapes growing upon dwarf vines cultivated in flower-pots. Mr. Drew, of the *Banner*, in referring to the cultivation of grapes as house plants, says: "A pot large enough to sustain a grape stem three feet long, spread upon the windows, will yield several clusters of grapes, and these are the only fruit that will grow and ripen in-doors under glass, and not lose their peculiar fragrance and flavor thereby. A pot of growing and ripened grapes, standing in any lady's parlor window, would be a handsomer ornament than any geranium or cactus."

Cheap, useful, and ornamental, just the thing for dwelling-house windows. But, while about it, plant half a dozen good vines in good places out-doors, take good care of them, and, in due time, enjoy the fruit thereof. Every young man and every young woman should plant a grape vine. Of course they should.



## To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Write me words.

### Professional Matters.

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

**EPILEPTIC FITS.**—J. M. S., Alburgh Springs. There are many causes of epilepsy; and the treatment must be decided accordingly. The Hydropathic Encyclopedia will give you much general information, but may not be a satisfactory guide in treatment, unless you can ascertain in some way the cause of the disease. If you can let us know, we will indicate the treatment. If you cannot, you had better send him to some competent Hydropathic physician.

**ANIMAL FOOD.**—J. M. C., Marshall Co. Va. "I see that in your WATER-CURE JOURNAL you condemn the use of meat as an article of food, without substituting any thing except vegetables. These do not suit a backwoodsman who has to work hard, and does not have fruits and vegetables more than six months in the year. Is not fish a wholesome diet?" Friend, wherever you are, you labor under several very common mistakes. In the first place, we do not exactly condemn meat or any thing else. We simply teach what is best. In the second place, your backwoodsmen can keep themselves abundantly supplied with fruits and vegetable articles of food with much less labor and expense than flesh costs them. Grains and dried fruits can be preserved and transported better and cheaper than any kind of animal food. In the third place, fish is a worse dietetic article than is the flesh of herbivorous animals.

**HYDROPHOBIA.**—A Lady, Boston. "For several months I have been anxiously hoping to see an article from you in the WATER-CURE JOURNAL, on the subject of hydrophobia. This fearful disease has been unusually fatal in Boston and vicinity this season. In South Boston there have been so many mad dogs that at this present time some of the people there dare not go on foot, and many are afraid to trust their children in the streets.

"In a late number of the *Boston Medical and Surgical Journal* has appeared a report by Dr. Homan, of the case of a young lad who died of hydrophobia in Charlestown this spring—a case in which the sufferer was pined with brandy, whiskey, and laudanum, till he died, under the influence of chloroform. I have been surprised that this article did not arrest your attention, and call forth severe censure in the last number of the WATER-CURE.

"I do not hear of one recovery. There appears to be in these cases some local treatment at first—bathing the wound, the cautery or the knife; an interval of fancied security; or of dread, and then the frightful symptoms which end in death, while the physicians stand by powerless. Will not you or some other apostle of the Water-Cure, write ATTENTION upon this matter—telling of the probability of cure by Hydropathy—when, how and where to apply water—whether it should follow or supersede any burning or cutting the parts, &c., &c. If you have faith in your cure, do make it known through the JOURNAL, that the encouraging word may be caught up and circulated wherever this horrible maldy rages.

"If we should take upon ourselves to compare or report all the cases of disease under Apathetic malpractices, this Journal would not contain any thing else. We have faith in Water-Cure, even in this terrible disease. We would recommend as a precautionary measure, cauterizing the wound, whenever it can be done immediately after the bite, and then a thorough course of wet-sheet packings to deterge the poison from the system.

**BALDHEADENESS.**—A. G., Hardin County, Va. "About five years ago, a friend of mine had the measles, had the disease severely too, consequently was the ruin of a fine head of hair, though it has partly come again, but looks dead. Now how can it be restored, and have a healthy appearance again by water-treatment? The individual is healthy in other respects. Please answer the above through the WATER-CURE JOURNAL." Take a daily bath over the whole surface; wet the scalp in cold water two or three times a day, and obey the laws of health in all res

**SENSITIVENESS.**—Quaker City. "What is the cause and cure of sensitiveness in the coronal region of the head?" Sensitiveness means, if our dictionary is correct, the state of having sense or feeling; it is caused by vitality; and can only be cured by killing the life-principle. For the particular remedies to produce such a result, we must refer you to the *Allopathic Materia Medica*. Perhaps, however, you meant morbid sensibility? If so, ask that question, and it shall be answered.

**GOOD BREAD.**—Messrs. S. & B. Grafton, Vt. "Having read your Journal attentively for several months past, (in a late number) we find an article respecting the making of bread, which seems to condemn the way we are used to making it, as being unhealthy.

"As we like good health and good bread, we would be greatly obliged if you will send us a recipe by which we can secure both." There are many ways of making good bread, the recipe for which you will find in the Hydropathic Cook Book.

**SEVERAL INQUIRIES.**—W. G. W., Hornellsville. The questions you propound can only be answered in relation to individual cases; and to do that, we must have all the particulars of each case. To give general information which could be applied to each case, would require the space of more than this whole Journal.

**WEAK ABDOMINAL MUSCLES.**—C. M. W., Providence. Your case is that form of dyspepsia attended with weakness of the external abdominal muscles. Follow the general plan of treatment recommended in our standard book for dyspepsia, and pay particular attention to such gymnastic exercises as are calculated to strengthen them—rubbing, pounding, jolting, thumping, kneading, &c.

**DYSPEPSIA.**—A. B. C., Lewisburg. The flatulence, &c., which you complain of as the leading symptoms of your case, can be relieved by a proper dietary, as unf fermented bread, parched corn, &c. The meals should also be taken without a particle of drink.

**HYDROPATHIC EDUCATION.**—M. A. D., Columbia, Ind. "Where can it be constructed in the mysteries of Hydropathy, and what will it cost?" The New York Hydropathic School is the only institution of the kind. The expense is \$150 for a term of six months. The third term commences Nov. 1st.

**ERUPTIONS, BOILS.**—S. D. M., Newark. It is not possible to say what cause or causes continue your disease; although it was probably infectious originally. You say nothing about your eating and drinking, nor bathing habits, and very likely some dietetic error is the reason you do not well.

**HONEY vs. BUTTER.**—Franklin Palmer, Ithaca, N.Y. "Under the head of Professional Matters in the April number, I noticed the note of N. B. of Cincinnati, in reference to a substitute for butter. He blamed the Hydropathic Cook Book for not furnishing a substitute. Now I would suggest honey as a substitute. I have used it for three years, and never experienced injury from it as from butter. It is purely vegetable, and why not take the place of butter? But like every thing else, it should not be eaten to excess. But it may be urged that it sometimes gives colic: but I never knew it to, even when eaten to excess, except in pork-eaters. As to cost, it is decidedly cheaper than butter. I have sold hundreds of pounds of it for 12 cents, and three pounds of strained honey will go as far as four pounds of butter. If kept in a dry place, it will keep the year round." This question cannot be settled by the experience of individuals, for thousands of persons eat butter every day without feeling any injurious consequences. There is no doubt, however, that honey is a more wholesome article of diet than butter; and it is also true that persons accustomed to a plain vegetable diet can use it, without the colic which flesh-eaters sometimes complain of.

**WORKS ON FEMALE DISEASES.**—Gr. B. M. D., Jacksonville, O. If you desire Allopathic Works on female diseases, those of Churchill, Tilt, and Meigs, are among the best. You will find those diseases treated hydropathically in the Hydropathic Encyclopedia; uterine diseases and displacements, &c., in Dr. Shaw's works on midwifery and diseases of women and child ren.

**ABSCESS.**—E. M. B., South Windham, Me. Cold wet cloths may be applied to the affected part, provided the general temperature of the body is not below par. For a general bath, the tepid half-bath is the best appliance.

**UNFORTUNATE M. D.**—The physician who has practised Allopathy and Homoeopathy for twenty years, and yet suffered all the time from indigestion, is informed that there is hope in his case, if he will submit himself to "the truth as it is in Water-Cure." For full directions as to the management of self-treatment, see the Encyclopedia and other standard works.

**A SUGGESTION.**—H. C. F. I think, if Dr. Trall's Prize Essay upon Tobacco were bound in miniature, fancy style, muslin and gilt edges, for presents, &c., it would take. At least I am pretty certain I could sell ten times more of them bound in that style at 25 cents, than the present pamphlet form at 6 cts.

[We will so print and bind it, if you so direct—and will take one thousand copies at cost.—PUBLISHERS.]

**TO PRESERVE PEACHES.**—A correspondent, W. M. R., of Tennessee, sends us the following, which will fully endorse, with the use of the tin canisters. Glass or stone vessels are preferable.

"If you wish to preserve peaches in their own juice, have tin cans made to hold one or two quarts, with a hole in one end to receive the fruit. Pare and stone the peaches; put them in a pot and bring them to a boiling heat; then put them in the cans, and solder on the cap. Set the cans in a pot of boiling water and let them remain two or three minutes, then solder up the opening, and they are done. I have now peaches (April 29) in good order, and which taste as fresh as when they were first taken from the tree."

**PROTRACTED COUGH.**—M. B. W., Livermore, Me. "When about two years of age I took a violent cold, which was accompanied by a cough, which has continued ever since, (about sixteen years.) Not a day since have I been free from coughing. I have raised a great deal, and spit some blood. I have often been troubled with lunge sides, &c. My health seems good excepting the effects of the cough and a troublesome catarrh in my head. Can my cough be cured by Hydropathy?"

Your case is probably curable. Wear the chest-wrapper; take the wet-sheet pack once or twice a week, for an hour, followed by the dripping-sweat; the hip-bath, at 70°, daily ten minutes, and adopt a very simple vegetable diet.

**DISEASE OF THE LUNGS.**—W. H. L., Alfred. A cough, attended with purulent expectoration, streaked with blood, is always an alarming condition; and still worse if preceded by a dyspepsia or disease of the liver.

Go to a Water-Cure, or treat it according to the directions of the standard works on Water-Cure. We cannot here give full explanations of dietetic and bathing appliances.

**PROLAPSE UTERI.**—N. G. B., Alabama. The work on "Uterine Diseases and Displacements," published by FOWLER and WELLS, will give you the information you desire.

**PROLAPSED BOWEL.**—J. T. J. "What treatment should you recommend, in regard to the falling of the rectum (or lower intestine) at each evacuation?" Cool hip-baths, the ascending-douche, cold injections, and a strict attention to diet.

**LUMBAGO.**—W. B., Oberlin. "What course of treatment would you prescribe for rheumatism in the small of the back, induced by sudden transition from extreme heat to extreme cold?" The hot fomentations followed by the wet-girdle, and attention to the general health.

**BAD BILE.**—S. L. P., East Weymouth. "What is the particular condition of the liver when there is vomiting of a large quantity of black and greenish bilious matter, accompanied with scalding heat, and preceded by pain in the neck, &c." The liver is torpid or inactive, the gastric juices and saliva are deficient; hence the food ferments and induces acidity, &c. Eat plain dry food, such as wheat-meal crackers and parched corn; wear the wet-girdle occasionally, and manipulate—that is, knead and rub—the abdomen perseveringly.

**FALLING OUT OF THE HAIR.**—A. A., Stringtown, Ind. "Dr. TRAIL: If you will tell me, through the JOURNAL, what is the best remedy for the thinning and falling out of the hair, (the result of sickness in a young man,) you will be acting up to the doctrines you profess."

Very well. The "best remedy" is Hydropathic doctoring and physiological living. Attend in all respects to the general health. Among the appliances specially advantageous are derivative foot-baths, and wetting the head occasionally with cold water. Cutting the hair close, and "shampooing," are often useful.

**PARTIAL PARALYSIS.**—E. W. C., Waupaca, Wis. "What is the treatment for a child, seven years of age, who has lost the use of its limbs in consequence of a fever? Our Allopathic physician has given him calomel, morphine, and quinine, and now proposes strychnine as the only thing that will do any good." Your child has been poisoned enough already. Let the doctors alone, and use your own common sense. Give him a tepid half-bath daily; douche the back and limbs gently once a day in tepid water—about 75°—and feed him on plain, vegetable diet. Probably a torpid or enlarged liver is the main difficulty; and a diet of unleavened bread and good fruits would be specially useful.

**CONSTIPATION AND MEASLES.**—M. A. M., Vienna. The disease of your friend is undoubtedly that form of dyspepsia called "liver complaint." He wants moderate general bathing, with sitz-baths, and a dietary of cracked wheat, parboiled corn, asparagus, good fruits, &c. You will find ample details for treating measles in all the standard works on Hydropathy.

**CORN BREAD, &c.**—H. D. B., Smiley, Pa. "Would corn-meal cake mixed with cold water be a healthy bread for common use, and for working people? Would it be good for dyspeptic folks, if they do not eat too much? Would it be best to have the bran in the cake?" To all three of the questions we answer affirmatively.

**SOAP-STONE GRIDDLES.**—B. M., Mount Union, O. "Will you inform the readers of the WATER-CURE JOURNAL where those Soap-Stone Griddles can be obtained, size, weight, and price, as I cannot find any person in this country that knows any thing about them. They must, undoubtedly, be far preferable to the old iron grease-burners." They are manufactured at many places in this country, and perhaps some of the Western cities. They can be obtained through your hardware merchants.

**BEEFSTEAK AND BRANDY.**—S. A., Portland, Me. "Dr. Wieting, in his lectures on Anatomy and Physiology, recommends eating beefsteak and drinking porter, and even sometimes a little brandy. In your work, the 'Encyclopedia,' 'Cook Book,' &c., I find you advocate entirely different doctrines. Who shall decide when doctors disagree, &c.?" Dr. Wieting, we suppose, speaks on his own responsibility. His opinions are those of the majority of the medical profession; and perhaps he finds it more profitable to advocate popular doctrines than unpopular. But we advise our friend to examine the evidences on both sides for himself, and not pin his faith on any doctor's mere *ipse dixit*.

**VEGETARIANISM.**—O. C., Lebanon, Tenn. "I will be under ten thousand obligations to you if you will, either by letter or through your JOURNAL, give me light on the following questions, viz: You say that a vegetable diet is man's natural diet, and that he can live better on that. Now, if that is the fact, why did God tell Noah, after the flood, that 'every living thing should be meat' for him and his family? Gen. ix. 3. And why did God tell Peter to 'rise, kill, and eat?' Acts x. 13."

"If a child should obey all the laws of its nature, would it escape those diseases to which children are subject, viz: measles, whooping-cough, &c.? That, if man observes all the laws of his nature, will be the proof against contagious diseases? Or, in other words, is it possible for man to live without being sick?"

"There is one more question I had forgotten. If it was intended that man should live on meat, and that a flesh diet should be entirely abandoned, what would the inhabitants of Lapland and other regions do, where the soil is so sterile as not to produce sufficient food for the people?"

1. This objection has been answered by vegetarians a thousand times. Get Smith's "Fruits and Farinacea," and read

the exposition of the whole subject. The second and third questions we answer affirmatively, without qualification. To the last question we say, human beings are not obliged to dwell in the icy regions beyond the reach of vegetable food. There is abundant room in *habitable* places for all the human race for ten thousand millions of years to come, (begging pardon of the Millerites,) provided they are propagated physiologically.

**BAD-SMELLING HAIR.**—F. W., Underhill, Vt. "What is the cause of a bad smell to the hair nearly all day after being wet?" The author of the above question tells us the case is that of a young lady whose physiological habits are nearly all wrong; which fact, we think, ought to be a satisfactory answer to the question. The other question propounded by the same writer is self-answered in a similar manner.

## General Matters.

**PAPER, INK, PENS, &c.**—TO WHOM IT MAY CONCERN. We receive and are obliged to read, not two or three, or a dozen letters per day merely, but *hundreds!* Do our correspondents think of this while writing to us on business, or penning an article for the Journal? We are sure that some of them do not, or they would have pity on our strained eyes and overworked brains, and not send us such badly-written epistles. Pray do use good paper, good pens, and good ink, and write *carefully and plainly*, and do not attempt to crowd *two pages into one*. Never use blue, brown, red, or yellow ink. Every thing but the *blackest of black ink* is an utter abomination to editors, publishers, and printers.

**DIRECTIONS FOR TREATMENT.**—W. B., East Wareham, Mass.—We have often given in the Journal descriptions of the various Water-Cure processes, and directions for treating the more common cases of disease, and shall, from time to time, doubtless give more on these particular topics, but the best course for you is to procure the "New Hydropathic Family Physician," a complete domestic medical guide; by Dr. Shaw; a work of 820 pages, and nearly three hundred engravings. Price, prepaid by mail, \$2 50.

**HYDROPATHIC QUARTERLY REVIEW.**—We have few sets of this valuable quarterly remaining, but cannot tell how long they will last. Persons desirous of commencing with the first number should send their names at once. Terms, only two dollars a year.

**R. S. L. P. M., Lacyville, Ohio.** The price of GRAHAM'S SCIENCE OF HUMAN LIFE, prepaid by mail, is \$3. The publishers of the WATER-CURE JOURNAL have on hand a few copies of the London edition, the American edition being out of print.

**BOYS TO ADOPT.**—Mrs. N. S. Wickes, a widow lady residing in Mokenna, Will county, Ill., has two boys for whom she wishes to find places where they would be adopted, receive parental care, and be educated on philosophical and physiological principles. Address Mrs. Wickes, as above.

**NEW BLOOMER DRESS.**—M. B. W. We must decline the publication of your "fashion plates."

**TEA, COFFEE, TOBACCO, &c.**—W. E. G. We will bear your request in mind, and endeavor to comply with it at an early day.

**BREATHING.**—A person in good health, and of medium size, will, in eight hours' sleep, breathe nine hundred gallons of air; but if one fifth of his lungs are inoperative, he consumes in the same time one hundred and eighty gallons less, and in the course of twenty-four hours, seven hundred gallons less than he ought to do. No wonder, then, that when the lungs begin to work less freely than they ought to do, the face so soon begins to pale, the appetite fails, the strength declines, the flesh fades, and the victim dies.

## Notes and Comments.

**NEW WATER-CURE.**—We are pleased to notice that the supply of Hydropathic accommodations is likely to follow close upon the demand. There are already two popular Establishments in this city, but they are inadequate to supply the wants of the numerous friends that flock hither from all quarters for temporary business and for hygienic purposes; and there are multitudes of citizens that would prefer the neat and simple fare that a true regard for health and comfort would dictate, but they are greatly troubled to find it in an acceptable style. People have frequently felt compelled to accept of bad physiological conditions, against the dictates of their judgment.

Dr. Taylor, (whose advertisement will be seen in another column,) in starting another Establishment embracing the objects above indicated, is only responding to a necessity severely felt, and will doubtless greatly lessen these difficulties. He has secured a new, extensive, commodious, and well finished building, in an airy and slightly part of the town, and so situated with respect to public conveniences as to be easily and cheaply accessible from all points.

From the Doctor's experience in conducting similar enterprises, and the favor the public have been pleased to accord to him, we predict an abundant success. His place is at 650 Sixth Avenue, corner of Thirty-eighth street, in the immediate vicinity of the Crystal Palace, and visitors there will find it convenient to call on him.

**WATER-CURE WANTED.**—A correspondent, writing from Providence, Hopkins county, Ky., says: "We need a Water-Cure establishment in our county, and a prohibitory law in our State, as drugs and liquors are making sad havoc among us." These foes to individual and general happiness and progress still slay their thousands every year in all sections of the country and the world; but the people are rising against them, and their days are numbered. We expect to live to see Water-Cures in every county, and the Maine Law in every State.

**A STRAWBERRY FESTIVAL.**—Mr. Peabody, of whose extraordinary success in strawberry culture we have spoken in the JOURNAL, lately gave a feast of "strawberries and cream," at his residence, to the Bishops and Clergy of the Methodist Episcopal Church in Conference assembled at Columbus, Ga. The *Columbus Enquirer* gives a detailed account of the festival, but our space will not allow us to copy it in full. Suffice it to say, that after four hundred quarts of strawberries had been gathered for the feast, the "patch" of several acres was still full of berries, in every stage of progress to maturity; that some two hundred and fifty bishops and clergy sat down and ate *their fill* of the delicious fruit smothered in cream—Bishop Soule presiding at the head of the board—and after all were satiated, there remained many full vessels of strawberries untouched and untasted! Amazement and delight at the wondrous skill of Mr. Peabody in this branch of horticulture pervaded the assembly and enkindled their gratitude for the very rich entertainment provided.

**A GOOD SUGGESTION.**—S. M., writing from East Tennessee, says: "Your Journal of Health is received. It would be well if every family took one, and that one was kept lying on the desk of every schoolmaster and mistress in the Union. Sad work has been and is made by drugs in this part of Tennessee, and I presume over the whole Union." In the description of the diseases given by the above correspondent, several words were unintelligible, so that it is impossible for us to advise. Please write again.

**NEW HYDROPATHIC COOK-BOOK.**—Among other valuable knowledge is imparted [in this work] that of keeping fruits fresh and green the year round. For several years we have put up fruit after the manner recommended in this book, with the happiest results. To such as are not well represented, several words were unintelligible, so that it is impossible for us to advise. Please write again.

It is a curious and alarming fact, that, within two or three years past, the sale of opium in this city has increased something like one thousand per cent.—*Trenton (N. J.) Gazette*.

"The fools are not all dead yet" but if they continue the use of opium, they soon will be. The drug-doctors have much to answer for.



Matrimony.

BY HORACE S. EUMSEY.

"Her ways are ways of pleasantness,  
 And all her paths are peace."  
 They wind through flowery meads and bowers,  
 Where warblings never cease.  
 She fain would smile on all mankind :  
 She doth their steps attend,  
 Till madly, blindly they forsake,  
 Dismiss their dearest friend.  
 Her steps, elastic as the roe's,  
 Go bounding far away ;  
 Who her sweet presence would regain,  
 Must toll through many a day ;  
 On Sodom never more look back,  
 In view must keep the prize,  
 And onward press courageously ;  
 For he who falters, dies !

*Elmira Water-Cure, N. Y.*

We shall never despair of a republic in which such Journals are sustained. When the mass of the people believe in, and practise upon, the doctrines inculcated in these works, neither Ignorance nor despotism can find a home. Published by Fowlers and Wells, No. 308 Broadway, New York.—*Rhode Island Freeman.*

FLOWERS.—A lady subscriber is advised by the editor of the *Horticulturist* to discard all her miscellaneous flowers, and fill her flower-beds with verbenas, scarlet geraniums, salvias, and petunias. They will stand the sun and dry weather, and make the garden gay at all times. This hint should not be lost on our fair readers, who often find it difficult to preserve the freshness and beauty of their flower-gardens during the sultry and parching heat of our almost tropical summers

LECTURES TO THE LADIES.—Mrs. Helen M. Wheeler has just completed a course of lectures to the ladies of Rock Island, on the subject of Physiology, to the satisfaction of her entire class. Mrs. Wheeler will visit this city next week with the intention of forming a class. We hope the ladies will not suffer this opportunity of gaining most valuable knowledge to pass unimproved.—*Davenport, Iowa, Commercial.*

COMMUNICATIONS desired by us suitable for this department will be inserted on the following conditions: They must be carefully and legibly written, must be accompanied by the true name and address of the writer, (not for publication,) and an insertion FEE, at the rate of \$1 for each hundred words. Unless all these conditions are strictly complied with, no attention will be paid to them.

Any person applying for the name of a writer, must give his or her own true name and address, and enclose a prepaid envelope or a three-cent postage-stamp. The number of the communication referred to should always be carefully stated; also whether it is a new series, and the number of the Journal in which it appeared.

Candidates becoming "engaged," or declining for any reason further introductions, will do well to notify us (per) aid, to that effect that we may refuse their name and address to later applicants.

## NEW SERIE

[illegible]

In regard to money, I think, perhaps the less I say, the better for my matrimonial enterprise, though I am sometimes complimented with "having" good affairs in my character. I am twenty-seven years of age, and have been married nearly twenty years. I prefer sending my dactylography to saying any thing about my personal appearance. I am engaged in a profession, with fair prospects of success, and have a comfortable income. I have written a letter sufficient to help me several sundies up the ladder of fame. I am not a church member—have no veneration for any thing out of the common, and have no religious opinions. I am a Unitarian, I think, but think clergymen are no better than "jetfitters"—"love the truth, and live a moral, virtuous, and temperate life"—believe in immortality, and in the immortality of the soul, and in the resurrection of the dead, and whom I can suit, I shall love her with a deep, strong, unchangeable passion. In regard to property, I won't say any thing about it, but I have a small one, and I have no objection to my giving the address of the editor of the WATER-CURE JOURNAL.

No. II. **IRENE**, of Massachusetts, says: My intellect is medium; height, five feet, good proportion; light complexion, blue eyes, hair middling dark; constitution naturally good; age nearly twenty-eight.

Required: A man of intelligence, a follower of Jesus; a hydropath and vegetarian in principle; a friend to all the oppressed of every color and nation; age somewhere near my own; in stature taller but not greatly disproportioned to myself; a cultivator of vegetable food in a temperate climate, (not California), of some free time in my own country, would be greatly preferred.

For my address apply to the editors of this Journal.

**No. III.** FIDELIA describes her "Ideal" as follows: He must have a character pure as the air from heaven, and a heart full of kindness toward all; he must be the object of his efforts; black, but honest; stern, yet dark like a velvet in state, and not of the quality of years of age. Am not particular as to his profession: should prefer poor industrious man to an indolent rich one. He must not be slave to any bad habits, especially drinking: if he were lacking in no other respect, I never could accept the offer of him who I knew was in the habit of drinking too much. He shall be one who is free from his mother, and his mother, and who can enjoy when I am away, and come forth when I am sad.

Of herself she says: I am no lover of tea, coffee, or milk-enriched bread; am fond of work, French, Algebra, flowers, and music, but a great musician myself. I am not handsome, but I can love the good and appreciate the beautiful. I am not poor, and what riches I possess are contained in my own dear self. I can afford if I think necessary (as all the house can testify) to be as pleasant

If any one wishes to know who I am, please refer to Messrs. FOWLER AND WELLS.

No. IV. *IRENE* of Ohio, has a well-developed form, good common sense, and high moral sentiments; is a vegetarian; a hygienist; and a Bloomer; has warm affections, and strong sympathetic feelings; loves truth wherever it may be found, and has for some time made nature study, from the modest little flower up to the stately heavens. She wishes to be a vegetarian, and to be a hygienist, and to be a Bloomer; and she is *perfectly* a lively expressive eyes, warm affections, a progressive mind, and high moral sentiments. He must also be a vegetarian in theory and practice; and as she is situated and practically what she believes to be a higher and more perfect state of mind, and a more perfect state of body, one or two to twenty-five years old. He may be a farmer or mechanic, or he is not particular what occupation he may follow, so he is industrious.

No. V. MELVINA says: I am just twenty, but will not marry before I am ten years older. I am a graduate of the Merritt-Union school, and have been a member of the same, work, from my infancy and am fond of making things. I can do all kinds of sewing, from embroidery to baby patches. I can skate, ride, dance, sing, play the piano or spinning wheel, or anything that may reasonably be expected from my sex. If required, I can act the part of a dancer in society of the kind that is so much the part of a school, and I am fond of dancing, and will allow me to make a dancer: any man may bring two horses, give me my choice and seat, and then, if he overtakes me in one mile, I am his; if not, the horse is mine. beware!

[illegible]

**NO. VI. SOPHY DIE-AWE!** is seventeen years of age; generally acknowledged to have a pretty figure, a face often lighted by a smile, and clothed by her dress in thoughtless fancy; a small, alert, a brilliant hand and arm, which have never been used in washing, ironing, or cooking. Possessing a faculty for entertaining company, though not what could be termed a *fashionable* woman; will do admirably for a "parlor ornament," playing well on the harp, piano, and guitar; a soft but sweet voice as regards vocal music; speaking French and Italian, pretty well.

Her taste is in perfect accordance with the sweet science of flowers; than the dry demonstrations of Euclid. She is gay, happy, and affectionate in disposition, but sensitive to a fault; can be teased only by love. She is an only daughter, and, independent of her father, possesses a very first thousand dollars in bank stock; has been much humored, and accustomed to have her own way, and will consequently require in any responder an immense deal of patience, indulgence, forbearance, and good temper.

These novelties are not the only characteristics required in our most beautiful six feet in height, a fine figure, but not at all fleshy; an intellectual and benevolent countenance; a bright, benevolent eye; a well-shaped hand and by no means a large foot; his hair must be dark and only, like her own, though she is not very particular on this point; he must possess a good moral character, affectionate in disposition, and be capable of appreciating his wife far more than his mouthpiece or wine-cup; chewing tobacco would be an insupportable objection; he must be in age from twenty-

Any bandmate, intelligent gentleman agreeing with the above requisitions, and desirous of becoming acquainted with her, may obtain her name of the editors of this Journal.

NO. VII. BLACK-EYED SOPHIA.—Listen to the story of black-eyed Sophia. I think it was the design of the Innhite that I should dearest single bloodredness, from the fact that I feel myself somewhat incomplete—merely a half-existent—and have been for a long time seeking for the other half. I am of medium height, with charming black eyes, black hair, a fresh, cheerful countenance, always adorned with a smile, and a garb of ruby lips capable of giving and receiving as warm a kiss as one could wish.

No. VIII. J. W. S. thus states his own case: I am twenty-three years old, six feet six inches high, and weigh two hundred pounds. I have good eyes, a good complexion, black eyes and black hair. I have long since abandoned the use of tobacco, and I have never used any kind of drugs; never did use spirituous liquors. I am not particularly smart, but have a reasonable share of common sense, and am called handsome. I am neither rich nor very poor, but to live by economizing a little more, five dollars a future "vegetabilist." I am a vegetarian as far as food is concerned, and I have been so since I was twenty years of age. I have a theory, and would like to be in practice, but to live in Toronto, and to be at other men's tables which are crowded with the "fat of the land," and has a vegetarianism, is a very hard matter. I am amiable, cheerful and affectionate, and think I shall love my wife (when I get one) most devotedly. I want a wife of a cheerful disposition, and a strict vegetarian under all circumstances.

My name may be obtained from the Editors, or by addressing J. W. S.,  
Shelbyville, Bedford county, Tennessee.

No. IX. LEAH pleads for a hearing, and discourses as follows: Acknowledging myself a candidate for matrimony! Ha! ha! not I. NANCY-CATHIE is woman's inalienable right—yet a true heart's devotion offered up before Hyacinth, seemeth to me in as wise idolatry, for Cupid's bearded bow and well-filled quiver, dreaded are I not. Truth to tell, the archer-boy is strangely fascinating, and as, in my dreams of happiness, he dons the artist's robe, retouching and perfecting the golden tints of my glowing visions, I have almost vowed allegiance, when the transformation of enamel into quiver, of pallid into bearded bow, and the slaking of his aver-

I have an ideal companion, a spirit-mute, not so far above humanity but that he has sympathy in common with peasants; eyes gleaming approval upon virtue, and flashing scorn upon dishonest; brow serene in the contemplation of fine effort, and frowning disapprobation upon oppression; lips smiling upon purity and truth, and curling with contempt for meanness, and vice. When the shadow is made substance, this ideal reality, then may the boy and seek with some hope of success for a judgment in my heart, and another time be affixed to that of LEAH.—Address LEAH, Auburn, N. Y.

No. X. PUELLA descends herself as a little over medium height; middling slender form; not remarkable for ugliness nor for beauty; have always had plenty of healthy exercise and fresh air; and pure cold water only beverage. Physiology and hygiene are favorite studies, and claim due diligence to their laws as an up-to-date, but in no manner of literary and style of dress. Prefer neatness, convenience, and natural simplicity of dress and manners, to the vain, gaudy attire and affectation of fashionable society; am confined to no sect, and bound to no man-made creeds.

have a soul that is free, and a heart that beats with love towards the whole human family; am a warm socialist, and a firm believer in spiritual communism.

As regards the requirements in a husband are, that he should not be much over or under twenty-nine or thirty years of age, medium height, full form, with an abundance of dark hair, but not black; large expressive eyes, and intellectual countenance; must be a free-thinker on all subjects, and not afraid to avow what he feels in his soul to be right; must be pure-minded; firm in his principles; must be a man of high education; must be a man of the highest intellect with [www.annadirect.com](http://www.annadirect.com).

No. XL. L. M. J. says: I am a vegetarian in theory and practice; I neither drink tea or coffee, nor taste tobacco in any shape or form; I abstain from any one who uses it; as to appearance, I am six feet high, of a fair complexion, with a few white hairs on my temples, very handsome; my eyes are black, hair jet-black; ambitious but loving; I am between twenty and twenty-three; of good parentage; am both rich and have a good business, by which I can get more riches if I want them; I am a devoted and very desirable one; I am a reformer, and believe in Water-Cure in all its parts; I have been at college for three years; am a lover and teacher of music of all kinds. I am very much pleased with letter number Thirtieth, over the signature of "E. M. C.," and if not too







Mrs. R. E. GLEASON, M. D., who opened the first cure in the United States, went of the Hudson. They have first-class assistants in all departments. The valuable services of Dr. J. V. Lyon have been secured for the ensuing year. Address S. O. GLEASON, M. D., Elmira, N. Y. May 31



**NEWPORT, R. I., WATER-CURE.**—This Establishment, celebrated for its healthy and beautiful location, has been thoroughly refitted, and is now, with its addition of *FLUORIDE*, *SALT-BATHS*, one of the most eligible spots for patients. Address Dr. W. F. RICH.

**NEW GRAFFENBERG WATER-CURE.**—For full, printed particulars, address R. HOLLAND, M. D., New Graffenberg, N. Y.

**GEORGIA WATER-CURE.**—At Rock Spring, near Marietta, Georgia, is a pure, summer and winter. C. COX, M. D., Proprietor. South.

**AUBURN WATER-CURE.** Auburn, Mass. Co. Ala.—Dr. Wm. G. RICH, M.D., N. Y., April.

**THE BROWNVILLE WATER-CURE.** opens on the 1st of May, considerably improved again. Dr. R. H. HARRIS places himself to do his best for those that may put themselves under his charge. Terms—\$6.00 per week, payable weekly. May 1.

**FORESTVILLE WATER-CURE.** at Forestville, Chesapeake Co., N. Y., eight miles from Dunkirk, on the New York and Erie Railroad. For Circular, address the Proprietor, C. PARKER, M.D., July 1.

**HARLEM SPRINGS WATER-CURE.** Carroll County, O., is now in successful operation. R. T. HANNA, M.D., resident physician. For particulars, address

J. W. HILBERT, Proprietor.

July 11.

## WATER-CURE ESTABLISHMENT

For Sale or To Let.

The very desirable property situated at Lake George, N. Y., and known as

### THE UNITED STATES HOTEL

The Hotel contains SEVENTY ROOMS AND UPWARDS, and has all necessary and convenient out-buildings, among which is a spacious *Ice-House*, well-stocked with ice. Connected with the Hotel is a Farm of 100 acres, 20 of which is in *cultivation*; the balance is woodland.

Owners of WATER-CURE ESTABLISHMENTS are invited to view the property, as possessing many of it not only, the required elements for such enterprises.

4517 to 6.

NOTE.—Patent Foli Matting, Bunkers' Clothing, and other necessary articles of Dry Goods for such Establishments, supplied on liberal terms.

## GLEN HAVEN.

A REPORT is abroad, that we are full at the Glen. This is not true. We can accommodate and attend many more, having at this date, June 4, only thirty-one patients, from fifteen different States. The sick need not hesitate to come to us. They will find us prepared to receive them. We have the loveliest spot on the Continent for a WATER-CURE, and mean to live long enough to have accommodated for five hundred sick persons. Water-Cure views us as an idea, not a speculation, and the success of our Physicians already has placed the Glen on an enviable basis as an institution of HEALTH. Their reputation has already caused hundreds from a great distance to visit us. We invite the sick to visit that Glen Haven, a WATER-CURE—*not* a man-shed, nor a watering-place. Circulars will be sent free to all applications post-paid. Our address is Scott, Cortland County, N. Y.

July 11.

## HELP!

DETERMINED to make Glen Haven the best Water-Cure in the world, the Proprietors would like to secure the services of young men to work in the various departments of their institution. We wish to secure the services of those who would like our mode of life, who are HEALTHY, and know how and ARE NOT AFRAID to WORK. We will give pleasant employment, good home, and satisfactory wages. Such may address us. We want kitchen help, chamber help, and bath help. Our Post-office is Scott, Cortland County, N. Y.

July 11.

J. C. JACKSON & CO.

**MUSHROCK & YOUNG MANUFACTURERS**, and keep on hand all kinds of Tin and Zinc Bathtubs, Tubs and Baths, and Children's Bathing Machines. Also, a general assortment of Tin, Copper, and Sheet Iron. 100 Fulton Street, near Ninth Avenue, Sales-room, 11 Madison Lane, New York. June 11.

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

## The Book Trade.

## ALPHABETICAL LIST OF BOOKS ON WATER-CURE.

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When single copies of these works are wanted, the amount in postage-stamps, small change, or bank-notes, may be enclosed in a letter and sent to the Publishers, who will forward the books by return of the next mail.

**The Hydropathic Family Physician.**—A Ready, Practitioner and Complete Domestic Adviser, with reference to the Nature, Causes, and Treatment of Diseases, Accidents, and Casualties of every kind. The whole illustrated with upwards of 400 Engravings. Large volume of 800 pages. By JOSEPH SHAW, M. D. Price, prepared by mail, \$2.50.

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**Hydropathy for the People.** Notes by Dr. Trail. Paper, 45 cents. Muslin, 57 cents.

**Hydropathic Quarterly Review;** a Professional Magazine, devoted to Medical Reform, etc.; with Illustrations. Three years in advance. \$1.00.

**Hydropathy, or Water-Cure. Principles and Modes of Treatment.** By Dr. Shaw. \$1.25.

**Home Treatment for Sexual Abuses,** with Hygienic Management. A Practical Treatise for Both Sexes. By Dr. Shaw. 50 cents.

**Hygiene and Hydropathy, Lectures on** by R. S. Houghton, M. D. 30 cents.

**Introduction to the Water-Cure.** With First Principles. 15 cents.

**Midwifery and the Diseases of Women.** A Practical Work. By Dr. Shaw. \$1.25.

**Parent's Guide, and Childbirth made Easy.** By Mrs. H. F. FOWLER, 60 cents.

**Philosophy of Water-Cure.** By John Ballinair, M. D. A work for beginners. 30 cents.

**Pregnancy and Childbirth.** Water-Cure for Women. 30 cents.

**Principles of Hydropathy; Invalid's Guide to Health.** By Dr. A. H. HANSEN. 10 cents.

**Practice of Water-Cure.** By Drs. Wilson and Gully. A handy, popular work. 30 cents.

**Results of Hydropathy on Constipation and Indigestion.** By Edward Johnson, M. D. 47 cents.

**Results of Hydropathy; Treating of Constipation and Indigestion.** By Edward Johnson, M. D. 47 cents.

**Science of Swimming; Giving Practical Instructions to Learners.** 15 cents.

**Water-Cure Library;** Embracing the most important Works on the Subject. In seven large line volumes. A Family Work. \$1.00.

**Water-Cure in Chronic Disease.** An Exposition of the Causes, Progress, and Termination of various Chronic Diseases. By Dr. James M. GULLY. \$1.50.

**Water-Cure in America;** Containing Reports of Cases. Edited by Dr. Shaw. \$1.25.

**Water and Vegetable Diet in Scrofula.** Canton, Astoria, &c. By Dr. Lamb. Notes by Shaw. 15 cents.

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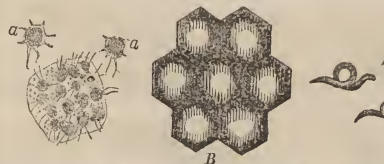
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**WEBER'S ANATOMICAL ATLAS OF THE HUMAN BODY,** and is published by the publisher of the same, New York, from the German edition by Prof. M. J. WILSON, consisting of 1000 water-color figures, natural size, with a complete explanation. For sale, in sheets, or mounted, in a volume, \$1.50. Mounted, \$2.50. May, 1891.



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July 11. 20.

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## VARA: OR THE CHILD OF ADOPTION

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Catalogues of Books and Music sent free to any address. \$1.00  
Any of the above can be sent by mail. July 11.

## General Business.

## DAVIS &amp; KIDDER'S MAGNETO-ELECTRIC MACHINE,

## FOR NERVOUS DISEASES.

## THIS MACHINE IS WIDELY KNOWN AS THE BEST ARTICLE IN USE FOR NERVOUS DISEASES.

IT REQUIRES NO ACIDS OR LIQUIDS.

TO PHYSICIANS AND SURGEONS IT IS PARTICULARLY RECOMMENDED.

Tax Notes—This Machine is enclosed in a neat box having inner lining, which is patented.

The Manufacturers submit the following (many eminent testimonials) to the public.

From Professor Silliman, of Yale College:  
"Mr. DAVIS—Dear Sir—Dr. Walter Kidder has exhibited to me a Magneto-Electric Machine invented by you, and used in the treatment of nervous diseases. It is the simplest and most efficient of operation; it is far superior to any instrument of the kind I have seen. I have no objection to its use in any case where it is indicated. I have seen it used with very desirable advantage."

NEW YORK, April 28, 1854.  
J. S. SILLIMAN, Secretary.

From Professor J. G. of the Smithsonian Institution, Washington:  
"WASHINGTON, March 23, 1854.  
"Mr. DAVIS—Dear Sir—Upon examination I find that your Magneto-Electric Machine is most efficient for its size than any I have ever seen. The improvement you have made in the construction of the machine is very much to be commended. I am, Sir, very respectfully,  
Yours, C. C. FAGE."

From Dr. Chilton, the eminent Chemist.  
"From W. KIDDER—Dear Sir—I have examined the Magneto-Electric Machine in regard to its value for the treatment of nervous diseases, and I have seen it used with very desirable advantage. I have no objection to its use in any case where it is indicated. I have seen it used with very desirable advantage."

NEW YORK, April 29, 1854.  
JAMES R. CHILTON, M.D., Chemist.

MANUFACTURED BY W. KIDDER, whose signature is attached to all genuine Machines, and all instruments upon the same will be protected.

SOLE AGENTS for United States and British Provinces, W. H. WHOM, FAYO, 312 Pearl street, New York.  
DEPOT, also for sale by all Druggists, Wholesale and Retail.  
Sold also by FOWLER and WELLS, 305 Broadway, New York. July 11.

## ARTIFICIAL TEETH.

Manufactured of the best Material, and mounted on Gold or Silver, so the most improved plan, which can be surpassed in regards durability and beauty of appearance.

The teeth newly fitted with pure gold, also skillfully repaired. For those in want of Dental operations would do well to call before it is too late. The genuine specimens of work manufactured by

MEAD & HIGGINS, 833 Broadway, July 11, n.

MATIMONY.—Proposals! not fictitious. A Gentleman, a widower of good family and property, wishes to make the acquaintance of some young lady, of good family, and of good fortune, not to be below thirty—she being advanced in years, though still active, and as capable of making him happy as ever. Any Lady of solid habits, even temper, and good looks. Also one coming fairly AN PROPERLY, disposed to notice these proposals, by letter, and give an answer, can do so with perfect confidence that no advantage will be taken of a FRANK and CONFIDENTIAL correspondence. Address A. Y. Z., to the care of FOWLER and WELLS, New York. July 11.

VACCINE VIRUS.—Letters addressed to J. M. YOCUM, M. D., at No. 139 Seventh st., Cincinnati, Ohio, enclosing \$1.00, will be answered by return of mail, with ten quills charged with Fresh Vaccine Lymph, sent for that sum, (which full directions how to use), and more at the same rate. May 17

## PHONOGRAPHIC INSTRUCTION.

A THOROUGH course of instruction in PHONOGRAPHY will be given by letter, through the mail, by the undersigned, for \$1.00, including instruction book and postage on instruction letters. Eight or ten instruction letters, together with the book, will be sufficient to enable the pupil to perform all the purposes for which long hand is used. This is by far the very best method of receiving instruction in this delightful and useful art. Terms, in ADVANCE.

For further particulars, send for instruction book, postpaid, to T. J. ELLINWOOD, care of FOWLER and WELLS, 305 Broadway, New York.

## THE AVERY SEWING MACHINE

Received the SILVER MEDAL at the New York Crystal Palace over all competitors.

The stitch made by this machine is peculiarly handsome, and it makes a stronger and firmer seam than can be made by hand.

To Tailors, Clothiers, Seamstresses and Families, this is confidently recommended as the best machine in market, for its use. Sewing Machines are every fourth still made by hand, and the seam will still be strong.

AND THE PRICE WITH ALL THE FITTERS IS ONLY \$10.00. For further particulars, send for instruction book, postpaid, to T. J. ELLINWOOD, care of FOWLER and WELLS, 305 Broadway, New York.

RAIN WATER FILTERS.—I continue to make Filters, which have been in constant use in hundreds of families for many years. They will make rain water, of whatever origin, taste, or smell, as clear as crystal. They are durable, and easily repaired, with proper directions. One to suit my service of country in safety. I make four sizes, at \$5, \$6, \$8, and \$10 each. Orders for Filters, or Rights of Territory, will be answered at No. 3 State street, Rochester, N. Y.

JOHN KEEDIE, June 21

## DR. N. EDWARDS,

## DENTAL SURGEON and Manufacturer of Artificial Teeth.

(Late of 333 Broadway.)

Would respectfully notice the inhabitants of the city, and of the country, that he has removed to 333 Broadway, where he can be found at all hours. All operations in Mechanic or Surgical Dentistry performed on more perfect plan than at any other place in this city, or in the world.

—DR. N. EDWARDS, to suit any case or complexion.

—For attendance to receive and wait upon Indians and children.

Ladies can enjoy the utmost privacy while having their work done, and every convenience of a private dwelling will be found.

Ladies' names never given as reference without permission. June 21 n.

DANSVILLE MODEL WATER-CURE, at Dansville, Livingston Co., N. Y., presents numerous attractions for patients and visitors. As arranged, it can be found in the WATER-CURE JOURNAL for June. For further particulars, address to Dr. W. M. STEPHENS, Resident Physician.

SAVERY'S TEMPERANCE HOTEL, and Telegraph Dining Saloon, No. 14 Beekman St., N. Y. Kept on European Plan. Meals at all hours of the day. Lodging Rooms, from \$1 to \$1 per night, or 50 cents per night.

June 21 n. JOHN S. SAVERY, Proprietor.

W. C. & J. NEFF, Dealers in Electro-Magnetic Machines, Telegraph Registers, Receiving C Magnets, and all kinds of electrical apparatus. No. 1113 South Seventh st., Philadelphia. June 11 n.



## TRADE-MARK.

HIGHEST MEDAL of World's Fair  
and Gold Medal of American Institute,  
awarded for these goods.

Warehouse of Company,  
No. 102 Broadway  
AND  
1 Pine Street,

Where may be found

GUTTA PERCHA GOODS,

IN GREAT VARIETY,

Far superior to any other Water-Proof  
Goods in the market, comprising many  
valuable articles for

Export and Country  
Trade,

CONSISTING IN PART OF



Coats, Cloaks, Capes, Ponchos, Oranilla, Leggings, Cape, Sowersters, Camp Blankets, Horse Covers, Carriage  
Cloths, Flasks Covers, Fire Buckets, Travelling Bags, Surgical Articles, Stump Packing, and

## HUNDREDS OF OTHER ARTICLES.

These Goods are free from unpleasant odor; very tenuous, pliable and elastic; not injured by fatty substances;  
and, unlike India Rubber,

**WILL NOT DECOMPOSE AND GET STICKY;**

ARE CHEAPER;

Different from any other Gutta Percha Fabrics made in this country or Europe, and

**WARRANTED TO STAND ALL CLIMATES.**

## CERTIFICATES

From Persons who have tested the goods, may be seen at the store of the Company.

## TERMS LIBERAL.

Dealers are invited to examine these goods before purchasing elsewhere. Orders executed to any amount  
at short notice.

## CAUTION.

BAKE IMITATIONS, made of VARNISHED INDIA RUBBER, are already being offered in the market; therefore, pur-  
chasers should bear in mind that all genuine goods are stamped with the above trade-mark of the Company.

**WILLIAM RIDER,**

PRESIDENT N. A. G. P. Co.

July 11, n.

LAWRENCE'S  
DAGUERRIAN GALLERY,

851  
BROADWAY,  
Cor. of White St.,



Is one of the oldest, most extensive, and best arranged in the World. His PICTURES are  
pronounced, by Artists, superior to all others. Mr. L. received the highest Premium at the  
World's Fair in London for the best Pictorial; and also at the Exhibition in New York.  
In addition to Daguerreotypes, Mr. L. has introduced Photography, or Daguerreotypes on  
Paper, plain (like a fine mezzotint) or colored (like a fine ivory miniature), possessing all  
the accuracy of the Daguerreotype.

PARTICULAR ATTENTION IS GIVEN TO COPYING DAGUERREOTYPES AND OTHER PICTURES.

## SMALL PICTURES

CAN BE ENLARGED TO ANY DESIRED SIZE.

Children of all Ages taken.

**SCHOOL AND FAMILY GROUPS TAKEN—OF TEN,  
TWENTY, OR FIFTY PERSONS.**

PICTURES TAKEN JUST AS WELL IN CLOUDY AS CLEAR WEATHER.

A LARGE COLLECTION OF PORTRAITS

of Prominent Men can be seen at the Rooms (which are free to all) at all times.

A VISIT IS SOLICITED.

June 11 n

M. M. LAWRENCE.

UNDER-GARMENTS, GLOVES, HOSIERY,  
AND  
GENTLEMEN'S FURNISHING GOODS.

AN EXTENSIVE and Superior Variety of the above Goods, at the Lowest Prices for which they can be  
purchased in this Country, will be found at the well-known Importing and Manufacturing Establishment of

**UNION ADAMS,**

June 31 b B

No. 191 BROADWAY, (Opposite the Metropolitan Hotel,) NEW YORK.

## EXCELSIOR SEWING MACHINES,

PATENTED BY E. HOWE, Jr., Sept. 10, 1846.

OFFICE, 140 CHESTNUT ST., PHILADELPHIA.

These Machines are warranted (with proper use) not to get out of repair. They are built in a good, satisfac-  
tory manner, and will do all manner of work done by any other Machine, (except very fine linen), in a manner  
warranted to give satisfaction.

The stitch is the same on both sides, and will not rip or come out any more than sewing done by hand. Call  
and see them in operation at the Office, 140 Chestnut street, Philadelphia.

June 1 y d

W. A. DAWSON, AGENT.

THE COSMOPOLITAN  
ART AND LITERARY ASSOCIATION,

Organized for the Encouragement and  
General Diffusion of Literature and the  
Fine Arts, on a New and Original Plan,  
under the Management of Private Enter-  
prise and Honorary Directors.

This new Association is designed to encourage  
and popularize the Fine Arts, and disseminate pure  
and wholesome Literature throughout the country.  
For this purpose a Gallery of Art is to be perma-  
nently founded, which will each year contain a  
choice and valuable collection of Paintings, Statu-  
ary, &c., for free equal distribution.

The Association will publish and issue to its  
members the best Literature of the day, consisting  
of the most popular Monthly Magazines, Pictorial  
Library Works, &c.

The Officers of the Association for 1854 have the  
pleasure of announcing that the subscription books  
for the current year are now open, and the first  
annual distribution of Works of Art contained in  
the above Gallery will take place in January next;  
on which occasion there will be distributed among  
the members of the Association, free of charge,  
several hundred superb Works of Art, among which  
will be the original and world-renowned statue of

## POWERS' GREEK SLAVE,

produced at an expense of over five thousand  
dollars; also a large and choice collection of mag-  
nificent Oil Paintings—consisting of the best pro-  
ductions of celebrated American and Foreign Artists  
—among which are the works of Egan, Knicker,  
Gardner, Clocan, Frankenstein, and other emi-  
nent American Artists; which, with the constant  
additions made through an Agent now in Europe,  
will make by far the most complete Gallery of Art  
in the United States. The Literature published for  
disseminating among the Members of the Asso-  
ciation for 1854, will consist of the following pub-  
lished Monthly Magazines: The Knickerbocker, Har-  
per's, Putnam's, Graham's, and Godey's Lady's  
Book, all of which are Three Dollar Magazines.

This Association is open to all. Any person on the  
payment of \$2, becomes a Member, and receives for  
one year either of the above Magazines and a free  
ticket to the annual distribution of Paintings, Statu-  
ary, &c., contained in the above Gallery.

The net proceeds derived by this Association from  
the sale of memberships will be devoted expressly  
to the purchase of Works of Art for the ensuing  
year.

The Gallery of the Association will be located at  
Sandusky City, where superb Granite Buildings are  
now being erected for it, and which will soon be  
opened for visitors.

Eastern and Western offices for subscription open  
in New York and Sandusky.

Thus it is seen that the payment of \$2 constitutes  
a membership in the Association which not only  
entitles a person to a ticket in the annual distribu-  
tion of Paintings and Statuary, but also to one  
year's subscription to that Gleaner of the Monthlies,  
"GARDNER'S MAGAZINE."

or other one of the other Magazines given above.  
The Magazines will be promptly forwarded to Mem-  
bers by mail each month from New York and Phila-  
delphia.

Persons remitting funds for membership should  
state the month in which they desire their Maga-  
zines to commence, and also their Post-office ad-  
dress in full, on the receipt of which a certificate of  
membership, together with the Magazine desired,  
will be forwarded to any part of the country.

The increasing interest felt in the advancement  
of the Fine Arts, warrants the belief that this Asso-  
ciation will,

WITH THE POWERFUL AID OF LITERATURE, BECOME

AT ONCE UNIVERSALLY POPULAR;

as it not only cultivates and encourages the Fine  
Arts, but disseminates sterling Literature through-  
out the land; thereby adapting itself to the present  
wants and tastes of the American people, enabling  
both rich and poor to make their homes pleasant and  
attractive, by the aid of Sculpture, Paintings, and  
the best reading-matter which the wide range of  
American and Foreign Literature affords.

The Managers have determined that all which  
energy and industry can do, consistent with judi-  
cious and liberal expenditure, shall be done, in  
order to extend the influence of the Association and  
to augment its power in advancing the true inter-  
ests of Art in the United States.

Subscriptions to the Magazines can commence  
with any month.

New volumes of the Magazines commence in  
July; back numbers from January furnished.  
Books now open to receive names. Offices of the  
Association, in the Knickerbocker Office, 345 Broad-  
way, New York, and 3 Water st., Sandusky.

Address at either office, C. L. DERRY

June 31, Actuary C. A. & L. A.

AMERICAN CRYSTAL PALACE—FOR  
THE EXHIBITION OF THE INDUSTRY OF ALL  
NATIONS.

Open EVERY DAY AND EVENING, (except Sunday,) from 8 A.M. till 10 P.M.

## TWENTY-FIVE CTS. ADMITTANCE

will be the price hereafter on all occasions.

There will be NO FREE ADMISSIONS, with the  
exception of Exhibitors and the Press; and NO SEASON  
TICKETS will be sold.

The Crystal Palace has undergone the most extensive  
alterations and improvements, and is rapidly filling up  
with elegant and interesting specimens of handicrafts  
from every quarter of the globe.

The MACHINERY DEPARTMENT is very com-  
plete.

The PICTURE GALLERY is already the most com-  
prehensive and valuable collection in the Western  
Hemisphere.

The SCULPTURE contributions embody over 300  
pieces of Marble, most of the rare, many of the finest,  
and all of exquisite workmanship. Many choice  
Statues in marble and bronze from Europe.

A section of the GREAT CEDAR TREE from Cali-  
fornia is exhibited, and is the only one of its kind in  
any place of exhibition; but a perfect and entire  
copy from a Tree 95 feet in circumference and 315  
feet high.

Prof. H. Purser, of Haverhill, Cambridge,  
and Mr. J. M. Hatfield, have examined it,  
and report that at the rate of growth shown by the  
sap, and estimated from the annual rings, the Tree is  
300 years old.

Altogether, the Crystal Palace encloses, at this as-  
sumed, more articles of a novel, marvellous and in-  
teresting character, than can be examined in several days with  
proper disattention, and incessant augmentations may  
be confidently relied upon.

An efficient Orchestra of Music will be at attendance  
at the Crystal Palace every morning, afternoon, and  
evening.

The Association offers several Prices of Gold Medals,  
worth one thousand dollars each, or their equivalent in  
cash; also other Prices of Cloth, Silver, Medals and  
Plaques for worthy Inventors, Manufacturers and  
Works of Art.

All articles that are deemed worthy of a place in this  
Grand Exposition of the World's Industry and Art, are  
admitted to ANY CLASS OF EXHIBITION.

TO EXHIBITORS. An efficient Police are in constant  
attendance to insure that the display of goods is not  
infringed, and that the Association is not liable in  
protecting rights established, but the Association dis-  
claims responsibility for loss or damage to such articles.

All unclaimed cases, &c., must be left at the place  
near the door. As the Crystal Palace is a Bonded Ware-  
house, visitors are not permitted to carry away any  
of any size into or out of the Building.

No charge is given, and no ticket admitted on the  
same ticket.  
P. F. BARNUM, President.  
Tickets of admission to the Crystal Palace may be  
had at the Office of this Journal, 303 Broadway, New  
York.

June 11 n

## Varieties.

## HOMŒOPATHIC BROTH.

BY PHILOSOPHOS.

TAKE a robin's leg—  
Mind, the drum-stick merely—  
Put it in a tub  
Filled with water, nearly.

Set it out of doors  
In a place that's shady;  
Let it stand a week—  
Three days for a lady.

Dip a spoonful in  
To a fire-pail kettle;  
It should be of tin,  
Or, perhaps, bell-metal.

Fill the Kettle up,  
Put it on a boiling.  
Skim the liquor well  
To prevent its clinging.

For thickening and salt,  
Take of rice one kernel;  
Use, to light the fire,  
"The Salina Liquor."

Let the liquor boil  
Half an hour—no longer:  
If 'tis for a man,  
You may make it stronger.

Should you now desire  
That the soup be savory,  
Stir it once around  
With a stalk of summer-savory.

If of thyme you choose  
Just to put a snatch in,  
'Twill be flavored also  
If you dip your watch in.

When the broth is done,  
Set it by to "jell" it;  
Then three times a day  
Let the patient smell it.

If by chance he die,  
Say "twice nature did it;  
But if he get well,  
Give the broth the credit.

[Now this may do for the *Homœopath*, but is by no means such a diet as is recommended in Dr. Trall's *HYDROPATHIC COOK BOOK*. Price, pre-paid by mail, only 87 cents, and should be read by everybody, sick or well; by sick folks if they would get well, and by well folks if they would remain so.]

**A PLEA FOR THE MOUSTACHE.—SIR:** A number of men are annually, or semi-annually discharged from Her Majesty's service, under the head of "skin disease." There is one kind (a variety of "acne," which is mainly kept up by shaving; it afflicts the shaved parts principally. It is cured by desisting from shaving and infection; but soon returns, thanks to a broken looking-glass, bad razors, and cold, hard water, the usual materials of a soldier's toilet. I never saw a cavalry soldier with it.

Now, if only as a matter of expense, ought shaving not to be abolished? The arguments of the moustache being a respirator, &c., I can quite confirm. Look at the number of men who come into hospital with affections of the respiratory organs, after one of the common weekly mares on a dusty day,

I am, Sir, your faithful servant,  
FRED. A. SUPPLE.

**FASHIONABLE YOUNG LADIES.**—What is the life of a *would-be* fashionable young lady?

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

**REDUCED COFFEE.**—The Portsmouth Journal tells the story of a man who directed his wife to reduce his coffee with burnt peas from day to day, until he should decide at what point the mixture was unpalatable. The first day, when he expected pure coffee, she gave him all peas. This was very good. Next half; then one-fourth. All very palatable and good. Then came a pot of the "pure and ground coffee," such as may be purchased at a cheap rate at the stores. He tasted it, and exclaimed, "There, wife, now you've spoiled it; you needn't reduce it any more."

Old tea-drinkers, when short of the Hyson and Bohea, sometimes mix the leaves of currant bushes, catnip, and other substances; while old tobacco-topers smoke poppy leaves and moss from trees, for they "must have the drink well steeped and the stuff well smoked." Oh, how foolish—how slavish—how like the savage! Then "hurry up the doctor" for Aunt Tabithy's sick, and poor old Uncle Jonathan get the rheumatism, liver-complaint, or something else, and they want some physic. Then, without inquiring into the cause of the trouble, the doctor feels their pulse, reports "stomach out of order," pronounces them "doubtful,"—must be *very* careful—touch no water. Prescribes calomel, ransacks his saddle-bags, leaves nine doses for each, returns home and charges double. The patients get no better very fast. Doctor calls again: more medicine: tries an experiment. Uncle Jonathan no more. Aunt Tabithy almost dead. Neighbor comes in, gives her a bath; gets better, throws drugs out of the window; chicken picks up all she can get by the roadside, swallows it, dies in two hours; old lady gets well. Special providence and a wet sheet saved her. Will you take a smoke?

**CHEAP FRUIT.**—We hear continual predictions of a glutted market of fruit—when, we ask emphatically, will it come? At the present rate, with the millions of trees set out annually, it seems, on the contrary, to be constantly receding from us, the supply increasing actually less than the still more rapidly-increasing and enormous demand in every direction.

And so it will continue to be for fifty years to come. Fruit is yet to be substituted in part, if not mainly, for flesh-meat, as human food; and just in proportion to the plentifulness of fruit will the use of animal food be diminished. So plant fruit seeds, set out fruit trees. The "nursery business" is to become a great humanizing business, and for half a century, a very profitable business. No possibility of its being "overdone." Young men and young women! here is a fair field for any amount of enterprise. A far more profitable investment than money in bank-stocks, horses, hogs or cattle. Will you not then set out an orchard? Try it. Set one thousand trees next spring, and as many more in the fall. More fruit is wanted, needed, and *must be had* for HUMAN FOOD!

## 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 errors and fallacies of the old systems of medical practice; and a faithful proclamation of the eternal laws of PROGRESS, in all spheres of human interest, as becomes its office as a JOURNAL OF HEALTH AND HERALD OF REFORM.

It will continue to be devoted, as heretofore, to Hydropathy, its Philosophy and Practice; to Physiology and Anatomy, with Illustrative Engravings; to Dietetics, Exercise, Clothing, Occupations, Amusements, and those Laws which govern Life and Health.

As A FAMILY PAPER, the WATER-CURE JOURNAL, embracing articles on a great variety of interesting topics, will incidentally connected with the subject of Hydropathy, will find one of the most useful and attractive publications in existence for the HOME CIRCLE.

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

TO OUR FRIENDS.—We rely upon the FRIENDS of the CAUSE of HUMAN ELEVATION to continue their exertions until a copy of this Journal is within the reach of EVERY FAMILY in which the English language is spoken.

The JOURNAL will be published on the first of each month, on the following extended terms:

## TERMS, IN ADVANCE:

Single copy, one year, \$1 | Ten copies, one year, \$10  
Five copies, " " " | Twenty copies, " " " 10

Please address all letters, POST-PAID, to

## FOWLERS AND WELLS,

303 Broadway, New York.

The new volume commences with this number. Clubs should be made up and subscriptions sent in at once. Sample numbers gratis.

## PROSPECTUS

OF THE

AMERICAN PHRENOLOGICAL JOURNAL.  
VOLUME XX.

The twentieth volume of this Journal commences with this number, and will embrace all the NEW AND ATTRACTIVE FEATURES which have rendered the present volume so eminently popular and useful.

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