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MATRIMONIAL.—The Matrimonial Department will be continued in the next number.

We have not yet received the address of "Melvina," No.5, New Series,—and as we have as many letters for her as we should snppose she would care to answer, would snggest that no more be sent.

Manikins, Skeletons, Drawings, Paintings, etc., etc., for Lecturers on Physiology, Anatomy, and Hydropathy, may be had at wholesale prices, of Fowlers and Wrlie New York.

OUR NEW ALMANACS FOR 1855.1—In order to supply the demand of Agents, Booksellers, and others, resiling at great distances, it becomes necessary for the Publashers to print their Almanacs some months in advance of their dates. They will, therefore, have ready, on the 20th of September, for the Mail or Express, the New Water-Cure and Phrenological Almanacs, for 1855. Price, single copies, 6 cents, or \$4.00 per hundred. Address FOWLERS AND WELES, New York.

Essays.

HERE each Contributor presents freely his or her own Opinions, and is alone responsible for them. We do not necessarily endorse all that we print, but desire our readers to "PRAVE ALL THENGE" and to "HOLD FAST" Only "YERE GROO,"

RUPTURE-HERNIA.

BY JOEL SHEW, M. D.

RUPTURE-HERNIA.

From the Hydropathic Family Physician.

THE term hernia, as commonly employed, signifies a profusion of some portion of the abdominal viscera. The young and the old of both sexes are liable to this ailment. The infant may be born with it. About one in eight of adult males are found to have a rupture of more or less consequence.



POSITION IN RUPTURE.

Hernia is said to be umbilical, inguinal, ventral, etc., according to the position it occupies. It is said to be reducible, when it can be returned into the abdomen; irreducible, when it cannot be; and strangulated, when the protruded intestine is constricted in such a way as not only to preclude its return into the abdomen, but also to prevent the passage of feces through, and the proper circulation in it.

Causes.—The remote cause of rupture is a weakness of the abdominal muscles, attendant upon a state of general debility; or there may be a malformation of the parts. It is a singular fact that hernia is very apt to be transmitted

from the parent to the child. The exciting causes are, excessive crying, as in cases of children; coughing, sneezing, vomiting, lifting heavy weights, straining at stool or otherwise, running, jumping, etc., in adults.

Symptoms .- These will be found to vary, according to the nature of the protrusion. Usually, the larger the rupture, the less liable it is to return into the abdomen. It usually appears of a sudden, in the form of a swelling at or near the groin, after some violent exertion. If it is but a small swelling, it usually disappears when the patient lies down. It is apt to fill out if he coughs. There is often a dragging sensation at the pit of the stomach, and an inclination to throw up the food, especially if the hernia be of the irreducible kind. If the hernia become strangulated, there is flatulency, colic, tightness across the abdomen, and a desire to evacuate the bowels, with little or no power to do so; vomiting, also, of foul matters from the intestines takes place. "If this state of things continue, the inflammatory stage comes on. The neck of the sac becomes tender, and tenderness diffuses itself over the tumor and over the abdomen, both of which become very painful and much more swelled. The countenance is anxious, the vomiting constant, the patient restless and despondent, and the pulse small, hard, and wiry. After a variable time the constricted parts begin to mortify. The skin becomes cold, the pulse very rapid and tremulous, and the tumor dusky red and emphysematous; but the pain ceases, and the patient having, perhaps, expressed himself altogether relieved, soon after dies." In some cases death takes place in a few hours after the protrusion: in others not for many days.

Treatment.—In cases of children there is generally a good prospect of curing hernia, provided the proper means be taken. With good general management, there is always a strong tendency in the young to outgrow the difficulty. If the hernia is at the navel, a pad larger than the aperture should be fastened over it by long strips of adhesive plaster extending in different directions, but which should be removed daily to allow of the parts being washed with cold water to strengthen them. If the protrusion is at

-CC-30

another part of the abdomen, it will often be advisable to put a truss upon the child, of which the physician will be the best judge. This should be continued for some time after the difficulty

be continued for some time after the difficulty appears to be perfectly cured.

Whenever an adult fluds a swelling at the groin, he should at once send for or go to his physician. Many a one has lost his life in these cases, simply by a little delay. Funales, from motives of false modesty, have concealed the fact of their having a rupture till it was too late. True, in many cases, the patient by lying upon the back will be able to return the protruded bowel; but I repeat, if there should be the least difficulty, loss no time in setting medical addict. difficulty, lose no time in getting medical advice.

But it sometimes happens that a physician cannot be had, or if so, not so soon as would be desired. It is proper, therefore, that something be said of the modes of procedure necessary on

such occasions. In the first place, if possible, get the rupture back. The method of doing this by the taxis, as surgeons call it, is easier conceived of than cxplained. Suffice it to say, that gentle and even pressure is to be made upon the tumor—the patient lying down always-and this is to be continued a considerable length of time. If this does not succeed, the legs and lower parts of the body should be elevated; in short, the patient should be hung up, or nearly so, by his heels. This plan is recommended latterly by French surgeons, and it is said to have succeeded in some desperate cases. The reason is plain. The mass of the bowels is made to draw downward, that is, when the patient is inverted, which must tend materially to bring the protruded part back into the abdomen.

Another means which has been universally recommended is, to apply ice to the abdomen, especially about the protrusion. The cold contracts the fibres in such a way as to make it pos-sible often to reduce the hernia. But in the use of ice, care must be taken not to freeze the flesh, else it soon mortifies. A better plan is to use cold water generally. In this way we produce even a more powerful effect—by sympathy—upon the local part than when we use ice. The use of hot water ought never be allowed. How plain it is that bees torde to easily mortification. is that heat tends to rapid mortification-the thing of all others most to be dreaded in hernia. thing of all others most to be dreaded in horma. Not only are the Allopathic, but the Hydropathic work:—some of them, at least—wrong on this subject. I repeat, cold is the better application; for it tends not only to the prevention of inflammation and mortification, but at the same time constringes the protruding mass in such a way as to give it the best possible chance of getting back into the abdomen; whereas heat does not produce any such constriction, but expands it, on a natural principle, and, what is worse, increases a natural principle, and, what is worse, increases the inflammation. Bleeding, likewise, is a doubtful measure in these cases, and certainly not a tenth part as effectual as the cooling plan. "A delicate person," says the learned Druitt, "will not be very likely to bear the shock of an operation, if blee or boiled to death's door first of all."

In a medical journal published a few years since in this city—Dr. Mckleheim's—I find the following cases and remarks:

"In the Journal of Surveyie (Chymnal of Surv

"In the Journal de Chirurgie, (Journal of Surgery,) a French periodical, June, 1845, there were published three cases by M. Morcau Bontard, in which irrigation with cold water enabled that surgeon to reduce the hernial tumors, after the taxis alone had totally failed. The first case the taxis atome nad totally failed. The first case was that of a woman four-and-twenty years of age, laboring under crural hernia, the result of an effort. The hernia had existed for ten hours, and all the symptoms of strangulation were present. The taxis not succeeding, a small stream of cold water was made to fall from a height of three feet on the tumor. The contact height of three feet on the tumor. The contact of the cold water produced a general chill; the muscles of the aldomen contracted, the nausea ceased, the respiration was momentarily suspend-ed, and in less than five minutes from the time the irrigation was commenced, the hernia had escaped from the hands of the operator, and returned into the abdomen.

"The second case was that of a man of thirty five, of robust constitution, who had labored under inguinal hernia for some years. During defecation, the hernia, which was not restrained by a bandage, escaped, and became strangulated. Dr. Boutard was called eleven hours afterwards. The intestine had descended into the scrotum, and formed a considerable tumor. The taxis was re-peatedly tried; the patient was twice bled from the arm, and was placed in a warm tath, but all without success. He was then taken from the without success. He was then taken normal metabath and placed naked on an inclined plane, without being rubbed dry. While shivering from the effect of the cold produced by the evaporation of the water with which he was covered, a stream of cold water was directed on the hernia, as before, the taxis being at the same time restored to. In the course of five minutes the tumor became softer, its pedicle moved, and it escaped into the abdomen.

"The third patient was a young man of twenty-five, likewise laboring under strangulated femoral hernia, the result of an effort. The hernia had existed for eight hours only, but the symptoms of strangulation were beginning to manifest themselves. The taxis alone had been tried, and had failed. Irrigation with cold water, as before, was restored to by Dr. Boutard along with the taxis, and after fifteen minutes the intestine returned suddenly into the cavity of the

"M. Boutard also quoted a case narrated by J. L. Petit, of a robust young man, twenty-one years of age, who had been bled eight times in two days, and with whom all the other means of reduction had been employed without success. A pail of cold water having been thrown over him, the hernia suddenly returned.'

These cases speak for themselves, and need no comment. Fortunate would it be for the world if we should after all find that simple cold water will cure strangulated hernia.

Prevention.—In regard to the prevention of this formidable difficulty, we see how necessary it is that the patient should do all in his power to promote a good state of the general health. He should commit no errors in either exercise, diet, or drink. It is executingly important that the bowels be kept habitually in a free and open

A LETTER.

GLEN HAVEN WATER-CURE, Scott, August 1st, 1854.

J. GREENE, Castile Water-Cure, N. Y.

DEAR SIR :- I have received your pamphlet, Bear Six:—I have received your pampinet, have read it, and am in the main pleased with it. Wherever you may send it and by whomsoever read, it will do good. It states plainly and in unmistakable language, the fundamental idea of Water-Cure—the idea as all Water-Cure Physicians hold it and so add your yours and is. sicians hold it-and so adds your name and influence to the number of those who publicly protest against the monstrous absurdity so prevalent, of attempting to cure disease by agents whose natural action on human structures is destructive. In this respect your testimony cannot be overrated. At the head of a Water-Cure, exercising your influence ou the public mind, the conviction that drug-medication is at least useless, at worst very injurious, will be felt. I re-joice, therefore, at the courage and good sense you display in putting yourself right on the record at so carly a day, as to the inutility and wickedness of drug-poisoning. I say wickedness, because, for the life of me, I cannot draw the distinction as to the culpability of the transaction, between drug-poisoning myself, and my being poisoned by a doctor. Sure am I, that arsenic or calomel will just as certainly work its natural effects when prescribed formally, as when taken

unprofessionally. So that to poison one's self, or to be poisoned, so it is done, amounts to the same thing. This being a doctor and doing the deed according to law; this being a patient and dying according to usage and custom, though

"It sugars over the spider,"

makes the offence none the less heinous. Your pamphlet comes out in good time also, because it is but fair that the COMMUNITY should clearly understand your position. Institutions for healing the sick are springing up rapidly. Most, or many of them, designate themselves as Water-Cures, whilst, at the same time, as you Water-Cures, whilst, at the same time, as you and I understand it, they are not Water-Cures. They do not deserve the name, because their physicians do not illustrate the idea. They do not put themselves into harmony with it. They do not jetled themselves gratefully and in full faith to it. They do not believe it as Doctor Taylor, as you and I, and some others believe it. They do not believe it so as to the by it. Belief in an idea is by life of that idea. It is being controlled by that idea; giving one's self up to the idea; and contemplates a course of action on one's part exactly the counter of those who attempt to control and guide ideas. For in the one, as the pure rise in the idea, see in the one case the pureer is in the ideas. ideas. For in the one case the power is in the IDEA, and is reflected to the man; in the other, it is assumed to be in the MAN, who gives lustre and life to the idea. It constitutes the difference life to the idea. It constitutes the difference between being possessed by an idea and follow-ing it to its "ultima thule;" and possessing it and using it for one's convenience and profit. It is, then, from no mean, low, base, or sordid motive, that I deny the right of any medical gen-tleman to call himself a Water-Cure Doctor or his establishment a Water-Cure, whilst he believes in the curative power of poisons, or administers them in his practice; but for the reason that I feel bound to give my supremest love and respect to the great truth, that God has made the law of cure to be correspondent to and coincident with the law of CREATION; and that theredent with the law of CREATION; and that therefore those agencies, or influences, or materials, or means only, which are useful to preserve health, are powerful to cure disease. Right or wrong, this is my belief, chosen after the profoundest investigation, and wedded to which I am more and more earnestly every day, by reason of its successful application. Right it is therefore to me, and so its opponents are wrong. therefore to me, and so its opponents are wrong. Right it is to me, and so, as an honest man, I am bound to honor, plead for, and defend it. I cannot consent to demen so glorious a truth, by seeming to approve of those who connect in their practice its exposition and illustration, with the exposition and illustration of the drug-system. These gentlemen, unwittingly perhaps, constitute a class of "go-betweens." They take for their motto the old Latin aphorism,

"In medias res tutissimus ibis;" "The safest road is the middle path."

Or, translated another way, reads, "Truth lies between extremes:" a poor, pitiful sophism, all of whose force lies in its adaptation to such only as seek first and last their own success, and mostly at the expense of the TRUTH.

All great revolutions (and the Water-Cure is the greatest of the 19th century) have been beset by this same conservation (not conservating) influence, whose object ostensibly is to take care of nucence, whose onject ostensibly is to take care of and preserve from ruin the new idea. These friends are afraid of extremes. Dear deluded souls, do they not know that the home of the Thurn is on the border of her empire, just at the line of demarcation between her and Falsehood? That it is not at the heart of her domain, but at the extremities of it, that the egg is laid which hatches into TREASON, and so TRUTH does not live or lie between extremes, but in or at extremes? Whether they know, or see, or feel it, it is so; and thus from considerations of caution, of selfrespect, of self-preservation, or of success, the Water-Cure practice—that which the public acknowledges as such-must be as radical as the





idea it illustrates. Its physicians, to entitle them to the name, should in their lives and practice set forth its claims to belief, to general pubile confidence, and to individual trust; as earnestly, as truthrilly, as sincerely, and undoubtingly as one feels called on to show forth the principles of Christianity to entitle him to the

name and character of a Christian.

I am glad, doubly glad, therefore, at the publication of your little work, inasmuch as it communicates the fact to the public that in Western New York there is the Castile Water-Cure, whose physician gives no drugs or medicines, and that those of us who, in the WATER-CURE JOURNAL and elsewhere, have been sedulously laboring to keep for THE PEOPLE the idea which belongs to them, to keep it above ground, so that they could see it, and seeing could appreciate it, have one it, and seeing could appreciate it, have one more out-spoken co-worker. From this hour, Sir, I grasp your hand, as that of a brother's. I do not know you personally. No matter for that. You may not be the most learned of men. I care not a whit about that. You have surrendered to an idea, so you say, "rescue or no restant to the property of the prop cene;" an idea of such magnitude, such glory, such strength and life, that it must vitalize you. I know what I am talking about. I know what it has done for me; that notwithstanding the croaking of friends and the sneer of focs, the prophecies of priests and the prating of physicians, it has made me a better man, a truer Christian, and a more successful physician, than it were possible I ever could have been without it. It took me up at the grave's green edge, and carried me off in its great, strong arms, and as we travelled it breathed into me the breath of life, and I became breathed into me the breath of life, and I became a living soul. For seven years I have followed it. Where it went I have gone, confident, trusting, humble. Three years of the time, I assiduously sought to restore myself, well-nigh put to death by the drng-doctors. The four remaining years I have wrought for others, with what success others may judge. One thing is certain, reputation or no reputation, success or failure, out of 1400 men and women who have been at the Glan in the last four years and no he had of the Glen in the last four years, not one has had at my hands, by my advice, and with my consent, one particle of medicinc. They have come to us from far and near, afflicted with every possible variety of disease known to our country in its chronic form, and at least 95 of each 100 have been well satisfied. Under such circumstances, can one offer a reason why I should have fed these sick with medicines? To have done so, would have been to drop from the heights of common sense into the sphere of the fool. I prefer to soar, to make that descent.

Doctor Greene, the majority of physicians occupy the stand-point of faithlessness, in the matter of curing disease. And this scepticism has led to all the intricacies so manifest in the art of healing. They have no fixed principles. The theory of to-day is supplanted by that of to-morrow, and the remedies follow suit. Those which are greatly in vogue in one generation, are sturdily condemned by the succeeding. And thus doubt envelops the whole question. May not water-Cure physicians rejoice that they are not thus troubled? To them there is no doubt, they know that the law of Water-Cure is supreme; that Hippocrates and Galen are not their authority, but a greater than these, who is God. HE is their authority. They study the human organ-ism from His point of view, and of course have faith in their means. They staud to this matter, where they can, as it were, summon Almighty Force to their aid; for whoever corresponds in his actions to the demands of a law, by so doing secures the strength and force of that law on his side. How far this view may be extended I do not pretend to say; but I am prepared to say, that the extraordinary cases of cure in the various Establishments over the country, whose practitioners give no medicine, have demonstrated the fact that some agent, or force, or power, or influence, new, strong, and strange to on-lookers, did the work. It is not exaggeration to declare

that the people in very many localities have been astonished, made dumb at our success. They know not what it means. They cannot comprehend it. They reason from the seat of Science, we from the platform of Faith. They scout nature and adopt art. We subordinate art to the authority of God. They combine the wisdom of man as it has descended through the ages, and use it as a guide. We take God's wisdom, as at the beginning, and test man's wisdom by it. As a consequence, we look for just such results as are wrought out in our Cures, whilst they stare at them with eyes as large as goggles, and are only saved by the general intelligence of the present day from preferring formal complaints against us of having dealings with the Devil. In my own neighborhood some of the less intelligent of my fellow-citizens have been so astonished at some cures which have been made, as nearly to upset their common sense. They cannot understand how a true art of healing must be marked by simplicity of means. The Scriptures, though full of illustration ou the point, help them not at all. They cannot see that as the physician adjusts himself, in his relations to his patient, to the use only of those means which the Creator has established, he approximates to the "gift of healing. His own faith makes him strong, and his strength is communicated to those under his care. I know that my success in some of the most difficult cases I have ever treated, has depended on my unswerving confidence in the foundation-principle of Hydropathy, a confidence that knows no abatement, that deepens by time, and that teaches me that in the department of healing, the wisest and most skilful are yet as babes. Beyond our present knowledge lies an Arcana whose powers will yet astound the dullest comprehension. What we now know, is but a sand-grain to the sum total which is yet to be known on this subject. The revolution has begun: the people are awaking as from a deep, sickly, unpleasant dream. The doctors are watching us. Let all of us who have faith in Water-Cure, honor our idea. Under no temptation let us swcrve. Let those who have faith in poisons use them, but not for a moment should we consent to have it go abroad, that Hydro-druggists and Hydropathists represent one and the same cause

It is not needful that we should speak harshly of them, but we must keep before the people the fact that Water-Cure physicians use no medicines, for the reason that they have found a more excellent way. Oh, what a glorious work we shall achieve, if we bring the masses to be conscious of the injurious effects of drug-medication! What falling off of pain, of wearisome watchings, of heart-breaking, of newly-made graves, and of weeds of wee! We talk of the healthful effects of ceasing to use intoxicating liquors as a beverage; a great reform truly. But I know one that would run parallel with it in all respects as a great

redemptive measure, and that is The ceasing to take POISONS as medicine.

Doctor Greene, in saying what I do against drug-giving, I am in conflict with my interest. To be sellish, I must keep silent on this point, letting the profile remain unribuned, and the physicians remain unrebuked. For to the popular modes of treating the street, do I owe my extensive practice. My larger half of guests are those who have been smitten by poison, till life is scarcely left. Weak, feeble, cadaverous, irresolute, suffering hourly agonies from the effects of poisons lodged in their tissues or in their circulation, or from the effects of poison on their tissues, they come great distances to seek relief. When we part as physician and patient, we generally part for ever. They go home forsworn of medicines, to live as God commandeth them, in conformity with common seuse, and their latter end will be the days of their rejoicing. It is then from the promptings of humanity that opposition to drug-giving arises, and not from sellishuess. So long as people take medicines, so long will the Water-Cure doctor how all the business he

But I must close; I trust that all good Water-Curcs will be filled the coming winter, and that those having the sick in charge may restore them, and send them home to preach glad tidings of great joy to those who have not heard them.

I am, yours truly,

J. C. JACESON.

CHRONIC POISONING.

BY SOLOMON FREASE, M.D.

The medical profession have for hundreds of years been endeavoring to find out and explain the action of medical poisons on the human system. but as yet, those who use them seem to know but little of the philosophy of their action, or their ultimate effects on the animal economy; though of the latter many of thom are by no means ignorant, as will be seen. But as a general rule it is enough that, after a certain substance has been administered, the patient is relieved of the particular symptoms of which he suffered; whether he die in six months or in ten years, as a consequence of the remedy, seems not so much to have engaged their attention. Says Dr.Christison, in speaking of corrosive sublimate, "the immediate and prominent properties of corrosive sublimate have received some elucidation. But its qualities as a slow poison, as well as the less active compounds of mercury, have not been examined with the same care." What is here said of the compounds of mercury as a slow poison, might be said of all the other medical poisons as well.

We should expect that, after the best-educated minds had been philosophizing over and experimenting with these so-called remedies for so long a time, there would be some agreement among them as to their action, if there was knowledge on the subject, and that in case of the failure of such agreement, or the demonstration of such knowledge, after such long and fruitless efforts, they would begin to think there was some fundamental error, and that, consequently, the whole superstructure might be false. But we see little evidence of this condition of mind among our medical brethren who advocate the use of poisons. Notwithstanding they will quarrel among themselves about the action of almost every sub stauce in the Pharmacopæia, the moment any one not orthodox ventures to suggest that the whole thing may be a mistake, the fraternity almost with one accord are down upon him, loading him with terms not the most flattering or respectful; as "presumptuous upstart," "quack," "ignorant pretender," &c. It does seem presumptuous, I know, to question the fallibility of their creed, but there have been and are other errors and hoary-headed abuses that have stood through long ages, and have employed in their defence talent, learning, and every thing claimed by the regular profession of medicine, yet they have crumbled or are crumbling away beneath the light of reason and science. beneath the light of reason and science. So it will be with medical delusions. The signs of the times indicate it. The Homcopathists a ve demonstrated that small doses do mo. *oo. or less harm, than large ones. The Eelectic of wing, have abando red bleeding, calomel, anti-ary, and other of the more destructive agents c the Regulars, and their success has been, competatively outle craftiving. The statistics show. Regulars, and their success has been, competatively, quite gratifying. The statistics show a much larger per ceutage of cure han do those of the old school. Judging from thes facts, and the success of the Water-Cure, we cannot doubt nut that the monstrous delusion called medical science, which recognizes to most malignant poisons as remedial, will be swep, way, and be succeeded by the Water-respective ounded as it is on Hygiene, and em radiug as it does the eternal principles of all true models called the success the eternal principles of all true models called the success the eternal principles of all true models called the success the eternal principles of all true models called the success the eternal principles of all true models called the success the eternal principles of all true models called the success the eternal principles of all true models called the success the eternal principles of all true models called the success the eternal principles of all true models called the success the eternal principles of all true models.

Let us now proceed to come the contour of some of these pretended remedial agents, and





their effects on the organism. The following { quotation from the United States Dispensatory will serve to show the extent of their knowledge of the leading agent of the Regulars, which has so long played a conspicuous part in the annals of medicine: "Of the modus operandi of mercury we know nothing, except that it probably acts through the medium of the circulation, and that it possesses a peculiar alterative power over the vital functions, which enables it in many cases to substitute its own action for that of disease." It may do very well to cover one's ignorance to say that a substance substitutes its own action for that of disease, but after all it amounts to just about this, that "of the modus operandi of mercury we know nothing." To say that it subverts diseased action by substituting its own is a bold assumption, and not warranted by facts. If the action subverted is diseased action, that substituted is no less diseased. One manifestation of vital resistance to destructive agencies is subverted, others, often more dangerous to life, are set up. Admit that, in some cases, this mercurial action does not manifest its destructive tendency immediately; there is no room to doubt but that its deadly action commences immediately, and will sooner or later develop itself in some form of disease, though we may not always be able to trace the effect of its cause; for, owing to the multitudinous forms in which its action manifests itself, this is not always an easy task. Dr. Druitt, in his Modern Surgery, a standard Allopathic work, bears testimony as follows:—
"The consequences of such reckless (mercurial) medication present themselves to the physicians in dyspeptic affections, chronic headaches, pains in the limbs called rheumatic, &c.; and to the surgeon in the more striking forms of alveolar absorption and adhesions, inveterate ulcerations of the fauces and nostrils, where no specific taint has been suspected; and in various degenerations, malignant and semi-malignant, of glandular or-"Moreover, the evil does not stop with the individual, for where important elementary tissues are so deteriorated in the parents, a constitutional infirmity will be set up in the offspring, which, if it may not be called scrofulous from birth, is the most favorable condition possible for the development of that diathesis, whenever cooperating influences shall assist the unfortunate subject.

Here is an admission from an advocate of its jndicious (?) employment, that mercury in its dif-ferent preparations tends, not only to produce a variety of diseases in those to whom it is administered, but manifests itself in the offspring of those who have been subjected to its baneful influence. And the language used is not too strong. Mankind have come to dread it, not only instinctively, but from observation and experience of its effects; and very often the first sound that meets the ear of the physician as he enters the sick room is, "Doctor, I don't want you to give me calomel."

Even if we admit, for sake of the argnment. that patients who use it sometimes recover from the particular form of disease with which they afflicted, sooner than they would without it. its ultimate as well as its present effects should be considered. I have a man in view now, a large muscular man, who at the age of 25 years was robust and healthy. He took the bilious fever. Calomel was administered. He recovered from the fever, but he was shorn of his physical strength and beauty. His bloated legs and sightless eyeballs reveal the direful effects of this Sampson of the old-school physicians. Those who have had experience in treating this disease by the Water-Cure system, need not be told that these are necessary consequences of fever. They are the consequences of poisoning.

Whether these results are produced by the mercury remaining in the system, or by its passage through it, matters not; its destructive tendencies arc alike unmistakable. I know it is now claimed that poisonous medicines enter the system, cast out disease, and then pass off themselves. Says Dr. Headland, "Mercury, being un-natural to the blood, passes at length out of the system through the glands, and acts as an elimi-native." We have no evidence that it all basses native." We have no evidence that it all passes out of the system in the summary manner here indicated; nay, we have very strong evidence to the contrary, in the feelings of those who have been unfortunate enough to take it, at every change of the atmosphere, if we had no other proof. On the iutroduction of poisons, the system will do the best it can to rid itself of their presence, and often succeeds in throwing all or a portion of them off by vomiting, or through the exerctory organs of the body; hence it may be found in the saliva, the urine, &c. But it has also been found in nearly all the fluids and solids of the body. The organism, when unable to expel it, protects itself from its destructive influence as well as it can, by "sliming it up." We know that when poisons, as arsenic, calomel, &c., are taken into the stomach, that organ immediately secretes an increased quantity of mucus to protect itself, in which the poison is enveloped; and when they once enter the medium of the circulation in quantity not large enough to produce immediate death, they may be carried out with the exerctions, or remain in the solids of the body as foreign substances. But I cannot now pursue the investigation of this subject, though it is full of interest. At some other time I may do so, as I am in possession of ample proof of its truth, as are all Water-Cure physicians of experience. But as it does not particularly concern my present argument, I postpone it,

But it is not mercury alone, in its different preparations, that is destructive to the system but as it is more frequently administered and does its work more insidiously than many others it has undoubtedly done more to undermine the health of mankind in those countries where it has been extensively used as medicine than any other substance. Still it alone should not be made to bear the whole burden of the disease and degeneracy of a drug-smitten world. Its sins have been many and grievous, but there are other and great sinners besides it. Let them be responsible for their own actions. Arsenic is considered a good medicine in intermittent fevers, convulsive disorders, skin diseases, &c. Well, what are its actions? Does it, after entering the stomach and being absorbed, go the rounds of the circulation, carrying the disease before it; or, driving it out in some other way, pass off itself, leaving no bad consequences behind? We shall see. Arsenic is one of the most deadly in the eatalogue of poisons. More persons are said to be killed by it than by any other poison, but I doubt it. If the truth were known, calomel would be seen to have killed ten to one, not perhaps on account of its greater incompatibility with health and life, but because of the greater quantity which finds its way into human stomachs.

Arsenic often produces death suddenly; but it does not always do so. It can be given in small doses for a long time, doing its work effectually but insidiously; giving rise to symptoms of other diseases, and thus lead the mind astray. How often are we thus deceived in the examination of cases, attributing the disease to this, that, or the other cause, when it is a case of slow poisoning from the action of "medicine."

Dr. Alfred Taylor, in his work on poisons, page 258, says: "I belive this mode of poisoning (chronic) to be more frequent in this country than is commonly supposed; and it behooves practitioners to be exceeding guarded in their diagnoses, for the usual characteristics of arsenipoisoning are completely masked. The symptoms might easily be taken for chronic in-flammation or ulceration of the stomach, leading to perforation. I have lately had to examine a case of this kind, where the death of a person had been caused by his housekeeper, under somewhat similar circumstances. The crime was not dis-covered until after the lapse of two years; and from the small doses given, and the repeated vomiting during life, no arsenic could be detected

in the body." What is the inference to be drawn from this quotation? Is it not a key to unlock the entrance to a knowledge of the cause of much of the chronic disease and misery with which the world is filled, rendering life, which would otherwise be a condition of exalted happiness, a burden, and death not unfrequently a welcome visitor? By these small doses—the very plan pursued in the treatment of disease—the victim is poisoned without knowing it. The characteristics of acute poisoning are masked, and those of the chronic form-among which are inflammation of the stomach, enteritis, inflammation of the conjunctiva, exfoliation of the cuticle and skin of the tongue, salivation, jaundice, &c .- are set up. Suppose a physician finds a patient suf-fering with intermittent fever; and administers Fowler's solution, or some other arsenical preparation, for a longer or shorter time, in small doses. The patient finally recovers from the fever; but three months, or two years, or ten years after dies of inflammation of the stomach, gastro-enteritis, jaundice, or some other form of disease to which this medicine is known to give rise; does the physician know, does anybody know but that death resulted from the arsenic? Is it not likely that it did? Is it not likely, yea, absolutely certain, that thousands die annually by this slow poisoning; not by arsenic alone, but by the thousand other poisons of the Materia Mediea as well, given by physicians, not to kill but to cure? To the organism it matters not what the intention may be of the one who administers the poison. It will work out its legitimate reupon the system. Sooner or later the body will feel its destructive influence, and perhaps moulder in the grave; while the physician may be reaping honors and rewards for having suppressed the original malady for which it was given.

Death has been known to result from sulphuric acid many months after it has been administered. I quote from Taylor on Poisons the following case, which is full of instruction: "A young woman swallowed about a tablespoonful of sulphuric acid on the 4th of January, and died from its effects on the esophagus on the 14th of November following, from innutrition. This was forty-five weeks or eleven months after she had swallowed the poison. There is no doubt that the acid may prove fatal at all intermediate periods, and at intervals much longer than this, but the longer the event is protracted, the more difficult will it be to ascribe death to its effects." If sulphuric acid may produce death eleven months after being taken, why not in eleven years? and if the difficulty of tracing the effect to its cause is increased by the length of time, who can say how many have been poisoned by

who can say now many nave been possible by it without a knowledge of the fact?

Dr. Richmond, in his discussion with Mr. Brittan in the Spiritual Telegraph, mentions the case of a man in Nelson, Portage Co., O., who was bitten by a rattlesnake, and died in consequence 17 years after. The virus of the rattlesnake has lately been recommended by some medical men, as a highly valuable medicine-a specific in fact for some diseases

I have shown that the symptoms of poisoning I have shown that the symptoms of poisoning with a single agent are not always uniform; that they correspond with those of other diseases, and are sometimes so completely masked, even in acute poisoning, as to baffle the skill of the most experienced. The following case, taken from Taylor, which occurred to Dr. May, will serve to illustrate this more fully. A child ate some paste containing arsenic, which had been prepared for destroying rats, and likel in about eight hours. for destroying rats, and died in about eight hours after; and so completely were the symptoms of arsenical poisoning masked, that Dr. May observes, that had not the child been seen to eat the paste, there was not a symptom, nor after death any morbid appearances, to indicate the true cause of its illness. In chronic poisoning, of course the difficulty of making a correct diagnosis is greatly increased.

But if it is so difficult to ascertain the symp-



toms of poisoning by a single agent, how vastly is the difficulty increased when poisons are administered in combination, or different ones singly, or some singly and some in combination, every few hours or every day, sometimes for months, as is usually the case in disease. It would defy the wisdom of all the toxicologists in the world to give the symptoms of this kind of poisoning. It should not be concluded, therefore, that persons are not poisoned by the op'um and arsenic, calonel and quinte they have taken, because there are no well-defined symptoms corresponding to those given in the house.

responding to those given in the books.

Many think poisons are dangerous only when taken with intent to kill, or by accident, or perhaps when administered by Ignorant physicians! This is a great, and to many, no doubt, a fatal mistake. They are just as much poisons when administered by the most skilful, with this difference, that the dose is so graduated as not to produce immediate death. The former is acute poisouing, the latter chronic. In the one case the symptoms are generally well marked, and easily traced to their cause; in the other they are obscure or masked, and generally attributed to some other than the read cause. In the former, death generally takes place specify; in the latter, it is often prolonged for many years.

latter, it is often prolonged for many years. It is a fact that the best-educated physicians, those who that the best-educated physicians, those who that we devoted much of their time and talents to the subject of poisons, differ widely as to the mode of action and the effects of some of the leading ones that have long been in use as medicines. Take calonel, for instance. They do not agree as to the diseases in which it is proper to be used, the does to be given, its action, or the changes it undergoes in the system, when taken in any quantity. It was for a long time regarded as a very valuable and almost the only reliable agent in syphilis and chronic hepatesis. But latterly M. Ricord, Dr. Hays, and others, have proved that it is unuecessary in syphilis; and Dr. Chapman, Tweedy and others agree that it is a potent cause of inflammation of the liver. By some, it is contended that calomel, (chloride of mercury) when in the stomach, is changed into corrosive sublimate (bi-chloride of mercury) by the free muriatic acid of the gastric juice, or any of the alkaline chlorides with which it may come in contact. Others deny it.

To show their agreement as to the quantity proper to be given at a dose, I cannot do better than quote from Christison on Poisons. A man was arraigned for poisoning his wife. He had purchased in a suspicious manner four doses of calomel varying from 30 to 60 grains each. "On the trial, Dr. Cleghorn and other vintesses gave their opinion that the dose purchased by the prisoner, if administered, would cause the symptoms and morbid appearances observed in the case. On the other hand, Dr. Gordon deposed to the effect, that all the symptoms of the case might arise under the operation of natural discase, and that such doses of calomel were by no means necessarily injurious; the late John Bell deposed that it had even been given in much larger doses without injury; and the profession are now well aware, though not at the time of the trial, that in the very malady alleged by the prisoner to have carried off the deceased, namely, dysentery, calomel, in repeated large doses, is accounted by many a proper method of cure."

They differ with regard to the operation of arsenic. Some, as M. Flandin, maintain that it is an accumulative poison; that is, that one dose after another may be taken without any perceptible effect, till the combined influence of the whole is felt; others, as Dr. Taylor, do not so consider it. Is it not all-important that before agents so deadly in their nature are recommended by medical authors, they should have a correct knowledge of their mode of operation on the system? And if the most learned cannot agree—those who have had extensive opportunities for observation and study—what must be expected of the thousands of half-cducated physi-

cians scattered all over the country, and dealing out those dealty agents with a liberality proportioned to their ignorance?

A recent trial before the police court of Cincinuati will further illustrate the condition of medical science in the hands of those who claim to be its exclusive guardians and depositaries, and show clearly their knowledge of the action of the agencies they employ to combat disease.

Dr. W., a German physicia and mydical author of age and experience, was called to prescribe for a child two and a half years old. He ordered one-third grain nux vom'ca, which produced no praceptible effect. He then ordered four-fifths of a grain four times a day, which likewise failed to produce any obvious effect. He then ordered several dosys, each containing one and one ninth grains, the first dose of which proved fatal, according to the testimony. Medical witnesses—professors of medical colleges and others—were examinel; some testified that such results should have been expected under the circumstances. Others, equally learned, deposed that such consequences should not have been looked for. On the question coming up, whether it was an accumulative poison, no one of the medical witnesses would venture an opinion, though without doubt they had all used it "scientifically" in their practice. Judge Stallo, one of the most thoroughly-educated men in Cincinnati, who had been himself a professor of chemistry and toxicology in the leaving medical college in that city, acting as counsel for Dr. W., said, "If this physician is put in the penitentiary for what has been done in this case—if every error or mistake is thus to be inquired into, in two years not a physician will be left out of prison in Ohio."

If the reader will bear in mind the leading points proved in this article—that the symptoms of poisoning by a single poison are not always uniform—that when different ones are administered periodically, as is usually the case in disease, it is still more difficult and often impossible to tell whether they result from the medical poisons or not, and that they may remain in the system, or produce effects that lead to death, years after their introduction, the patient or rictim being ignorant the while of the cause of his maladies—that the most learned physicians are yet undecided and disputing about the qualities and actious of the medicines that have been in use for ages—by bearing these things in mind, you will be less likely to swallow their death-dealing potions, whether under their true name

of poison, or their more seductive one of medicine.

Sugar Creek Falls Water-Cure, O.

HYDROPATHY

BY H. KNAPP, M.D.

That this is a world of progression, and the present age one of steam, will not be questioned by those who have eyes and ears. Hence, he who expects to find things the same at two different periods of time, will assuredly be disappointed. Change is a law of nature which is in daily operation; and hence the man who would keep pace with the times must not slumber. He must be a student, both of persons and things. Truth is alone unchangeable. In nothing is change more frequent than in the new sciences and systems of reform, which, though imperfect at first, are culculated to benefit the world, and elevate it to the highest position of intelligence and purity of which mankind is capable of attaining.

It is not the nature of things to spring into perfection at once, yet there is a class of persons known by the name of "old fogies," whose case is very hopeless, since they imagine that what they don't know, is not worth knowing. They are found connected with all societies and all systems of reform. Even the Water-Cure is not

without those who imagine that Priessnitz comprehended all the science and experience of Hydropathy; and hence, in their opinion, any one who differs from his practice is wrong, and knows but little of the treatment of diseases by water. The Water-Cure system is, comparatively speaking, in a state of infancy, and many new truths are yet to develop themselves.

are yet to develop themselves. Eight years' experience in Hydropathy has suggested to me many changes in the use of water, that I have found improvements on the early methods of using it. The first change I would mention, and which I deem the most important, is the use of tepic instead of cold water. I am certain that injury has been done, not only to individuals, but to the Water-Cure system, by the too free use of cold water.

Many seem to think the only virtue or remedial agent there is in water, consists in its coldness, and its application in cold rooms. I have frequently heard persons boast that they have taken a sponge-bath of *ice*-water in a cold room every day during the winter.

There may be those who can thus use water and live, but most persons would die under such treatment. Ab person can do it with impunity. Patients often come into my office to inquire if the water-treatment will agree with them; and after being assured that it will, they will look wonderfully wise and asy: "It does not, for I have tried it." Ask them how they have tried it, and the reply is usually, they have bathed as above described. My reply is, "that such treatment will not agree with any person." Such kind of treatment is the prevailing idea of the Water-Cure; and hence the mere ment on of it is enough to give invalids the ague in August.

Drug-doctors are continually harping upon being frozen up in a butt of water, or packed away in ice sheets, ice, which so terrifies the people that they have the greatest dread of the Water-Cure.

These physicians know no better, as is shown by their occasional use of water, when they not only fail of success, but produce positive evil. Then they are very loud in denouncing it, assuring the people that they have tried it and found its baselon.

With as much consistency might the professed with as much consistency might the professed mathematician pronounce the science of mathematics a humbug, because, forsooth, he failed to solve a problem. By erroacous applications of cold water to the system, one of two evils must follow, viz.: it produces too great and protracted chill, or if there is vital power enough to react, the reaction is so great that inflammation ensues, which makes sad work on the nerves. In either case much injury is done. Nervous persons suffer more from the nse of cold water than others; yet no one can use it long and not be nervous. The shock, as well as the inflammation produced by the reaction, is very deleterious to the nervous system.

We should bear in mind that heat and cold are relative terms; and that the individual, not the thermometer, is to be the test. If we follow instinct more in this matter, we shall choose nearer the right temperature than we do now. I very seldom use cold water, since tepid answers a better purpose, securing the desired object without involving the dangers and evils of the cold. Requiring patients to bathe in cold water, or to follow one cold bath with another before re-

Requiring patients to bathe in cold water, or to follow one cold bath with another before reaction of the first has taken place, is bad policy. I find that patients do much better to take a warm sponge-bath when they have a dread of the tepid bath, and immediately on getting through with the warm sponge, take the tepid. I never allow them to wash in cold water, nor in a cold room. The great evil in washing in a cold room is, the cold air abstracts a certain amount of the nuimal heat, which, in addition to that abstracted by the water, leaves the system minus vital power and animal

But if parents will use cold water on the rown persons, let me entreat them to have mercy on their helpless children. Do heed their cries and



entreaties to warm it just a little! Nothing is more heathenish and barbarous than to bathe children in cold or nearly cold water. I believe it injurious to wash our hands and faces in cold

winter water. Those who do it, will find that they have rough and cracked skins. The saffering of children while being washed

is but small compared with the evil effects that often follow the application of cold water to the head, viz.: congestion of the head or lungs, espe-cially the latter. True, cold water so applied will make precocious children, and it will also fill the graveyard with the opening buds of infancy. I think it will be found that more children die with head diseases since the use of water has been in vogue, than before; and for the rea-

son already given.

The fact is, the brain requires and receives more blood than any other organ of the system. The application of cold water to the head increases the amount, and hence it is no uncommon thing that children, especially "smart ones, die as above stated with head disease. Indeed, it has become a proverb among our mothers at least, "that such children are too smart to

live," and it is so.

By such treatment the brain becomes too active and large for the body, and, like a powerful engine in a small boat, soon shatters it to pieces and sends it to the bottom. I cannot close my remarks without entreating mothers in the name of humanity not to attempt to toughen, as it is called, their children by half-clothing them in cold weather. My heart has ached as I have seen them thus exposed to the piercing winds of a northern winter. Many a mother has thus sown the seeds of premature death in her offspring, for which she has solaced herself by calling it a "mysterious Providence."

If you would have healthy, robust children, see that they are warmly clad, especially their extremities. In connection with cold bathing, I would utter my disclaimer against the prevailing practice of rubbing the skin with coarse rough towels or horse-brushes. No error in the water-treatment is more injurious. A healthy skin is smooth, soft, and velvet-like; and any thing that

smooth, soil, and velvet-rise, and any ming that irritates it and makes it rough is injurious.

But few of the people understand the functions of the skin, or the importance of a healthy skin to a healthy body. My limits will not allow of my discussing the matter here. At some future time I may take it up. I approve of gentle rubbing of the skin with soft cloths; or, better, with the case healthy the latter whether the content of the skin with soft cloths; or, better, with the bare hand. But it should never be rubbed any way to produce unpleasant sensations

If we credit the reports of patients who have taken treatment at our Water-Cure Establish-ments, the heroic or cold treatment is too much

in vogue in them for their good.

NUMB PALSY AND THE WATER-CURE.—Having employed the services of Mr. Duncan in a case of "numb palsy" with which our aged parent was afflicted, and who had been given up by several eminent physicians as incurable, he commenced the Water-Cure, and in two weeks from the first application of water we had the unpeakable pleasure of seeing the patient walk across the room—a thing which we did not expect ever to witness again. At the time Dr. Duncan took the potient in charge, she was enhelp, she is all the way of the decire and a little plant of the patient in the growth of the property of

The above is only one case of several that have come under our notice, equally successful. We would recommend the above physician to any of our readers who are tired of Allopathists .- Pa. True American.

[We have the testimony here of an impartial witness, an intelligent witness, editor of an influential paper, who speaks from positive knowledge. Is the water comparable to "pure gennine cod-liver jish oil?" We pause for a reply. Where is Old Dr. Jacob Townsend? Where is the "pepsin" man? And where is the "North American Donbie Back-action Rat-trap and Hen-persuading Company?" Are there no new patent all-healing ointments, curc-alls, and "all-fired annihilators" to be trumpeted abroad? The world is going quite too slow. "Only 25 cents a box. Warranted to put anybody through before daylight."

Practical Water-Cure.

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

CHRONIC INFLAMMATION

BY O. V. THAYER, M.D.

The following oases I have selected out of my "Note-Book," from a list of others of the same character, to show the superior value of water-treatment in chronic inflammation of joints, consequent upon sprains. There are, at the present time, many persons suffering from lameness of years' standing. They have no doubt tried blisters, setons, moxas, liniments, and lotions, with-out number, which have done more to increase the disease than to relieve its action, until they have come to the painful conclusion that their disease is incurable, and the remainder of their days must be spent hobbling about upon crutches. But to all such permit me to say, there is hope yet. Water, when properly applied, will cure lameness of long standing, even where all other remedies have failed, and no case should be given up as incurable, until a thorough course of watertreatment has been tried.

Case 1.—Miss H——, at the age of sixteen years, sprained the joint of the knee, as she jumped from a fence. She felt "something snap or give way in the knee," as she expressed her-self. At the time of the accident the pain was so severe, she fainted; the joint swelled immediso severe, she tainted; the joint swelled immediately very much. A physician was sent for, and then commenced the routine treatment, by counter-irritation, with blisters, setons, moxas, liniments, plasters, lotions, etc., etc. The inflammation and swelling continued in spite of all their remedies, and for eight years she was unable to walk without the use of crutches.

A number of the first physicians of this State were consulted, and no pains or expense were spared, that she might have the advantage of their large experience and skill; but all their

prescriptions proved abortive.

Finally, as a last resort, she concluded to try water-treatment, and came to our Cure for that purpose. At the time of commencing treatment, her knee was very much swollen, painful, and tender. She could not bear her weight on the lame limb without suffering much pain afterward. The flexor muscles were somewhat contracted, and it required a great effort to extend the leg.

She took a thorough course of treatment, viz.: packing, shallow, half, sitz, douche, and all other baths generally used at similar institutions; changed from time to time as circumstances required, with local applications to the knee; hot leg and knee-baths, hot and cold douches, hot fomentations, followed by a cold dash; wet compresses, with mild friction with dry hand after each bath. She continued the treatment six months, at the end of which time the lameness and inflammation had disappeared, her limb was restored to its wonted activity, and this female changed from the dishcartened invalid to a young lady of buoyant spirits and bright anticipations. Four years have elapsed since her sojourn at our Cure, during which time she has had no return of her lameness.

CASE 2. - Mrs. B, aged about thirty-eight years, some time last spring slipped and sprained her ankle. Inflammation set in, and for a week she was unable to bear her weight or use the limb in walking. Then she began to use the ankle in walking, but with difficulty. She persevered in the use of the lame limb until the pain compelled her to resort to the use of crutches. These she continued to use for eight months, or up to the time she came to our institution for treatment.

During all this time the inflammation continued, although much had been done to subdue it-liniments, lotions, plasters, galvanism, etc., etc., were used in vain. She visited a Water-Cure and received a prescription for home treatment, which she continued faithfully for six weeks with-

out any perceptible benefit.

A great mistake is very often made in advising cold treatment exclusively in cases of chronic inflammation of joints, and to this reason I refer the cause of her not receiving benefit from her pre scription for home treatment. I am in the habit of advising the use of hot water in these cases

almost exclusively.

The treatment in Mrs. B.'s case consisted of general treatment, to improve and strengthen the recuperative energies of the body, and local treatment to the diseased joint. The applications to the ankle were hot douche, pour, and ankle-baths, followed by a cold dash, bot fomentations, wet compresses worn most of the time, with mild friction with dry hand a few minutes after each bath. Advised moderate use of ankle daily by walking, increasing the exercise as the disease subsided. She returned home after seven weeks' treatment with us, with what improvement the following letter will show:

Union Springs, February 22d, 1854.

DR. THAVER:

DEAR SIR :-- My wife has reached home in safety, and so improved as to her lameness, that I cannot do justice to my own feelings without expressing to you the gratitude I feel for the benefits she has received at your institution. After the use of crutches some eight months, it seems strange enough that a residence at your Cure of only seven weeks has enabled her to lay them aside entirely. You have my best wishes for your suc-cess, as I am satisfied your patients are treated with much care and skill.

Respectfully, yours,

REV. E. BARBER.

AN INTERESTING CASE .- A sweet little child. (an only son,) about nine weeks old, was attacked with pnenmonia. The family physician, an Allopath, was called in. Calomel, the alpha and omega of the Allopath, was administered once in four hours. Other remedial agents (or instruments of dcath) were used, until enteritis set in, as the resnit of calomel. Consequently the little innocent sufferer was fast sinking into the arms of death.

The physician was again called at a late honr of the night He said he was sorry he gave any encouragement at his previous visit, as he saw no possible chance for the child to live. Deep anxiety was depicted in the countenances of the sorrow-stricken parents; and by the advice of the sister of the child's father, a Hydropath was sent for, although the parents had no faith that the life of the darling could be saved by any treatment, especially after the family physician had exhausted all his skill.

The physician said it would be lowering the dignity of his character to counsel with the Hydropath.

The father said the child would not live until the physician arrived, (as the distance was about eight miles,) notwithstanding he wished to use every means within his power. He said if the boy could be saved, he would willingly give one-half of his farm.

The Hydropath arrived, found the child suffering much from the disease, and far more from the former treatment, Within four hours after the water-treatment was commenced, the child fell into a sweet sleep. This astonished some; they thought mortification had taken place; but the child had so far recovered when the physician made his third visit, that he dismissed his patient as being out of danger; and the father had only \$5 to pay, instead of half of his farm.

The cure has opened the eyes of the parents, and as the result, they have subscribed for the WATER-CURE JOURNAL. Many of the neighbors "see men as trees walking;" soon they wili "see every man cicarly." Water is opening the eyes of the blind in this section to an extent quite alarming, eyes of the blind in this section to an extent quite alarming, especially to the drug-doctors, who quail before the ilmpid





COMPLAINTS. By JOEL SHEW, M. D.

An ounce of prevention is worth more than a pound of cure."-

[The following remarks on the prevention of cholera and howel complaints generally were noted down, as will he seen, at an earlier date-to wit, in 1849-at a time when choiera was raging as an epidemic in New York. The advice, however, is not any the less appropriate at the present time.]

Long ago the great Doctor Rush observed that there was uniformly an increase of attacks of acute diseases on the 5th and 6th days of July; and he attributed these to the excesses committed on the 4th. Do we not now, in the city of New York, observe, week by week, that there is nniformly an increase of cholera cases after the profauation and excesses so much practised on the Sahhath day?

At the village of Oyster Bay, situated about thirty miles from the city of New York, on Long Island Sound, one of the most heautiful and healthful localities anywhere to be found, there lived, in 1832, fifty colored persons of various ages. These were all, or nearly all of them, very intemperate. Some clothes of a colored woman who had died of cholera in the city were taken to the place. Upon this the disease broke out in the house to which the clothes were taken. After a few days' time, thirty-one or thirty-two of the fifty had been attacked with cholera, and of those twenty-one died. These people were so degraded in their feelings and hahits, that they could he induced to bury the dead only hy heing offered a gallon of rum as a reward for The authorities gave this because no wbite persons could be induced to undertake what was considered most revolting and dangerons task. The whole community helieved the disease to he contagious, yet the poor negroes would do any thing for the sake of the rum.

Go into the cholera hospitals of this city, and see noon the register how large a proportion of the cases are put down as intemperate; and of this number, too, nearly all die. If there is in the world any one strong argument in favor of Temperance, it is that which has everywhere heen afforded hy the facts in regard to the awful ravages of the Asiatic cholera. Thus much for the effects of strong drink.

But there are yet other forms of intemperance. We often see persons cut down, as it were, in a single hour, who have never heen addicted to hahits of intemperance, in the common acceptation of the term, and who are among the best people of the land

A few days ago only, the cholera broke out at Rahway, N. J., a beautiful town of ahout four thousand people, and regarded by the inhabitants generally as being healthy. There are there, as in all towns of that size, the poor, the miserable, and the intemperate; but the cholera did not come first among these. It cut down those among the very first of the place; and notwithstanding the wellacknowledged worth and intelligence of these persons, they had lived-as indeed people in this country of ahnndance generally do-in a state of perpetual intemperance; or, in other words, in perpetnal violation of the laws of health. The first of these victims went to excess in the use of tohacco, tea, and coffee, and lived, in short, upon the "fat of the land." At the same time their habits were sedentary, and they took habitually but very little exercise in the open air. It is not at all strange that, in a season like this, when such persons get a howel complaint upon them, and yet go on freely indulging the appetite, they should soon he struck down with this dread disease,

Only a few days since, a young man died suddenly in this city who was said, in our ahlest papers, to have been strictly correct and temperate in his habits. Late of an afternoon he took a hearty dinner of flesh-meat, vegetables, green peas, oysters, cherry pudding, strawherries, and ice-cream. The next day he was a corpse.

One man eats a crude pine-apple or radishes, or some other indigestible vegetables, and hefore morning he is dead of the epidemic. Now, although such a man may he a very model of temperance, in the common acceptation of the term, he violates the physiological laws as effectually as if he were a votary of strong drink.

From all that has been observed in regard to cholera, as well as howel complaints generally, it is very evident that the truly temperate-thoso who ohey Nature's laws in every thing-are hy far the most likely to run clear of an attack The diet should he plain and simple, and composed mostly of the vegetable productions of the earth. Pure soft water should he the only drink; the exercise should be regular,

PREVENTION OF CHOLERA AND OTHER BOWEL, but moderate; and the mind should not be overtaxed. The Off-Hand Takings; or, Crayon Sketches of the conrso of life should, in short, he one that is even and consistent-a course that is comprised under the head of "Temperance in all things,"

> WATER-CURE IN YELLOW FEVER .- Dr. V., of New Orleans Hospital, hound to New York, happening to take the train of cars in Illinois in which I was circulating the Hydropathic Family Physician, called me to him, and expressed a lively interest to examine the system of Hydropathy. He remarked: "When treating the yellow fever last season in New Orleans, I found that of those patients to whom I administered no medicine whatever, hnt gave them a little water treatment, about four out of five recovered!" G. P. M.

Literary Actices.

LECTURES ON ROMANISM; being Illustrations and Refutations of the Errors of Romanism and Tractarianism. By the Rev. John Cumming, D.D. Boston: Jewett & Co. This is a volume of 700 pages, intended to prove that the Roman Catholic is not the true Church, and pointing out the errors therein. Dr. Cumming is widely known as a talented divine of the Scottish National Church. He writes with vigor, and in these Know-nothing days we predict an extensive sale for the work. It has already passed through several edtions, and is generally very highly commended

THE WOMEN'S TEMPERANCE PAPER is the name of a pretty quarto sheet puh lished in this city by the Executive Committee of the Women's New York State Tempers ance Society; Mary C. Vaughan and Angelina Fish, Editors. It contains much valuable information, is neat and comely in appearance, and deserves the support of Temperance friends everywhere. Published monthly at 50 cents a year.

GAN EDEN, OF PICTURES OF CUBA. Published by Jewett and Co., Boston.

In these "Pictures," which are drawn from nature, we find much to interest, instruct, and amuse. The author has not undertaken to give a statistical account or a history of the Queen of the Antilles, but has photographed men and manners as he met them. Written in a lively, entertaining style, without the stereotyped forms usnally found in works of this description it cannot fail to please the intelligent reader.

OUTLINES OF HISTORY; Illustrated by numerous Geographical and Historical Notes and Maps: embracing-Part I. Ancient History. Part II. Modern History. Part III. Outlines of the Philosophy of History. By Marcus Wilson. New York: Ivison and Phinney, 1854.

Too much care cannot he exercised in selecting works for the use of the young, whether in school, in college, or at homehut we do not hesitate, after a pretty careful examination, to commend this work as admirahly adapted to the purpose for which it is intended. We like both the plan and the execu-We trust that it will receive the attention it deserves, and he widely adopted not only in our colleges but by private

BERTHA AND LILY; or, the Parsonage of Beech Glen. A Romance. By ELIZABETH OAKES SMITH, New York; J. C. Derby. 1854. Price, prepaid by mail, \$1 25.

Mrs. Smith's new volume has been looked for with great in terest, and will now be eagerly sought for and read. The reader who takes it up with a true appreciation of the writer's pur-pose, and in a candid, truth-loving spirit, will not he disappointed. The faith of the author, that it possesses a deeper interest than a mere fictitious narrative, and contains some significant words on questions of vital import to the growth of humanity, is well founded. "The main purpose of the work, is to show that one lapse from purity in a woman may be atoned for hy an after-life of irreproachable usefulness and hene volence. This is done with much skill and delicacy, and the error of the heroine is communicated by as ingenious intimations as could well be devised." We are sorry that time and space forhid us to give it an extended notice at present. Buy it and read for yourself, For sale by Fowlers and Wells

MYSTERIES OF A CONVENT. By a noted Methodist Preacher. Price, prepaid, 80c.

BUNCE AND BROTHER, 134 Nassan street, have sent us a copy of this work. We have not had time as yet to peruse it.

Noticeable Mcn of our Age. By George W. Bungay. Emhellished with twenty portraits on steel. New York: De Witt and Davenport.

This volume contains hrief personal sketches of some seventy-five of the most prominent men of our country, omhracing all professions and callings-clergymen, lawyers, pocts, editors, authors and politicians. The writer has seemed to choose those men most talked ahont, without regard to station or morals; so we find S. A. Donglas and Jas. G. Bennett alongside of Horace Mann and Edward Everett. The engravings are good: we think we never saw a collection of more accurate portraits, so far as we know the individuals, than are here shown. Those of Greeley, Beecher, and Chapin alone are worth the price of the book, and you have seventeen more just as good, he sides the reading for nothing. Altogether it is a spicy, entertaining, instructive, heautiful hook,

INAUGURAL ADDRESS of Hon, Horace Mann, at the Dedication of Antioch College. For sale by Fowlers and Wells, 308 Broadway, New York. Price, prepaid by mail, 37c.

We have no words adequate to express our admiration of this masterly production. We do not remember ever to have met with any thing of the kind worthy to be named in comparison with it. It is no mere flourish of words, no ambitious display of scholarship for the sake of the display, (though the author's thorough and liberal culture is apparent enough in every page,) hut an earnest, eloquent and logical discussion of the vital questions which should lie at the base of all edncational effort. We congratulate Antioch College on its good fortune in having secured such a president as Horace Mann, and the country on the possession of such a college as he will We have no space in which to give an analysis of the address, but we most earnestly commend it to our readers. It should be circulated through the length and breadth of the land. Everybody should read it.

KNICKERBOCKER GALLERY. - Samuel Hueston announces a miscellany of literature and art, to he published in October as a complimentary tribute to Louis Gaylord Clark editor of the Knickerhocker Magazine, from his brother authors of America. It will be a splendid octavo volume, comprising original literary papers by the most eminent living American authors, with forty portraits on steel, from original pictures. It will unquestionably be the finest work of the kind ever issued from the American press, and form an appropriate and we hope a substantial "henefit" to the talented, witty, and genial editor of "Old Knick." The tribute is richly deserved and we are glad to see the fellowship of letters thus expressed. See advertisement for terms, &c.

Now-A-DAYS. New York: T. L. Magagnos and Co. 1854. Price, prepaid by mail, 87 cents.

A story of Maine hackwoods life, by a lady who sketches her pictures from nature, and with a free and graceful touch and considerable graphic power. She aims at naturalness rather than at any thing marked and startling, and those who delight in the tragic and the horrible will find nothing in her volume to feed their morbid taste, but the lover of nature, truthfulness and simplicity will read it with much pleasure and profit. See advertisement.

FAMOUS PERSONS AND PLACES. By N. PARKER WILLIS. New York: Charles Scribner. Price, \$1 25.

In making an announcement of the recent issue of this new volume, we deem it useless to speak of its merits. Willis always writes in an off-hand, lively, pleasing style; saying every thing he says in a way to make one think it strange they have never said the same things themselves-and we don't remember when Scribner has published any thing that was not worthy of public notice.

The work hefore us contains notes of a trip to Scotland; a second visit to England; talks over travels in various other portions of Europe and America; articles from the journal of which he was the editor, comprising many things of interest about Jenny Lind, Kossuth, Ole Bull, Lady Blessington, Barry Cornwall, Moore, Jane Porter and other celebrities-all done up ln as readable a style as one could desire.

BOOK OF ONE HUNDRED BEVERAGES for Family Use. By WILLIAM BERNHARD. New York: C. S. Francis & Co-1854. Price, prepaid by mail, 25 cents.

This is a little cloth-covered brochure of 64 pages, designed to answer the question, What can I drink, instead of the heverages hitherto used? The hundred beverages, recipes for which are here given, are all of an unintoxicating character; and though we cannot commend them all as wholesome to or even harmless, the reader will find some of them, on trial, to be very good.



PUDDLEFORD AND ITS PEOPLE. By H. H. RILEY.

New York. Samuel Hueston: 1854. Price, prepaid by
mail, \$1 25.

This is a story, or rather a series of sketches of life in a western village, written in a vein of inimitable humor, and in a most laughter-provoking style. Its portraitures of character are life-like and most effective; indeed, its word-paintings are fully equal to the capital engravings with which it is illustrated. The reader who can get through the volume without laughing fifty times till his sides ache, must be sadly deficient in Mirthfulness. But to make you laugh is not the only mission of this history of Puddleford and its inhabitants. It has lessonsmuch-needed lessons-for the people of this country, and particularly of the West, which will be all the more efficient from the fact that they are sent home on the keen shaft of satire. Reader, buy the book, laugh at its capital hits, and then think serionsly of the follies at which they are aimed, and ask yourself what can be done to put them away from among us. The book is printed and bound in a style of neatness and beauty which does credit to its publisher. See advertisement.

Varieties.

Some one gives the following capital advice for these hot days;

for these hot days:

Don't gormandize. We hate a glutton at all times, but especially in the summer. It is monstrous to see men, when the mercury is up to 90, crar a pound of fat meat down their threats. Don't yon know that animal food increases the bile? Eat sparingly, and be sure to mesticate what you eat. Don't bolt your food like an anaconda. Take exercise early in the morning. Ah, what fools we are to sweat in bed, when the cool breezes of the morning invite us forth, and the birds and the stream are murmaring, in their own quiet way, pleasant music, which arouses a kindred melody in the properties of the morning that way, the same that the same are murmaring in their own the same that the same are murmaring in their own.

In the Southnatured. Don't get into any angry discussion on politics and religion. There will be time enough to talk the former over when the weather gets cooler, and as for the latter, the less you quarrel about it, the better. Religion is a good thing, but when you fight in its name, you show yourselves ignorant of its principles, and unswayed by its

Rathe often—three times a week—every day. The exposure is nothing to the benefit derived. If you would enjoy bealth, have a clear head, a sweet stomach, a cheerful disposition, put your carcasses under the water overy day, and when you emerge, use the brush vigorously for five minutes. There is nothing like pure bracing water.

There is nothing like pure bracing water.

A Good Medicens—"An ounce of prevention" is the best medicine ever administered. We have long sung the praises of pure water. It cleanses the inner and outer man, reduces fover and removes dirt, dives hardness to the muscles, strength to the nervees, vigor to the brain, and purity to our thoughts. Shakspeare's man who had no music in his soul was not half so dangerous a fellow as he and publications of Messas. Fow.rms. AND Wirks, New York, in this regard, because their spirit commends itself to one's common sense. We like the general principles they advocate, because they are in conformity with nature, and opposed to one-lead quackage—for they are firm tenching that indicational states of the state of the s

The good cause progresses. Our editorial friends, who have become familiar with the facts and philosophy of our great reform, thus commend it. Let us be duly grafefult all co-workers, who will help to hasten "the good time coming," when life, health, and happiness shall prevail throughout the world!!!

HENRY WARD BEECHER says that "Dr :s does not make the man, but when the man is made, le looks better dressed np."

THE Detroit Inquirer tells the following story of a dog that belongs to a gentleman in that city:

of a dog that belongs to a gentleman in that city:

The Dog for Warn Wartire.—"Watch" saw the man
leave the usual daily supply of ice at the door, which, not
being observed by the servant, lay melting away upon the
area boards. Watch observed this wasting process with concern, until he could hear it no longer, when he commenced
pushing the ice to a shaded place, and having been a short
time absent, returned with a piece of old carpet, which he
threw over it as he had seen the servant do. "There was
leo in that!"

A CHANCE FOR POETS.—It will be seen by reference to our advertising pages that the Cosmopiltan Art and Literary Association have offered a premium of one hundred dollars for the best Ode to the Statue of the Greck Slave. The ode not to exceed fifty lines. Here's an opportunity for somebody to distinguish themselves and get paid at the same time.

"THE baby is sick, my dear," said an anxious mother to her lord.

"Well, give it easter oil. Dennis, bring up that easter oil."

" It's all gone, Sir; divil a drop is left."

"Gone I why, we have not yet opened the bottle,"
"Sure you have had it every day, and I've seen you us

"Sure you have had it every day, and I've seen you use it, myself, npon your salad."

"Why, you scoundrel, you don't mean to say that I've been eating castor oil every day during the salad season?" "Sure you have, Sir."

"Did you not see the bottle was labelled 'castor oil?'"
"Sure and I did, Sir; and didn't I put it in the 'castor'
every day?"

EFFECTS OF CLEANLINESS.—It is estimated that the improvements introduced into the sanitary regulations of London, during the last two years, have caused a saving of nearly eight bundred lives a year.—The Papers.

So much for the advent of our glorious Water-Cure. All first-class hotels, hospitals, and private dwellings in the cities of England and America, are now provided with facilities for washing and bathing. This is one of the "new things nunder the sun," and should be hailed with a thankful heart. An improvement in the PRESENTATION OF HUMAN LIFE, is certainly no less important than the invention of patent medicines, revolving pistols, etc., etc.

A New Lecturer in the Field.—We are glad to earoll the name of our realous and intelligent friend, H. Knapp, M.D., of Lockport, N. Y., among our public lecturers on Hydropathy, Phrenology, Physiology, and other reforms. Dr. Knapp has been successfully engaged, for some time past, in the practice of his profession, viz.: "Heating the sick." He now professes to teach the people the laws of mind and matter, and how to avoid sickness and premature decay, and how to make the most of the talents and faculties they possess. Dr. Knapp will obtain a hearing, and being heard, he will be headed.

Aposties of truth, light, and life, are no less needed in the world-nore, than in past ages, and we glory in every new accession. Wherever preachers go, there let the lecturer also go. He is wanted in every school district, every parish town, or village. Shall the demand be supplied?

"AN OLD DOG WITH A NEW TRICK."—A Philadelphia paper has the following, from a New York compounder of a new "gull trap," which he is trying to spring on the Qnaker City. Hear him:

I hereby most solemnly swear that no mineral or polsonons drug or article of any injurious kind whatsoever is contained in its composition; that I have myself taken pounds of the sugar, and gallons of the syrup, and find (although over 60 years of age) that the more I take, the more perfect is my health, strength, and vigor, both meatally and physically; and an ready at any time to take any reasonable quantity, for the satisfaction of sceptical patients, they please to administer.

If so perfectly innocent and harmless as ho swears—like a pirate—and so free from "mineral or drug," and if "the more he takes the bettor he is," we motion that he be "headed np" in a barrel of his slops, where he may be kept as an evidence of the efficacy of his sworn swindle.

ONLY A VARIATION.—Some one having lavishly lauded Longfellow's aphorism, "Suffer and be strong," a matter-of-fact man observed that it was merely a variation of the old adage, "Grin and bear it."

Mechanics.

J. T. KING'S PATENT

WASHING APPARATUS,
AND THE PHILOSOPHY OF WASHIN;

Thus apparatus is not only unlike any other washing machine, but works on principles directly opposite. There is no rubbing, pressure, or friction, and consequently no hard labor required. Any quantity of dirty elothing, (depending only upon the size of the apparatus) no matter how dirty, can be washed thoroughly in five to ten minutes.

These facts are so contrary to the experience or preconceived opinions of all persons nearly, that it will be requisite they should understand the operation of these machines and the true philosophy of washing, to convince them of the truth of the above.

Whether an article may be washed with ease or difficulty, depends not so much on the quantity as the kind of dirt on it.

All kinds of dirt are fastened to the fabric by some ofly or vegetable particles of matter, which, when neutralized, offer no further impediment, and the dirt may be rinsed off without trouble or difficulty,

Now, to understand thoroughly how to wash any article, a person should know what substance attaches the dirt to the fabric, and what other substance or ingredients to apply to neutralize it. In the common process of washing, it is not to be presumed that every washerwoman undertands chemical affinities, nor is it necessary they should, for almost all articles in general use are soiled by some oily or vegetable substance dropped upon them, by perspiration or other matter from the human body, by something in the atmosphere, or in some other manner, almost all which can be neutralized by the application of soap, or any similar alkaline preparation. These oily, vegetable or glutinous particles being imbedded with the dirt in the fabric, it is to open the fibres and allow the alkali to operate upon them that rubbing is done in the ordinary mode of washing, and not, as many persons suppose, to rub the dirt out. To prove this, let a person attempt to wash a greasy, dirty article in clean water without soap. Instead of rubbing the dirt out, it will rub it in, except great friction or pressure be applied, when a portion of the dirt will be removed, but the fabric will be injured and look dingy. The common process is to wet the dirty article in warm water, put soap upon it, and rnb open the fibres of the fabric, when the soap neutralizes the grease, &c., and the dirt rinses out. This process is not only injurious to the fabric, but requires much time, labor and expense, and after all is very imperfect in its results, proved by the fact, that most washerwomen, (especially those who wish their clothes to look well,) after rubbing open the fibres of the fabries as much as possible, and using all the soap requisite to cleanse them, put them into water and boil them. The result then is, the heat expands the fibres of the fabric, and the soap left on the clothes and in the water neutralizes the grease, &c. (which could not be accomplished by rubbing only,) and the dirt afterwards washes out by rinsing, without further tronble. It is the application of these principles that constitutes the difference between King's Washing Apparatus and all others that have been invented.

All others have sought, by inflating as near as possible the common process of washing, to accomplish the object by rubbing, friction, pressure, &c., and various methods of applying friction have been used for that purpose, without success. No one will dispute that rubbing the dirt from the fabric by force will undoubtedly injure it, just in proportion as it accomplishes the object; consequently, as the principles on which these inventions were founded were wrong, the machines were good for nothing, and were thrown saide as uncless. King's apparatus is constructed on principles entirely different, as any person at all acquainted with it wil see at a glance.

The clothes, while andergoing the process in his machine, are alternately in steam and suds, the former opening the fibres of the fabric and the latter removing itse dirt, which accounts for the great rapidity with which they are washed by his machine. Its construction and operation are very simple.

There is no complicated machinery to get out of order, no rubbing, rollers, dashers, or pounders to wear out the clothing, but a simple cylinder, so constructed as to generate or let in steam under the suda and clothing, and out over them, whether the cylinder is revolving or stationary. The cloth-



ing being put into the cylinder, the lower half of which is full of snds and the upper half full of steam, which is constantly escaping at the top, and raising the clothes into the upper half; as the cylinder is turned over occasionally, the position of the clothing is changed; so they are alternately in steam and suds. The steam does just what a washwoman rubs the clothing for-opens the fibres of the clothing, which allows the alkaline properties of the suds to neutralize the oily or vegetable particles of matter which hold the dirt to the fahrie, when the dirt rinses off without rubbing, and the constant escape of steam carries off all volatile matter, so that no matter how much the clothing may be soiled or filled with contagion, they are, after being washed in the machine, not only perfectly clean, but as thoroughly purified as when new.

They also construct Drylng Apparatus, calculated to dry

any description of clothing, &c., even the most delicate fabrics, in a few minutes, without wringing, pressure or friction of any kind, but the simple application of certain principles in natural philosophy, mechanics, &c., and the rapid use of common atmospheric air, to complete the process.

See advertisement, Water-Cure and Phrenological Journals, August and September.

PREMIUM PUMP .--For all purposes where not more than 20 or 80 gallons a minute are required to be raised, Warner's Patent Snction, Forcing, and Anti-Freezing Pump, is doubtless equal, if not superior, to any other in use. We copy from the Jonrnal of the New York State Agricultural Society, the statement of the Judges, at the Annual Fair at Saratoga, last autumn, as follows:

follows:
It is so feat iron, and will raise with ease
27 gallons per minute, at the ordinary rate
of leisurely pumping; in eases of emergency, with rapid action, it could be made to
the air-chamber, carries a steady continuous stream, is durable, and unaffected by
frost. Where a farmer delares to have a
stock with wate, which, besides supplying his family and
stock with water, will astwer to cannot have a pump better
saited to his purposes than this one.
A Diploma and Siliver Medal were awarded for it. The

A Diploma and Silver Medal were awarded for it. The

New England Farmer thus speaks of it: We have used this pump on our own premises, and can therefore speak of it with personal knowledge of its value. With two persons at the handle, it threw water ninely feet, through twenty feet of hose, with a 3-8 nozzle. A child, of six or seven years of age, would keep a confundation stream running with ease. Water may be thrown over any ordinary building with it.

Manufactured by A. W. Gay & Co., of 118 Malden Lane, New York.

THE NEW POCKET INJECTING INSTRUMENT, for private and professional use, is by far superior to any other syringe yet introduced. It is thus described:

ayringe yet introduced. It is thus described:

This instrument has been manufactured to order, to meet the wants of Hydropathic physicians, patients, and ramilles. It is more convenient and portable than any apparatus of the kind in use, occupying, with its case, but little more space than a common poet-chook, while its durable material to the convenient of the convenie This instrument has been manufactured to order, to meet



PUMPS.

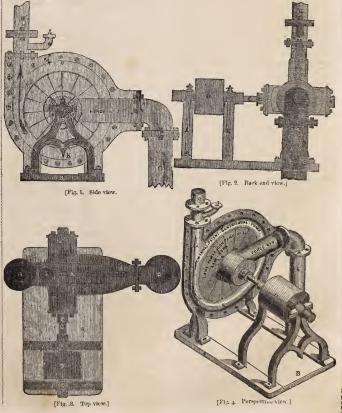
In presenting to our readers an illustrated description of Gwynne's

In presenting to our readers an illustrated description of Gunpine's Controllegal Pump, we can do no less than say, that no other has received so many feather than the controllegal Pump, we can do no less than say, that no other has received so many feather than the controllegal Pump, we can learn to the present at the sade one and is doing is different; and from what we can learn by observation and the accounts given by others, we are forced to helieve that for manufactories, mines, draining quarries and other places where great quantities of water are used, it is infinitely superior to any other ever offered to the public.

The principle upon which these pumps operate, is that centrificial force. The which is the controllegal pump of the contact. The rapid revolution of this disk throws off the water through openings upon its pertphery. In simplicity of construction, durability and economy, they stand unrivalled. Working without valves, they are exempt from the constant liability to derangement to which all other pumps are subject. Having but the merest tritle of contacts unface, they work with the greatest possible economy of power. Their peculiar construction admits the free passage of impurities and obstructions, without purple the pumps are constructed, without subjecting their practition of the different construction admits the free passage of impurities and obstructions, without purple the pumps are constructed, without subjecting their practing the practical construction of this pump, reference is made to the following engravings, numbered 1, 2, 3, 4. The same letters upon the different engravings of the construction of this pump, reference is made to the following engravings, numbered 1, 2, 3, 4. The same letters upon the different engravings of the construction of this pump.

DESCRIPTION.

A, the stationary water-case or chamber, (bolted fast to the foundation plate B,) in which the piston or disc rotates, motion being given to it by the shaft C, on which the piston or disc rotates, motion being given to it by the shaft C, on which the piston or disc and wheel D, and supported on its outer end by the standards or pelastals and boxes EE. This shaft, where it enters the water-case, has a stuffinger or gland, F. G is the suction or entrance pipe; if the foreign or discharge pipe; and I a branch pipe, fitted with a serew cap, for the purpose of charging the pump previous to starting it. J is a small plug or vent-hole, and K a cock to set out the water when the pump is exposed to frost.





Miscellany.

LIVING ON AIR .- The Sunday Times, in reply to a correspondent, collates the following data: PISCATOR .- "Can you inform me how it is that gold-fish will survive in a glass globe filled with water, whore they receive nothing whatever for food?"-Incapable as water may seem to be of affording any thing like solid nutriment, yet there are some trlbes of animals that appear capable not only of subsisting upon this, but upon even the still less substantial diet, air. Leeches and tadpoles, besides various kinds of fishes, (among which is the gold-fish,) will live upon water alone. Numerous experiments have been made by philosophers to test the truth of this matter beyond peradventure. Rondelet kept a silver-fish ln pure water alone for three years, and at the end of that period it had grown as large as the glass globe that contained lt. Several species of the carp klnd, it is said, have a similar power: and even the pike, one of the most voraclous of the finny tribes, will thrive upon water in a marble basin. All kinds of amphiblous animals are particularly tenacious of life; and not only frogs and toads, but tortoises, lizards and serpents, are well known to have existed for months, and even years, without other food than water, and in some cases, only air, It is stated on good authority that a person once kept two horned snakes in a glass jar for two years, without giving them any thing: it was not observed that they slept in the winter season, and they cast their skins as usual, about the first of April. Lizards have been found imbedded in chalkrocks, and toads have been discovered in wood, blocks of marble, and other situations where, to all appearance, they must have been entombed for many years. Snails and chameleons, it has been repeatedly asserted, will live upon air alone. It is also said that spiders will live on the same light diet, and that, though they will devour other food, they really do not need it to support life. Latreille confirms this statement by an experiment which he made with a spider, by sticking it to a cork, and precluding it from communication with any thing else for four successive months; and at the end of that time It was as lively as ever. A writer in the Philosophical Transactions states that he kept a beetle in a glass confinement for three years, without food. The larvæ of ants are not only supported on air, but actually grow in bulk. It would appear, however, from experiments made by M. Goldherry, in 1786, that the usually received opinion that the chameleon feeds on alr is a vulgar error. He subjected seven of them to this ordeal, and they all died, save one, in three months and twenty days. So it would appear that they could survive, like many other animals for a time upon the oxygen the atmosphero affords, but could not subsist upon it continuously. The lustances we have cited, however, prove that some animals require very little, and in some cases not any, of what we usually denominate food, to support existence. Numerous Instances might be clted where persons have survived for many days without nutriment. A woman condemned to death, in the reign of Richard III., lived forty days without food or drink A young lady, sixteen years of age, is mentioned in the "Edinburgh Medical Essays," for 1720, who was thrown into such a violent tetanus, or rigidity of the muscles, by the death of her father, that she was unable to swallow for fifty-four days; and when she came into the natural state again, she declared she had no seuse of hunger or thirst. A still more extraordinary account is related of a man who. upon recovering from fever, had such a dislike to food of all kinds, that for eighteen years he never tasted any thing but water. Ail will recollect the case of the sleeping man from Rochester, who was exhibited in this city last snmmer, and who had not partaken of food for a long time. Cats have been known to live over two years without drinking. From all the statements we have made, "Piscator" will, we think be ready to believe that fishes may not only survive, but actually grow, upon water alone.

SOME SENSIBLE HOGS.—Some years ago I made a part to the Bay of Fundy, and finding a cory place there, quite to my mind, I spent a week or more in that vicinity. While there I had occasion to notice the movements of certain hogs, who came down to the beach at low tide to feed upon the clams which abound in the sand. You are aware that the tide rises thirty or forty feet in that part of the country. The consequence is, that it must come and recode very rapidly; so swift, indeed, does it rise, that cattle

unacquainted with this state of things, not unfrequently get overtaken by the water and drowned. The old hogs in those parts, however, get accustomed to the tide. They find out not only that it "waits for no man," but that it waits for no hog. One day while I was on the beach, I saw a regiment of hogs as busy as they could be, rooting for clams and feasting on them. Watching them very carefully, I could not help noticing that several of their number ever and anon placed one ear in an attitude of listening. They would remain a moment or two, and then go on digging clams. Finally, one cunning old fellow, after listcning an instant, uttered that well-known note of alarm, and off he and the whole regiment ran at the top of their speed out of the reach of the tide. When I placed my ear as near the ground as did the hogs, I immediately discovered what they discovered, and what I did not know before, the roar of the incoming tide; and I found it necessary to retreat as speedily as they had done. What do you think of that, reader? Is not a hog, as well as a man, a reasoning animal?

WASHING A LITTLE SWEARER'S MOUTH.—The California Christian Advo ate says: An intelligent lady of our acqualitance, whose little boy was beginning this strange talk, anxious to express to her child her horror of profanity, bit upon the novel process of washing out this mouth with soap-suds whenever he swore. It was an effectual cure The boy understood his mother's sense of the corruption of an oath, and the taste of suds, which together produced the desired result.

We can heartily commend the ingenuity of the mother. She is ahout as famous for Inventions in our eyes as those steam-gods, Watt and Fulton.

Certainly two of the most singular histories on record are of the grandmothers of Louis Napoleon and the present Sultan of Turkey, Abdul Medjid. These two worthies, the Emperor and the Sultan, are grandsons of American Creole girls i As this seems incredible, their history will not prove uninteresting. We give it on the authority of the Pittsburg Post. These two Creole girls, were Mademoiselle Josephine de Tascher and a Miss S--- who were born and raised in the lovely West India isle of Martinique. They were of French origin-their fathers being planters and near neighbors. At the death of her father, Josephine went to France, and was married to M. de Beauharnais, by whom she had one son, Eugene, and a daughter, Hortense. Some time after the death of Beauharnais, Josephine was married to Napoleon Bonaparte, and became Empress of France. Her daughter, Hortense, was married to Joseph Bonaparto, then King of Holland; and the present Emperor of France is her son by that marriage. The history of Miss S. Is more wildly romantle and singular. This lady quitted the island of Martinique some time before her friend. The vessel carrying her to France was attacked and taken by the Algerine corsairs, and the crew and passengers made prisoners. But this corsair ship was in turn attacked and pillaged by Tunis pirates, and Miss S. was carried by them to Constantinople, and offered for sale as a slave. Her extraordinary beauty and accomplishments found her a purchaser in the Sultan himself; and she soon became the chief lady of the Scraglio, and Sultana of Turkey. Mahmoud II, was her son; and the present Sultan, Abdul Medjid, is the son of Mahmoud, What a history! Can its parallel be found in any true record? The Sultana died in 1811; the Empress Josephine in 1814. Their grandsons now rule over two wide and powerful empires, and are entering, as friends and allies, upon one of the most momentous and sangulnary struggles in which Europe was ever involved. How little could it be guessed by those two lovely Creole girls that their early friendships were to result thus!

It is said that many of the relatives of this Sultana left the Island of Martinique, and settled at Constantinople, where their descendants still reside, and enjoy the favor of the Sultan. Those whom Josephine elevated to power are almost numberless, and to this day their influence almost guides the destiny of France.

WATER vs. SUN-STROKE, alias RUM-STROKE.— The New York Reformer (Watertown, Jefferson Co.) states that 60 to 90 workmen on the water-works of that place have sufficed less and lost less time than almost any others, while they have accomplished more work than any other set of hands ever employed in that village. The reasons are briefy these: 1. They work with a will ten hours each per day, and no more. 3. They drink no ardent spirits, whether

at work or at leisure. 3. When the heat is oppressive, a boy is constantly circulating among them pitcher after pitcher of cool, fresh water. 4. They are paid full wages in cash every Saturday night. 5. They are always treated as men, not dogs, by their employer, Mr. J. Ball, and all his subordinants, in the direction of their labor. No profane or petulant language is allowed. If a man proves incapable or inefficient, he is simply paid off and discharged. They have been at work through the late extraordinary heat in the public square, where the rays of the sun were concentrated on their heads by the reflection from the surrounding fronts and roofs, yet nothing like a sun-stroke has been known among them; and while they have drank cold water in abundance, none of them has suffered therefrom.

in audiance, none or teem has sailered interierom. Those facts (and there are thousands more to corroborate them) are worth considering. "Died from drinking cold water," is uniformly a lio with circumstance. We doubt whether a dozen persons in all were ever killed by cold water, unless they had prevlously at least balf killed themselves with hot liquor. Snn-stroke is very often rum-stroke; that is, liquor cats out the victim's life, and leaves the sour or the plitcher to take away his breath. Ob that things could but be called by their right names!—N. X. Tribane.

SINGING CONDUCIVE TO HEALTH .- It was the opinion of Dr. Rush that singing by young ladles, whom the customs of society debar from many other kinds of healthy exercise, should be cultivated, not only as an accomplishment, but as a means of preserving health. He particularly insists that vocal music should never be neglected in the education of a young lady; and states, that besides its salutary operation in soothing the cares of domestic life, it has a still more direct and important effect. "I here introduce a fact," says Dr. Rush, "which has been subjected to me by my profession; that is, the exercise of the organs of the breast by singing, contributes to defend them very much from those diseases to which the climate and other causes expose them. The Germans are seldom afflicted with consumption, nor have I ever known more than one case of spitting blood amongst them. This, I believe, is in part occasioned by the strength which their lungs acquire by exercising them frequently in vocal music, which constitutes an essential branch of their education." "The music master of an academy, says Mr. Gardner, "has furnished me with an observation still more in favor of this opinion. He informs me that he has known several instances of persons strongly disposed to consumption, restored to health by exercising their lnngs in singing. In the new establishment of lnfant schools for children of three or four years of age, every thing is taught by the aid of song. Their little lessons, their recitations, their arlthmetical countings, are all chanted; and as they feel the importance of their own voices when joined together, they emulate each other in the power of vociferating. This exercise is found to be very beneficial to their health. Many instances have occurred of weakly children, of two or three years of age, who could scarcely support themselves, baving become robust and healthy by this constant exercise of the lungs. These results are perfectly philosophical. Singing tends to expand the chest, and thus increases the activity and powers of the vital

THE NEW YORK SCHOOL OF DESIGN FOR WOMEN.—We are happy to be able to inform our readers of the complete success of this school, instituted for the purpose of instructing women in the arts of designing, drafting, wood engraving, and lithography.

These are all branches of lahor which are unquestionably as well adapted and as appropriate for the sphere of woman as man. The work is light, pleasing, and remunerative To succeed in either of the branches requires, of course, not only application and study, but a mental organization adapted to the business. This adaptation is not less frequently met with in female than in male heads; and we have now among us many ladies in whom the artistic talent is sufficiently developed to enable them to rank with the first painters in the land.

We hope in a future number to be able to give an account of the establishment and progress of this school, not only as a matter of general information, but as an inducement for friends of reform in other cities to go and do likewise. Nor need it be confined to cities. Wherever there is work of this kind to be done, let girls learn to do it.

The lady managers of the New York school have given notice that they are ready to receive orders for wood engrav-





ings, and to furuish original designs for calico and delaine prints, paper hangings, &c. As soon as it can be obtained, we shall use some of their work to illustrate our Journal.

BELL BEECHLEAF.—(A New Correspondent.)—
Newton, Mass.—Missis Fowless and Wells.—"Bell
Becchleaf" the writer of the accompanying epistle, is my
danghter, a little Hoosler of ten years, who is rustleading
here for a while, before returning to the Water-Cure at
Elmira, whither we went from Hooslerdom to "wash out"
chills and fever. She wrote it without him to rhelp from
any but her own active hrain, and if you think it worth a
corner of the Journal, so be it. Though so young, she has
read your Journal for several years, and with much interest,
and is water-cure to the bone.—Respectfully, E. M. D.

"Drax Jornxal.—It is a hot summer's day, and I am nearly melted. Whether it will rain, I cannot tell Those clouds look like it. But every thing wants water—only water—to-day. It seems to me the summers are intolerable in Massachusetts, only when the wind is east; at least to me they are, for I'm a downright Hoosier. Scarcely a breath of wind is here to cool us. How in the world folks can ever pass the summer without bathing is a wouder to me. How can they exist? They positively can't. Oh, the idea of living with all the fifth and refuse of the body ellinging to the skin, day after day, is sickening and digusting.

"The white water-illy I love, for its deantiness as well as beauty—bathing its pure form for ever in the water, and reating its broad leaves on the surface. So, belies that would preserve your fair complexions, spare not scater; it was Eve's only cosmetic, and it will send the glow of health to your skin, and cause the faded lip and cheek to be the color of the rose or the ripe strawberry. It will sweeten your tempers, too; and when a woman studies and enforces the laws of health, it is her own fault if she be an ugly vixen.

"The cherries and strawherries are now ripe, and glad am I of it. I believe that the most celebrated cook in the world could not, with all his skill, make any dish taste better to an unperverted appetite than good hrown bread, strawberries, wheat and cream. The tempting fruit dissolves in

your mouth as you eat it.

"I have a volume of 'Fern Leaves, No. 2,' near me, and Fauny says 'men are wanted' Truly they are. Those miserable pieces of inhumanity at Washington are a disgrace to the sex, and to America also. What with their eight doilars a day, champagne, a little piotting, &c., the senators have a pretty easy time of it, all but the gallant few there who will defend Liberty to the last. A while ago I saw the counterfeit now current. His hat was of glossy black felt, not a mussed place in it; his shirt and standing collar were most immaculately stiff; his cheeks and chin seemed innoceut of any thing like whiskers as an infant; his cheeks were of an exquisite rose color; in short, he had a perfect baby face. His cravat was of green satin, and tied in a very large bow, that was wider than a silver dollar, and not a wrinkle n it. Coat and pants of black broadcloth, and his vest bine satin, with very large flowers. His hair was carried, and he figureshed a white cambric handkerchief Once in a while he would look, as though to say, I'm somebody. But my sheet is out. Good bye.

[Verily a child of promise, a genin of the "first water."

We think it safe to predict astonishing revelations and results from this inspired writer. She surpasses in descriptive power any thing of her age. If she lives long enough she will "make a noise in the world," and set some folks to thinking. But we must ware Bell Beechleaf not to live too fast. Winter apples keep longer than those which ripen in Angust. Early ripe, early decay. But, with the Waters. Cure JOURNAL before her, she will live in accordance with the laws of life. We hope to hear from her often.]

"PREACHING THE GOSPEL AND HEALING THE SIGK.—A New England clergyman sends us the following encouraging epistic:

"Notions that belong to the school of Water-Care are spreading in the eastern part of Massachusetta, and down on to Cape Cod. This is not strange, for they are rapidly spreading over all the civilized world! Multitudes who are not prepared to adopt them in full, are trying them in part, both to preserve and to recover health.

"I have been a pretty close reader of the WATER-CURK JOURNAL, and general student of water-cure literature. As a consequence, I have received information that I esteem of priceless value to me, as an individual, and as a busband and

father. Not unfrequently, when visiting relatives and friends, or the people of my parish, I have been able from such reading, and some reflection of my own, to give advice and directions that led to the recovery of the sick, and the dying oven. What thrilling joy thus accrued to others and to myself!

"Frequently I find individuals disposed to doubt whether such great cures as are reported in Water-Cure books to have taken place, did or could occur. But my experience demonstrates to me their credibility. In every difficult case where I have seen water-cure remedies applied, the happy results have produced absolute astonishment. Oh, how blessed it is to labor for one fundamental reform, and see pain, helplessness, despair, and transgression depart, like night for the coming day of strength, freedom, hope, joy, and obedience.

Sippican, Massachusetts.

[The writer has our thanks for his good efforts in behalf of our Journal and of humanity. He has set an example to modern preachers, which we bope will be followed by others, viz., "Healing the sick," as well as preaching.]

RESISTING A DISPOSITION TO COUGH.—We copy the following, which we cannot trace to its source, partly for its own sake, and partly as corroborating that general principle of curing disease by mental resistance to it, brought forward in our article on Viativeness.

COTOMING IN CONSUMPTION.—The Herald of July 10th, states that during the week preceding, fifty persons died of consumption to New York city. Per contra, a gentleman called npon us yesterday, who actually escaped from the fangs of this disease some years ago, and we are induced to present the circumstance.

"You speak of coughing considerably. Let me suggest to you the query, whether this is not unnecessary and injurious. I have iong heen satisfied, from experience and observation, that much of the coughing which precedes and attends consumption is voluntary. Several years ago I boarded with a man who was in the incipient stages of consumption. I slept in a chamber over his bed-room, and was obliged to hear him cough continually and distressingly, I endured the annoyance night after night, till it ied me to reflect whether something could not be done to stop it. I watched the sound which the man made, and observed that he evidently made a voluntary effort to cough. After this I made experiments upon myself, from conghing, sneezing, gaping, &c., in case of the strongest propensity to these acts by a streunous effort of the will. Theu I reflected that coughing must be injurious and irritating to the delicate organs that are concerned in it, especially when they are in a diseased state. What can be worse for nicerated bronchia or iuugs, than violent wrenchiugs of a cough? A sore on any part of the body, if it is continually kept open by vioient usage, or made raw again by contusion just when it is healing, (and of course begins to itch,) will grow worse and worse, and end in death. Certainly, then, a sore on the inngs may be expected to terminate fatally, if it is constantly irritated, and never suffered to heal; and this, it seems to me, is just what coughing does for it. On the strength of such considerations as these, I made bold to ask the man if he could not stop coughing. He answered no. I told him what I thought about it as above. He agreed to make a trial; and on doing so, he found to his surprise that he could suppress his cough almost entirely. The power of bis will over it increased as he exercised it, and in a few days he was mostly rid of the disposition to cough. His health, at the same time, evidently improved; and when we last saw him, be was in strong bopes of getting out of death's hands.

"This occurred eighteen years ago, and the man comes round now, an active husiness man, averring that he has not had a sick day since."

SEA-SICKNESS.—A writer in the London Times easys: "Having noticed in the public Journals a recent instance of death from sea-sickness, under very painful circumstances, I am induced to bope that the mention of a remedy which was entirely successful in a case which came under my own observation, may be nseful to other sufferers from this distressing mainday. A lady of my acquantance was landed at the Cape of Good Hope, on her voyage home from India, in such a deplorable state of debility and exhaustion from sea-sickness, that she was obliged to be carried into the bouse by men, and would certainly have died if the ship bad been a week longer at sea. The danger of renew-

ing the voyago under such circumstances was very great' but a simple contrivance enabled her to continue it, and to reach England in perfect health. A swing cot was constructed, with a top or frame over it, fitted with curtains, so as effectually to screen the deck overhead, and other parts of the vessel, from the view of the recumbent invalid. motion of the ship was thus rendered imperceptible, and the invalid being relieved from the dizzying effect of the vessel appearing to roll one way, and the cot the other, no louger felt any nausea or inconvenience. She soon gained sufficient strength to leave her cot for short periods, except in bad weather; and the confinement, such as it was, was a trifle compared to that which persons who have jost, or dislocated limbs, are compelled to endure in pain for months. At all events, life was saved and health restored by this simple means."

[We have no doubt of the efficacy of the method above proposed; but we are also satisfied, from much observation that all dangerous, and nearly all distressing sea-stckness, can be obviated by a proper attention to regimen during the first part, and for a short time before commencing the voyago. An abstemions and coarse vegetable and fruit diet, with a daify bath, will very soon that aimost any person to buffet the turbulent waves, with very little suffering from sea-sickness.

TOOTH-WASHES.—On this subject the American Agriculturist gives the following cautionary chapter of history:

Several years since, white at work at the chemical laboratory, a man brought us a little vial holding a half onnce, and bearing the following or a similar label:

"Tooth-Wash—warranted to remove all dark color, &c., &c., from the teeth immediately, and give them a pearly whiteness. If preserves the teeth from deay, renders the breath sweet, prevents tartar from forming upon them, and being carried into the stomach, thus Improves the general health of the system. A single vial will last for years. Price only 26 cents."

We examined this VALUABLE AFFAIR, and found it to consist only of water, with a little common muriatic acid, (hydro-chloric acid.) Its only action upon the teeth was to dissolve off a portion of their surface, which of course removed the dark coating. The continued use of this wash would soon entirely eat away the teetb and destroy them. We estimated the cost of a barrel-full of this wash to be about 75 cents, and that this would fill about 7,500 of the 25 cent vials, at a cost of about one cent for one hundred vials full. The cost of the vials, including the labels and filling, was about one and a quarter cents each. This "Tooth-wash pedier" offered us a shining gold eagle to tell him how to make it, (which of course we declined doing;) "for," said he, "I pay \$15 a hundred for these vials, and I seil thousands of them, and am now going to the New York State Fair, and can sell them like hot cakes to the green country chaps. Last year I made over \$100 selling this same wash at one fair, and I want to make it myself." We told him how injurious it was to the teeth, and he left us. We heard no more of him, till a few days since we met him at one of our Southern State Fairs, driving a brisk business. He had a boy ou a stool before him, and was performing his deutai operations (anti-deutal, rather) upon a dark-colored set of teeth, and showing to a wondering crowd "this black tooth by the side of that white one, made so by his incomparable tooth-wash." A dozen or more of the ambitious crowd immediately walked up and paid their quarters, and carried bome the prize. We stepped up to the pedlar and reminded bim of our former remoustrances; but he replied, "It pays too well to give up the business; I make \$1,500 a year clear, and pay \$50 a year to the State for the privilege of selling. A hundred others are seiling it all over the country. I got it for \$10 a hundred after telling the manufacturer how cheaply you said it could he made."

We will only say, in regard to tooth-washes and toothpowders generally, that, whether dry or liquid, they usually contrain some acid which destroys the teath. It is safer to avoid them all. A good tooth-brush and water, or some pleasant kind of soan, is the best and safest tooth-cleaner we know of. The teeth should be brushed before going to bed. Food remaining upon and between them during the night is apt to time to acid, which east away the surface.

We have little hope of putting an end to the sale and use of these not merely useless, but positively injurious articles; but we shall coutinue to do our best to expose them. We have several more to bring forward as we have opportunity.

* An intimate relative used one of these dry powders, and at twenty-five years of age was obliged to get a new set of teeth.





Home Voices.

MESSRS. FOWLERS AND WELLS: Perhaps you will herald to the world a reform which has been made in this place.

About the 15th of Jannary last, a few of ns old tobaccousers met and formed an Anti-Tobacco Society, pledging onrselves never more to use the "weed" in any form. We have held meetings once a week, or once a fortnight at most, at which each one has told his experience, on the old Washlagtonian plan. Gen. Chaplain and Dr. Jackson, from Glen Haven, have each given us a lecture on the effects of tobacco upon the system. This is a small place, but our Society numbers near two hundred members, about fifty of whom are reformed ones. Respectfully, Joseph Arwatza.

Scott, N. Y., June 4th, 1854.

(This is "a good beginning:" an example worthy of adoption by the people of every county, town, and neighborhood. Fifty reformed men are enough to begin a revolution which shall sweep through the universe, and, like a shower of bright water, with lightning and thunder, purify the atmosphere! Buckle on the armor; a great battle is to be fought. This tobacco naisance must and shall be broken up, destroyed, and the poor victims saved from a filthy life and a miserable death. Down with tobacco, and up with humanity!

WATER-CURE IN THE WEST.—[A practical coworker in the cause of the great Health Reform, writes as from Indiana as follows:] For a hundred miles or more, in nearly every direction from this city, I have travelled within the past year, and have been surprised to find so many reading and inquiring about Water-Cure. There is one thing peculiar to this reform, the most intelligent are the most interested. The flashy codifich aristocracy, and the supersitions blogt, are always found on the side of the opposition. For example, there are thousands who, after dressing an infant in the morning take it by the skirts, or heels, and, holding it head down, shake it furiously for a moment or so, "to keep it from heing liver-grown," i. e., to keep its liver from growing to its side. To cure croup in its last stage, "draw the child through a horse-collar." It must be the collar of a gap horse, or it will have no effect.

To enre the "shingles," or "hives," take three drops of blood from a black cat; no more must be taken, or it fails to

I night multiply similar appersitious whims, but it is not worth while. Such actions are entertained by people who like to be thought intelligent, and do move in fashionable society. I ask you how truths so simple as the great truths of Water-Cure can find a lodgement in such minds? Add to this class the interested M.D.'s, and their friends, and those who never think of or read any thing outside of their limit-ed field of investigation, and you have the daguerreotype of the opposition.

Dr. Wood, of Evansville, has done much to set people thinking. He has lectured in most of the towns in this vicinity, in many instances to large audiences. He has in that way awakened a spirit of inquiry. I have been surprised to find that the Warzen-Ornez Journa, I was to be found in almost every town. It shows enterprise on your part, and seckers of truth on the part of its readers. We ail ways find its readers enthusiastic in the work. One family who reads it always lends, more or less, to the whole neighborhood. Dr. W. has circulated, also, the Friend of Man widely, which has also done much to awaken a spirit of inquiry, and, I am informed, has led to the purchase of many, of your works.

On the whole, I feel satisfied that the came is rapidly progressing in this vicinity. The people have taken hold of it. The doctor's hearts tremble. They have done all that could be done to put down the spirit of inquiry—all to no purpose. Instances are every few days occurring that tend to open the eyes of the people to the beauties of this God-given bleastor.

A few days since, Dr. W. was called to save the life of a man who had here druged for six days for inflammation of the inngs. All had given up. A triend suggested that he thought Water-Cure would save him. Dr. W. was sent for, and in less than an hour after he arrived, the man was better. It was talked of all over town. The friends of Water-Cure rejoice at his trimph over the discuss and one of the professor in our defauct Medical Coliego. The learned professor design that he gave bill my while others declared.

that be had. Another patient, a lady, had been burning for several days with fever. She finally begged that Dr. W. be sent for. Her friends oppored, and her doctor took the alarm, and all at once "know all about Water-Cure," and ordered "a bath about the temperature of river-water," As might be expected, it helped her.

And so it is; I hear of more bathing, and know of our M.
Depreseribing more water than ever before in my life. The
fact is, The Water is going to triumph. The M.D.s have
got to yield to the demands of the people. The work is proressive and will conquer.
VANDEBRUKG.

FROM CHARLOTTESVILLE, VA.— Messrs. FOWLERS AND WELLS: Gentlemen,—The writer has been for some time past anxious to be instrumental in precuring the location, at or near this place, of an experienced and skilful Water-Cure physician. He has made several efforts in that way, but so far without success. He is a thorough believer in the Water-Cure himself, as the greatest curative as well as hygienie agent yet known to the healing art. And he knows that there are many, very many persons in this section, who would most cheerfully and gladly have experiments made in their skk families of the efficacy of the Water-Cure in fever and other disease, if they could have recourse to a physician who had sufficient experience in the practice of the system to justify them in doing so.

Charlottswille is a most delightful village, situated on the eastern side of the Blue Bidge mountain, some fifteen or twenty miles from it, in the midst of what are called the South-west Mountains. The University of Yirgnia, which has about five hundred students, is situated within about a mile of it. It is surrounded by a most delightful region of list regarded as a very healthy region of country; but, as in all other places, we have occasionally on replacines and seasons of prevailing fever, such as typhus, pneumonia, &c., which are decidedly faila with us, or to somewhat an extreme. At least it seems to the writer that this may be these fevers, there is not an even chance for him to escape with his life, after a long and tedious case of sickness and convalescence. The writer would be extremely glad if a Water-Cure physician were here, to see if the Water-Gure tent. I will said, that this village is situated immediately on a railroad leading from the metropolis of the State, Richmond, to the far west; and another arilroad leading unth-west and north-east, now under way, is to pass through it, so that the place will become a very prominent one on the Virginia of the State Children of a Water-Cure Establishment. An act of incorporation of a Joint-Stock Company has already here obtained for the purpose; and if a Water-Cure physician of experience and skill, duly attested to be such, would come no to; I have no doubt the Joint-Stock Company would be soon given up. Tour, respectfully.

FROM J. W. L., Fayette, Me.—I have been making a little sitr in the direction of Water-Cure away down. East, and have treated (and with good success) several diseases with water, which would baffie the skill of drug-doctors. Oh, the blessings of cold water; were into fire that, and the valuable information I have gained from the Water-Cure Journal. In with fand children and many other friends whom I could name, would now be beneath the cold clod. I have raised a club of seven, which is a beginning of sorrows for drug-doctors in this place.

PROPURT.

FROM N. P., Sparta, Ala.—I have just saved myself from a course of chill and fever, by the timely application of water. My practice was that laid down by the "Encyclopedia," by which the chill was drowned ont after the second attack. I used the warm and cold bath alternately, as my feelings indicated, and in the hot stage of fever resorted to the "Lientuck" with the most happy, and, to my friends, astonishing results. All half to the Water-Cure I

FROM GRIFFIN, Geo.—I fear that the citizens of your great metropolis may assume to themselves too much consequence, to the neglect of other aspirants after fame. In the midst of so mach genius and invention, you will be apt to forget the humble claims of the far-off town to consideration. There is such a thing as "metropolitan strongue,"

Now, there is, away down here in Georgia, a little town that glories in the name of Griffin. Though we "be little among the tribes," yet have we some astonishing "big men." Among these are several "big doctors"—men of regular scientific knowledge and surgical skill. Nearly half of all their patients get well. They would cure every single case, if the disease did not get the upper hand. They are possessed with admirable fortitinde. They continue "to cure the patient until he dies." Ableit men of social admirable

virtues, their modesty even surpasses their merits. Frevided their fees are fully and regularly paid, they make little noise to proclaim their renown. Lest these worthies should never be known to fame, or the "city of Griffin" fail of achieving immortality, I begit he assistance of your widely circulating Jonnal. I write in the greatest haste, lest some greedy, aspiring mortal is even now endeavoring to snatch the "laurel of reuown" from the brow of Griffin and Griffin's doctors. Let your great metropolis and all the minor thousands bewall the oblivion of future generations, while Griffin shall attian a renown equal to that of Graefenberg.

I claim for Griffin and her doctors the grandest invention of modern times. It is a new treatment of croup. When the breathing of the little "sufferer" becomes difficult or obstructed, one of our "regulars" stands ready, scalpel in hand; "he cuts the throad of the dear innocent" a little below the larynx. By inserting a small tube—a goose-quill, for instance—the breathing continnes several hours, after which, the patient quietly dies.

You will perceive that by this happy invention of "our will cones," the brief span of infantile life is prolonged. They have thus solved the problem of lengthening life by the very means that ordinary mortals use for destroying it. I trust, dear Sirs, you will duly chronicle this great invention, and entitle yourselves to renewed gratinde from Griffin.

FROM L. L. H., Drytown, California.—I have read but a few numbers of the WATER-CURE JOURNAL, but heartily coincide in all of the "reforms" it advocates, so far as I have learned their principles.

With my mother and sisters I crossed the plains last summer, and found the Bloomer just the dress we needed. I could walk and elimb mountains with perfect ease, although I had been accustomed to walk scarcely any at home. When I put no long dresses, I found them not only inconvenient, but very cumbersome, and was soon giad to don my Bloomer sgain—or, rather, my short dress, as I have never had an opportunity of learning how a regular Bloomer is made.

We live near the mines. The people are generally intelligent, but careless and dissipated in their habits. I think the Water-Care would wield a mighty influence on the morals of the people, if it could but find its way to all the hearts and homes of this truly interesting country.

Two ladies, writing from Nelsonville, O., say:

--- Yon may consider us life subscribers to your valuable
Journals; we should not know how to do without them,
and only regret we did not subscribe many years sconer."

M. S., Slatersville, N. C., writes:—"Water-Cureism is about to take the sway in this country. Allopathy is fast vanishing, and I hope the day Is not far distant, when water will be appreciated as a cure of disease,"

W. T. T., Shelbyville, Tenn., sends fourteen dollars, with a list of subscribers, and says:—"1 have been a reader of your Jonnals for many years, and lately had an opportunity of testing the Water-Cure, in successfully treating five cases of measles and whooping-cough, to the utter astonishment of the wise ones,"

C. E. D. says:—"To you I must express my gratitude for the untold benefit I have received from reading some of your physiological publications, as well as for the instruction I receive from your excellent Journals. Oh that others, who are now ignorantly wiolating all the laws of health, would appreciate the proper study of mankind!"

E. A. H. G., Hudson, writes:—"The Water-Cure has been to me a true Evangel, saving me from long years of agony and suffering. God speed it onward!"

FROM Stark County, III., a voluntary agent sends eleven dollars, and says:—"I consider your Journals almost indispensable, and would not do without them for twice their cost."

S. M. H. P., Pleasantville, Pa., says:—I have beep a constant reader of your valuable Journals for tho past year, and would not be without them for twice the cost of them. They are always welcome hore. We have abandoned drugs and drug-doctors, for ever. You may consider us a life subseribers to your Journals.

Par

The Month.

NEW YORK, SEPTEMBER, 1854.

"Hydropathy is not a reform, nor an improvement, but a Revolution."

DR. TRALL.

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

SEPTEMBER NOTES.

BY R. T. TRALL, M. D.

Female Physicians .- One of our city papers, a few years ago, expressed the opinion that, if there were five hundred competent and well-educated female physicians, they could all find profitable employment professionally in this city alone. This statement was evidently predicated on the supposition that we have no great surplus of male doctors, and that female physicians of equal competency would-as the majority of all medical practice is in diseases of women and children-be preferred by the suffering sick in a majority of

We do not believe so many doctors, either male or female, would be to the benefit of community. But we do believe one hundred female physicians are really demanded in this city, and could, on acquiring a proper education, find ample employment.

There are about one thousand male doctors of all sorts and preteusions, who agree in the general plan of treating disease by drng-poisons, in New York and its snburbs. We believe, most concientiously, that, taking all together, they are a curse and pest to society. One hundred male physicians, of proper attainments in the healing art, should be amply capable of supplying all the needs of our people and our public institutions, leaving twenty-five of the number for the speciality of operative surgery. And this principle of calculation applies to the country and to the world, as well as to this city.

The facts that diseases of women and children are the main sources of professional business and revenue, and that female physicians in these cases have more natural tact and adaptedness in ascertaining, understanding and managing them, are conclusive that society needs a greater number of female than of male physicians. And when the people generally become a little better educated in physiological science-in the laws of life and health-diseases will be comparatively few; most of the practice of the healing art will be where it should, in the hands of educated female physicians, and nearly all that men have to do with sick folks will be surgically.

These remarks are intended partly in answer to several correspondents who, contemplating attending onr Hydropathic School next fall and winter, have inquired "how it works" to educate males and females as one class in all the departments of medical science? It "works" well. It insures a class to be more circumspect in deport-

ment, more attentive to study, more chulous of real improvement, and in many ways better informed. Of either class of our first and second term, we can select the names of half a dozen females whose aptitude to understand and progress in every department of a professional education, was not equalled by the six best male students.

Another fact is significant. One of our city papers, notoriously and rancorously opposed to every thing in the shape of a new notion, so far as "woman's sphere" is concerned, made an cditorial statement a few days ago, that every female in this country who had been professionally educated and gone into practice, was doing a business worth over one thousand dollars a year! This fact, and fact it is, speaks a volume. It shows that the demand is ample, but the supply deficient: that the women of our country are not so ignorant as to prefer male physicians, when equally-qualified females can be had. It only requires a competency in numbers as well as in capacity of female physicians, to drive nine-tenths of onr drug-doctors, alias poisonvenders, into some more useful calling, and sweep all the expensive and worse than useless array of nostrum depositories and apothecary-shops away from the face of the earth.

NEW ARRANGEMENTS-A NEW PAPER-THE QUARTERLY REVIEW .- Our readers have already been apprised that the publishers of this Journal propose soon to commence the issue of a weekly family newspaper, to be called "Life Illustrated," and this scheme has presented the opportunity for making new and better arrangements for carrying out our grand project, the education of the people. By transferring the more popular and miscellaneous matter of the WATER-CURE JOURNAL to the weekly, and the more elaborate and professional articles of the Review to the Journal, we can be in more frequent communication with our subscribers, give a greater amount and variety of matter, and still preserve all the best features of the present periodicals. Annuals, semi-annuals, and even quarterlies are of necessity dull teachers. Their visitations are too seldom to awaken and sustain the interest of monthlies, weeklies, and dailies; nor can they so well reflect the "spirit of the age," by mingling with, and to some extent shaping and controlling the course of current events. For these reasons it has been concluded to discontinue the Quarterly after the publication of the next number, which will complete the first volume. The plan, however, contemplated when the Quarterly Review was commenced, will be carried out in the manner already intimated.

Life Illustrated! For many years, Boston, New York, and especially Philadelphia, have supplied our country with immense editions of heavy, massy family weeklies. They were nearly all good papers, some very good; but none of them were such as would suit our idea of a "model." They were filled with prettily-written

stories, copious extracts from the circulating libraries, news, summaries, riddles and rebuses for the juveniles, &c., &c. But none of them, to our mind, represent, much less illustrate life.

We want, or rather the people want a paper -every family on the broad area of civilization ought to have a paper-that will not only represent and illustrate life, but teach it. "The science of life"-and this implies the laws of health as well as politics, legislation, agriculture, the mechanic arts, new discoveries, &c., &c .-should be a prominent department in a "people's paper," bnt, unfortunately, the majority of our newspapers teach the people more ignorance than wisdom in this respect.

A correct mental philosophy, a knowledge of the bodily constitution, their reciprocal relations and dependencies, a true system of hygiene, the relations of the human being to those elements of external nature which for ever and incessantly act upon it, and are in turn acted on by it, are the essentials of a really useful and progressive education; and should be not only prominent topics of a family newspaper, but have a prominent place in every system of commonschool education. With these observations we commend "Life Illustrated" to all who, with us, see the need of a newspaper which shall not be content to follow and echo public opinion, but assume to guide, instruct, and direct it.

CHOLERA MATTERS .- Those who have carefully watched the progress and phenomena of the cholera, throughout the country, during the present season, can hardly fail, we think, to come to the conclusion that, though cholera is a very bad malady, drug-medication is a much worse one. It is strange how many times a "new theory" or an "improved practice" must be tested and exploded before it will stay exploded. And it is passing strange, that, with all the experience our physicians have had with the cholera, they still insist on salt pork, hot mustard, warm flannel, "more animal food," and a little "schnapps" or brandy as preventives, and some sort or combinations of drug-poisons as curatives.

At the Franklin Street Hospital, large doses of calomel-thirty to forty grains-are the leading measure of treatment; and we are told the result is highly satisfactory to-the attending physician. At the Mott Street Hospital this practice is repudiated, and very small doses of calomel are givenone or two grains; and the result, we are told, is very satisfactory to the attending physician there. In both places one-half the cases die; and where the satisfaction comes from, we are not able to perceive. But this is of no consequence. If the doctors are "satisfied" with their own dosing, no matter what becomes of the patients.

In a case to which we were called np town, of supposed cholera, the doctor in attendance (Allopathic,) had given a dose of salt and vinegar. During the interview we referred him to the practice of the physicians at the two hospitals, but he didn't believe in either way of treating. So it is





all over. Some give opium; others condemn it: some give calomel; others of the same school denounce it : some declare the stimulating praetice essential to the patient's safety; others declare it always injurious. Now as ever, they can agree upou no single point in its pathology or treatment.

The Medical Aeademy has again discussed the contagiousness of the cholera; but, as ever heretofore, they ean't agree whether it is contagious or isn't.

Our "up-town" doetor above alluded to thought that some kind of poison, "we couldn't tell what," floated about in the atmosphere, and struck people down-" we can't tell how," We replied, " Doctor, how is it that the eholera uever happens to hit us Water-Cure folks, or Vegetarians?" The doctor marvelled, but answered nothing. We asked again, " Doetor, how is it that when people are struck down with this poison, you can remove it or its effects by another poison -ealomel, opium, salt, brandy, vinegar?" The doctor mumbled, but made no answer. We asked thirdly," Doctor, how is it that you eannot so live yourself, uor ean so advise your patrons to live as to be exempt from all liability to the cholera, whilst we Hydropaths and Vegetarians can and do so live ourselves, and instruct our followers so that they won't have the eholera and ean't get it?" The doctor mildly answered, that no one ought to pretend to know so much about these things.

Some one of the persons present theu asked if we never ate any flesh-meat. We replied, no, and that we eat freely and promiscuously eabbage, cueumbers, green eorn, aud very much other green trash, without either salt, pepper, or vinegar, or seasoning of any sort.

Then it was that the doctor spoke out from the very depths of his-stomach. Said he, "I would rather have the eholera than to live so." The doctor spoke houestly. He spoke the sentiments of the majority. He has no eoneeption, no thought of eating, save to gratify an existing appetite, be that appetite natural or depraved, The people are generally like unto him. They would rather be siek and infirm, they would rather rot alive or be struck down by death, than to eat and drink healthful nutriment; and die they and their doctors do.

One of our city clergymen has taken up the prevading theme, and delivered a sermon on the history, predisposing eauses and treatment of cholera. The theological professor made almost as bad work in handling the subject as our medical professors do. He gave very good but very commonplace maxims on the prophylaxis, such as casting off fear, temperance in all things, regulation of diet. But on the subject of remedies he was as beforged as the Esculapians. He advised employing a competent physician, but didn't tell us where to find one. He was "death" on nostrums, but advised, in ease one was going to travel away from the physician in whom one had confidence, to take along the best nostrum

he could get; but he forgot to tell us what that best nostrum was, or where to be found. He was particularly severe on acid fruits, and anathematized eucumbers with particular emphasis, as though eholera and cueumber were synonymous

We made a practical application of this part of the reverend gentleman's exposition. The next day it so happened that we took a trip to a beautiful little village in Connecticut, where farms are thriftily cultivated, and where gardens yield "green trash" in tempting abundance and variety. For three days we luxuriated on peas, beans, cabbage, parsley, apples, pears, beets, potatoes, huckleberry pies, blackberries, etc., etc. Green eorn we enjoyed twice every day, and cucumbers three times. Yes, we fairly feasted, moruing, noon, and night, on as fresh, sweet, luscious cueumbers as ever grew above ground. Isn't it a miracle, Parson W., that we are alive?

A GOOD SUGGESTION. -One of the practical difficulties in the way of Vegetarianism is, the little attention paid to the proper cultivation and preparation of vegetables and fruits. A correspondent, writing from Cohasset, represents, we doubt not, the sentiments of many who, in ease a fair beginning could be made, would enter into the proposed project with alacrity:

Last year I noticed in your valuable WATER-CURE JOUR-NAL, several communications from your correspondents in regard to forming a company to settle by themselves, and live on vegetarian principles, in which project I took a great interest, hoped an association of that kind would be formed. and had some idea of joining it if I could obtain admittance into that chosen band. But the enterprise seems to have been abandoned; at least, I have heard nothing of its being

Now, living, as I do, in a community where human improvement is little thought of, where the principal conversation of neighbors and friends is about the weather or everyday business, and village gossip in general; where the people live as their appetites suggest, if their means will allow it, without much regard to its effect on their constitutions, I long for the society of those who take an interest in the progress of mankind; not only in the means of acquiring riches, but in the improvement of body and mind, in the advancement of family comforts, and in raising the standard of social intercourse; and if an association were formed upon the principles of Phrenology, Physiology, Hydropathy, and Vegetarianism, I should be willing (if my circumstances would admit) to settle with them in almost any mild climate; there we might live in the enjoyment of the society of congenial spirits, and adopt such reforms in food, dress, and modes of living, as we thought hest adapted to our happiness and comfort,

But for my part I know not how to get up such a company; but if, through your Journal or otherwise, the project could be fairly started, I doubt not a small band might be collected for the enterprise; but I leave it for others to begin, being willing to follow, but not capable of leading.

TERRITORIAL EXTENT OF THE UNITED STATES .-The final report of the seventh census of the United States, The final report of the seventh ceasus of the United States, is now through the press. It consists of a single quarter volume of twelve hundred pages. This volume is filled with the property of the property area of which, including the Territories, is set down at 2, 753,123 square miles. The territorial extent of the Republic is nearly ten times as large as France, Great Britain, Prussia, Austria, Spain, Portugal, Belgium, Holland, and Denmark put together! one and a half times as large as the Russian Empire in Europe; only one-sixth less than the area covered by the fifty or sixty empires, states, and republics of Europe; of equal extent with the Roman Empire, or that of Alexander, neither of which is said to have exceeded 8,00%,00% goan miles. The total area of North America is 873,648 square miles. Verily, this is "a great country."

To Correspondents.

Be brief, clear, and definite, and speak always directly to the point

Professional Matters.

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

DICTIONARY OF TECHNICAL TERMS .- J. B. L., Mt. Carmel, Ind. The work you suggest has already occupled a portion of our thoughts for some time. Probably it will be published before long.

GREASING AND WETTING THE HAIR. - A. S., Richfield Springs. "Please inform a subscriber, through the columns of the Journal, if the frequent use of oil injures the hair, when the scalp is kept clean? Also if it is a good plan to wet the hair and head daily with cold water? the first question, we say Yes. The second we answer affirmatively as a general rule. The exceptions, however,

Serofula .- M. H. A., Boundbrook, "What is the proper treatment of scrofula in a babe four months old, very small and weakly? There are large swellings nnder each ear, and small lnmps can be felt in various parts of the body; also, offensive discharges from her ears, and boils on various parts of the body." A wash in tepid water—about 750-morning and evening, with a wet girdle to the abdomen for an hour or two daily, whenever she has diarrhea, will be all the bathing such a susceptible infant can require.

WEAK EYES. -J. N., Omar. You state that your wife is troubled with "nervous debility," with weak stomach, lame back, disordered vision, &c., and ask us "how to use water in her case ?" You must attend to the general regimen, or water will be of little service. She must adopt a hydropathic method of eating, drinking, exercise, &c., with such bathing us recommended in all our books, for the renovation of the general health. Recollect, this place is devoted to answering questions, not writing dissertations.

OBESITY .- C. C., Laneaster, Pa. "I am troubled with fulness, ringing in the ears, dimness of sight, double vision, neuralgic pains in the head, full and hard veins, cold extremities, drowsiness, &c .- weigh over two hundred pounds-age sixty." There is too much of you, or rather about you. Eat less, and use plainer food; exercise moderately; avoid grease, seasonings, and stimulants; bathe daily in tepid water; and before you die, set an example of "eating to live," that your children or grandchildren (if you have any) may profitably imitate.

TAPE WORM .- J. W., Wellersburg, Pa. The best plan of treating the tape-worm is, to confine the patient for several weeks to a very plain and coarse, as well as abstemious diet, and then employ copious injections,

SITTING IN A DRAUGHT .- W. H. O., Canada West. "Is it injurious, as some suppose, to sit or sleep in a draught of air?" Not for healthy persons. Very susceptible invalids may be injured in this way.

PAIN IN THE SIDE .- W. H. O., Bowmansville, C. W. "Is pain in the side, while running, a sign of illhealth, and if so, in what respect?" The answer must depend on the primary question, how fast the individual runs.

AN OVERWORKED BRAIN .- B. S. C., Avon. "My case is simply this: I am a student, and have destroyed my health by study. My head is in the condition we may snppose Jupiter's was before the advent of Minerva, with a bad stomach and an entire prostration of strength." A head stuffed to a plethora, which the stuffee can make no use of for want of bodily health, is no uncommon condition with college-bred and college-killed individuals. Of course, brain rest and bodily exercise are the leading features of a remedial plan.

CRUSTS OF BREAD.—W. H. O. "Are crusts of bread more wholesome than the soft part?" This depends on how crusty the crusts are. If burned or overdone, they are less wholesome than the soft part, provided the soft part is baked and fermented just right, if the crust is cooked excity right, and the soft part also, cach will be equally whole-

A TRIO.—M. T. H., Canada West. Question 1st. Is it necessary to nse mechanical means, or shape and press the infantile head to prevent the improper or too sudden closing of the sinuses? 2d. Is it not a relie of tradition founded upon error, and condicting with motherNature, who is quite capable of forming the sinus properly if the child's food and other requirements are legitimately supplied? 8d. In ease of scables or itch being medicated with mercurial olntments, will the disease make its appearance together with the poison need, "npon water treatment?"

1st. Question—No. 2d.—Yes. 8d.—It will in a majority of cases.

SPRING WATER.—J. J., Berlin, N. C. "Is water just as it comes out of a spring, the right kind for water-cure purposes? and if so, is it best to use it as cold as it comes from the spring?" The water should be soft and guera, no matter where it comes from. Some spring water is very good; and the water from other springs may be very bad. The temperature must depend on the condition of the patient who uses it. See Hydropathic books.

GRAHAM BREAD.—C. E. D., Noblesville, Ind.

"Is the genuine Graham bread sweetened? Is sweetening injurions?" No. a very little sngar would not harm fermonted Graham bread—provided it is well made in all other respects. Unformented bread is better without it.

PARALYSIS.—J. H., Suffield, Conn. "What would be the prospect of a cure, at a Hydropathle Establishment, of a case of paralysis of the lower extremities of fifteen year's standing? It is supposed to have been caused by over-exertion. The patient has been bled, leeched, blistered, draggod, took nux vomica a long time, &c. The limbs have perfished, the muscles are 'somewhat contracted, and the general health has been poor for the last eight months." The chance of recovery is very slight.

FLESH STRENGTH.—A.D. "Dr. Trall; You say that animal food is not proper for man to eat. If so, why do those persons who train themselves for any feat requiring great physical strength, always eat beefsteak, mutton, &c., and drink Scotch alor porter? Capt. Barclay, in his feat of walking 1000 miles in 1000 hours, Tom Hyer's encounter with Sullivan, &c., are proofs of the state a man can be brought to by the proper use of animal food.

Can't see the force of your reasoning. We never said that "animal food was not proper to eat." We have said and do say that vegetable food is man's natural food and his best food. We agree that training on raw flesh and grog develops the fighting propensity, but we deny that it affords superior and musenlar strength. The cases of Barclay, Hyer, Sullivan, and other pugnacious creatures, prove nothing one way or tho other as to the relative merits of animal and vegetable food. They only show what was done by one kind of training, not what could be done by a different system of diet.

CONTRACTED MUSCLES.—J. C. B. "What is the best treatment for a person whose legs have been contracted four years from rheumatism?" Warm and cold douches, frietlon, with occasional packs, and a vegetable diet.

Cod Livers, &c.—S. P. "Do not animals (brutes) in their natural state live in accordance with the laws of their being? Why then are they ever diseased, as yon say cod's livers are?" Those animals whose natural state it is "to worry and devour each other," as seems to be the case with the carnivorous brutes, may both live according to the law of flesh-eating, and have diseased livers. Fishes also are liable to Injuries and accidents, inducing wounds and bruises, and consequent fevers and inflammation, with diseased livers. Carnivorous animals also often eat other animals in a state of active patrescency, which diseases them all through.

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Sore Eyes.—C. B. M., Indiana. "Is the practice of opening and shutting the eyes repeatedly under water, proper or improper?" Proper, if so managed as not to cause pain. "Shail I recommend the practice?" Yes. "Should Isleep with wet cloths on them?" Only when they are painful and the cloths are soothing.

EPILEPSY.—A. H. B., Burns, N. Y. "Please say, from this description of my case, whether the fits are caused by organic disease of the heart, or the heart difficulty caused by the fits." Probably neither; but both may be occasioned by disease or obstruction of the digestive organs. Hydropathy offers you the best, and probably the only chance of recovery.

COTTON BIRLATFILATES:—A Reformer. "Mr. Editor, can you suggest to your fair readers any benefit that can be derived from wearing a 'breastplate' of cotton (weighing perhaps one-fourth of a pound) during this warm weather, and in 'this time of peace?' Certainly we can. A preparation to resist hostilities is the surset way to prevent an attack. We know some females so impregnably imbedded in padding, that Cupid's arrows could never penetrate the surface, much less reach the heart; hence, in view of such a formidable impediment, the said arrows would all be sent off in other directions.

HEMORRHOIDS.—W. L. H., Lairdsville. "I have been disabled three years with inflammation of the bowels, protrusion of the fundament, with thirty or forty motions daily," &c. You have a bad case of pile tumors, probably requiring the ligature or other surgleal treatment. You had better go to an Establishment.

PURIFICATION.—M. S. C., Trumansburg. "Can any one hope to purify his blood while in the daily use of tobacco, salt fat pork, and all kinds of stimulants used in eatables? Will sweet-fern or any or all the roots and herbs in creation purify the blood quicker or better than water? In regard to coffee, I have noticed in myself and others it seems to cause action of the bowels immediately after eating, at least if used only once a day, Is it not beneficial? It seems to relieve piles." To these questions we say No, No, No. Every thing that one is accustomed to "seems" to relieve for the time, for the reason that its effect has become the habit of the bodily functions. This is as true of alcohol and tobacco as of coffee.

Colic.—W. H. B., Racine, Wis. "Would you consider an unnatural soreness and apparent hemming, which alternate with colic pains, indicative of inflammation? and if so, what is the Hydropathic treatment." They unally indicate an inflammatory state of some part of the mucons membrane—frequently duodentitis. Treat it as a diseased liver, from which it arises; spare diet, packs, wet girdle, half-Saths, &c.

DOUBTFUL .- W. E. N., St. Anthony's Falls, Minnesota. "Inform me through the columns of the Journal the cause and remedy for the following symptoms of disease: An nneasiness or heaviness, sometimes amounting to a dull pain in the left side, near the region of the heart or lungs; the teeth on rising in the morning are stuck or gummed over with a bloody substance, and generally spitting blood for a few minutes after rising, although it does not appear to rise from the stomach at the time. If you could judge any better of the nature of the disease, I might give the dimensions of my form, which is rather slim, about five feet ten inches in height, light hair and skin, rather dark eyes, small vital organs, &c.: in fact, a complete predominance of the mental temperament: sge twenty years." We can't tell any thing about your case from the size or shape of your body, the size of vonr eyes, or the color of your hair. But tell as how you live, what you eat and drink, how you act, what you do, your occupation, your passional relations, &c., and then we will undertake to say what alls yon, and what you must do or cease from doing, in order to recover bealth.

RUNNING AT THE EARS, WITH PARTIAL DEAFNESS.

—M. D., Greenfield. "In this case partial deafness followed searlet fever, and is occasionally attended with discharges from the cars, &c." Attend strictly to the general health until the running subsides, then syringe occasionally with warm water.

HOT WEATHER, SALT WATER AND BAD AIR .-An Inquirer. "During this hot weather we frequently return from onr shop wearled and hot and uncomfortable; may we just before going to bed take a dip in cold water safely?" Yes. "Or If, excited to a sort of temporary feverwe are unable to sleep, may we still jump ont of bed into our bathing-tubs?" Yes. "You never tell us any thing about salt-water: do you call the salt it contains an impu-Yes. "And on your reasoning, that 'the water is absorbed by the skin,' does the sait also enter the system?" Very little. "We have been taught to believe that there was peculiar virtue in salt-water, is it not so?" No. "We find our tubs of rain-water get bad very quickly this weather; the water gets a slippery feel about it and a had smell; can this be prevented?" Yes. "And is it better to batho in had water than not to bathe at all?" Yes, if not awfully bad. "One more question and I have done. I am bound to a shop which might be well ventilated were it not that the yard at the back has an incurable stench; now I want to know whether no air is better than bad air?" Certainly not-Bad air induces disease; no air produces death. Choose vo between the two evils.

CATARRIL—J. W. H., Brook ville. "I am troubled with running in my nostrils, severe pains in my eyes, pains in my shoulders, am very weak, &c." You have chronic catarrh, originating from a diseased liver. Wash all over every day; wear the wet-gridle; sumf teptd water carefully np the nostrils, and adopt a strictly vegetable and very abstemious diet—provided you are anxious to get well.

ICE IN TYPHUS FEVERS.—J. T., Charlottesville, Va., informs us that physicians in his vicinity apply toe constantly to the head in fevers until the pulse and fever are reduced, and asks an opinion of the practice. We consider it incompanibly better than the common drug routine, but much less valuable than the application of water to the whole surface—in other words, general treatment,

Business.

THE WATER-CURE JOURNAL will in future contain the profession il articles, while the miscellaneous matter may be transferred to the paper. The Quarterly will, therefore, be discontinued, and a new Family Paper started. For particulars, see Prospectus of Life LILUSEARZEO.

COMPLETED.—One number more will complete the Hydropathic Quarterly Review, making a voluma of about eight hundred octavo pages.

The last number (IV) will be sent to subscribers as soon as it comes from the press: when it may be bound, and placed at once in the library. Though not popular, the Review will always be regarded as a most profound and valuable work. But the publishers yield to the demand for a "medium" of communication more frequent than litherto. They announce otherwhere, in Prospectus, A New Finst-Class Weekly Newsarke, devoted to Literature, Science, and the Arts, to Entertainment, Improvement, and Progress: to be commenced on the first of October, 1854, at \$20 0 a per section of the process.

LIFE ILLUSTRATED. — A gentleman, well and favorably known to our readers, whom we have succeeded in engaging as a regular contributor to our new Weekly, writes us as follows:

"The matter which I will send you for Lift LLLESTATE shall be such as yon desire, hopeful, encouragin, industrial, and practical in its character or hearing. No man ever held a lasting claim upon the regard of his contemporaries, or the remembrance of posterity, who did not itser words of encouragement and hope, who did not itser words of encouragement and hope, who did not teach men to bear the itle of the present in order that the future might yield to them a more perfect reward. As this regard and this grateful remembrance I am anxious to possess as the wages of my toil, I shall address men's intellects through the everopen avenues of Faith and Hope, of Ideality and Sublimity, of Comparison and Mirthfulness: do with my might that of the providential working of a "bigher law."



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The prices for residence at this Cure, including hoerd, treatment, and nursing, will wary from \$6 to \$12 per week.

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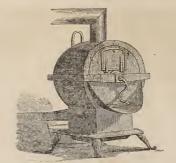
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