

# WATER-CURE

## JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

### Physiology, Hydropathy, and the Laws of Life.

VOL. XVIII. NO. 4.]

NEW YORK, OCTOBER, 1854.

[\$1.00 A YEAR.

Published by

FOWLERS AND WELLS,

No. 208 Broadway, 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 "PROVE ALL THINGS" and to "Hold Fast" only "THE GOOD."

#### THE SENSE OF TASTE, ITS PHYSIOLOGY AND RELATIONS.

BY GEO. H. TAYLOR, M.D.

**USES OF TASTE.**—The efficiency of the human being, physically and intellectually, depends on its capacity to select and assimilate food. Without this ability, all those changes of matter within the body evolving forces and performing acts that we call function, would cease, and an eternal divorce of matter and spirit would immediately result. The various phases of vital manifestation are dependent on material conditions, and so they will remain while matter is any way useful as a receptacle for the mind, and a medium for its education and development. The elementary facts, in regard to the qualities and relations of external things, to serve as a basis for reasoning, are obtained through the medium of special contrivances therefor—the *senses*—all of which contribute to the pleasure as well as profit of the individual.

Taste has special reference to the important processes of alimentation, and sits in judgment over the materials to be used for this purpose. In the perfection of its exercise, it imperiously demands what is suitable, and strictly guards against the introduction of matters of injurious quality.

**Enjoyment** is a consciousness of functional activity when normally exercised; pain is a cognizance of altered function: those objects that are capable of making such impressions are instinctively repelled. It is essential in the nature of things that the gustatory feeling should be a strong one. On it depends the preservation of the individual. It excludes the possibility of carelessness or forgetfulness in regard to maintaining duly all the organic wants so far as ma-

terials for its use are concerned. It institutes a becoming foresight, and insures provision for future needs, and leads to the accumulation of property as a convenient exchange for human needs.

Were there a complete absence of taste, or if its healthful action be perverted by habit or disease, the most absolute foe to the vital well-being would need no guise to enter in and do its work of destruction. Hence the importance of understanding its true physiology.

But this faculty has other objects than those of a purveyor or a sentinel. It is one of a sisterhood of senses, each of which is a string of the human harp, whose vibrations are a melody for the soul. Since the early dawn of intellect, *wine* and *wit* have been sung as bearing an evident relation; and the festive board (maugre its debasing associations) as furnishing occasion to evoke and restore intellectual as well as physical strength. In all this the gustatory sense cannot be regarded as being indifferently concerned.

The bestial rioting and shameless profligacy of the treasure of life, which are the concomitants of such occasions, grow from an ignorance of true physiological relations. The greatest enjoyment comes from an intelligent guidance of all these relations. Perverted and misused faculties are sure to reach an end quite opposed to their design. In watching candidly the motions of society, one would infer it had run mad to placate this omnivorous monster which it enslaves. The first and chief of all missionary efforts should be directed to humanizing the bodily senses that so control the living spirit. The latter is preached to with commendable religious zeal and eloquence, but never reached, on account of its befogged encumbrance. The first acts of this important sense may have served correctly, and so its general infallibility is still counted on, though circumstances have insidiously led it into fatal errors.

**PHYSIOLOGY OF TASTE.**—This sense is the medium by which the mind is brought into relation with external things, to determine their qualities with reference to the wants of the body, whose development is essential to the full exercise of all faculties, physical and mental. Its location is at the superior extremity of the digestive tube,

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**LIFE ILLUSTRATED** is not to be a *pictorial* paper, as some might infer from its title, though occasional engravings may be given, but it is to **ILLUSTRATE LIFE**; to represent human life in all its phases and aspects, moral, intellectual, and social; to point out the *errors* of mankind, and to show how to avoid them; to indicate the path of life which leads to **VIRTUE, HEALTH, INTELLIGENCE, HAPPINESS.**

A spirit of hope, cheerfulness, self-improvement, and a manly **SELF-RELIANCE** will be inculcated.

In morals, it will occupy the highest ground, always maintaining justice, truth, and integrity, administered by benevolence in kindness and mercy.

In short, **LIFE ILLUSTRATED** will be approved as the Family Newspaper, wherever it may be introduced. See Prospectus for particulars.

**AN OPEN COUNTENANCE A SIGN OF IGNORANCE.**—A recent writer asserts that the less a man knows, the wider he carries his mouth open. He says it is as impossible for an ignorant to keep his jaw closed, as it is for a sick oyster to keep his shell shut. —*The Papers.*

A queer comparison. Wonder if the "writer" above referred to ever examined the mouth of the Mississippi river, or the head of the Rocky Mountains? If not, we would refer him to the *Phrenological Almanac* for 1855, just published. Price, prepaid by mail, only six cents.

chiefly in the tongue and contiguous parts, though different parts of even the tongue itself are adapted to distinguish different qualities. The more general sensation of hunger, is referred to the stomach.

The nerves of taste (glossopharyngeal chiefly) proceed from the base of the brain and are distributed in a delicate network to the *papille*, or little elevations upon the surface forming the seat of the sense. The sapid substance is dissolved by the juices of the mouth, and is thus brought into contact with the nerve. The impingement of any substance capable of affecting a sense, causes some change in the substance of the nerve itself, as is evidenced by the increased supply of blood in the part to replenish the waste that attends the act.

But how *consciousness* is connected with such changes, yet remains an inscrutable mystery. The *life* of every sensitive object is an evidence of the *fact*, and we may accept the phenomena as being as much a primal law as that of gravity; and as the destruction of a planet or a remote star would disarrange the matter of our globe, so would the impairment of a sense introduce disorder in the body.

How *PERCEPTIO*.—The capillary network in connection with the acting organ of sense freely supplies the tissue with blood, and the degree of sensation holds a relation to the rapidity of the nutrient supply. Our judgment of the qualities of matter depends on the style in which it affects the senses; and this relates to the condition of the organ itself as well as that of the body in contact. How many mechanical or chemical stimulants or irritants of the vascular tissue will excite change in the part and exalt the sense connected therewith!

Hence there are different ways of calling any sense into action. That mode which uses the organ for the good of the whole body, and can be of service in maintaining its strength by replenishing its tissues, is physiological and wholesome; all others must be anti-physiological and injurious both to the sense itself and to the body at large. The physiological excitants of taste are most evidently proper food and the aromas connected therewith.

Many stimulating and piquant substances that are as far as possible from nutritious, are yet capable of arousing the sense of taste, but can call it into only irregular action. Depression is sure to follow over-excitement, and calls loudly for its renewal. Thus all relish is lost for the true wholesome excitant, and a step in the road of depravity is taken. An over-wrought sense never can endure—the average enjoyment procured by unlawful means will be below what it would otherwise have been. Many persons stupidly suppose they naturally love many things they habitually use as mere instruments to excite their dilapidated feelings, and that are yet incapable of replenishing any tissue. Their memory runs back to the time when their natural feelings possessed a zest far nobler and more intense than they have ever been able to evoke by art.

What the particular agent shall be to procure the factitious pleasure they desire is a matter of fancy and fashion. Substances very dissimilar are used by different individuals and in different times. Stale meats and the product of decomposing sweets (alcohol) are universal favorites. The *ferid gums* have been in former times extensively used, but now are displaced by other things more readily obtained.

Whatever the excitant shall be, it delights to creep in, in some insidious manner, mixed with food or drink—ostensibly a necessary part of it. The infused beverages, the heating spices, and the corrosive alkalies, are the forms commonly used.

ORIGIN OF INTEMPERANCE.—As taste is intimately connected with alimentation, it is under this guise that its abuse and derangement is chiefly wrought; while the innocent victim is all unconscious of the disaster he is working out. Its capacity for correct discrimination is gradu-

ally changed, and the wholesome carriers that it would set, insidiously undimined, and the way prepared for any ruin. Habits of *intemperance in drinking* have their origin in the constant use of these condimentary substances that people are taught are the essentials of food. The more convenient and potent article of alcohol is at last resorted to; or if not, in many cases, it is more from shame than want of inclination. The road is entered, though luckily it may not be travelled in its whole extent. A knowledge of the *cause* of the disaster that overtakes such numbers of the race, indicates the remedy. Maine Laws must be superseded by physiological laws. These require no legislation,—can always be made to operate, spite of an inefficient police or judiciary. A towering upas, spreading its bane far and wide, is not to be eradicated by an onslaught directed to its loftiest branches. The axe must be laid at the root of the tree, or our creeping weazen race will continue to be blasted.

Intemperance is a defect in the *health* rather than in the *morals* of men, and an appeal to the latter is of no avail while the former remains uncorrected. It is chronic in the whole community, and the plague-spot has but a flimsy covering in many who are deemed most free of it.

The office of the cook is thoroughly misunderstood. The culinary art should never attempt to change the nature or the relative proportion of elements in edible substances. Its legitimate province is ended by simply separating their most parts, preparatory to the more complete solution that is effected by the vital chemistry of digestion. This is done by means of mechanical agencies, assisted by heat and moisture. The usages of society that require various subtractions and additions, whereby the amount of appropriate gluten and salts is diminished, and the starch, sugar, and oils increased, show the depravity of its taste, and call in the same breath for condiments and medicines, in the vain hope of diminishing the error. The addition of matters that are entirely irrelevant to nutrition, possessing various qualities of asprity, (such as spices and preparations of the alkalies,) for the sole purpose of successfully impressing the organ of *taste*, adds "insult to injury."

Indeed, we may venture to say that scarce a person in the community really knows what is the taste of proper pure food, so habituated is he to concealing it with some more *tasty* garb. The ethereal and delicate aroma of simple food will pall upon the palate that is capable of recognizing only the austere and pungent, and of paradox is witnessed of aversion to that which is the true source of nourishment and life.

The modes of arousing this dilapidated sense are various. No other substance besides water can serve the true purpose of a beverage, but it is also made to serve the purpose of a convenient menstruum through which things are administered to a sickly, craving palate. Hence the common use of artificial beverages.

Another universal mode of exciting the function under discussion is the more physiological one of temperature. Foods and drinks are demanded either steaming hot or freezing cold; and this is carried habitually to an abusive extent. No one will suppose that the nutritive adaptation of food is altered by the addition or loss of a very few degrees of heat; yet *habit* causes it to make so much difference with the gustatory sense, that what in one case would be taken with avidity, is rejected with a feeling of disgust, all on account of a failure of the temperature to make a coincident impression upon sensation, so as to increase its amount.

It was expecting an excitant, and refuses to act without one. *Heat* above the temperature of the body calls the attention of the feelings, and a temporary impulse is given to the organ by the circulation of the sensitive organ. The debilitated thing affects to believe that food and drink are not such without this addition. Temperature being habitually supplied, the physiological act of furnishing it from within must abate; the

stimulus thereto is withdrawn, and tissues become weakened, and materials that should be eliminated by the calorific process are retained.

Cold applied to any living tissue invites the blood thither for the purpose of supplying the waste of caloric in the ordinary physiological manner, and the circulation and the sensations are promoted. Every one knows the delightful exhilaration that attends the use of cold water, by drinking or bathing when the tissues have become relaxed from heat and exhausted by service. Hence, in taking an ice-cream, the sensation produced by the flavor is much augmented by the cold inducing an increased amount of change in the perceptive organ.

But there is no doubt that the salutary influence of cold water even will be neutralized in those whose sensations have become enfeebled in the modes above pointed out. The dose will be needlessly repeated, and the inward reaction will be disproportionate to the general strength, and injurious.

Men, savage and civilized, have endeavored to draw enjoyment from the exercise of the faculty in question, without regard to its physiological relations, and so have prostituted it by irregular and inappropriate indulgences. The lesson has yet to be practically learned that its function cannot exist in perfection, only as it is exercised with due regard to the needs of the body. The opposite course brings its meed of pain and disease. In those conditions of the system where there is a lack of appetite, a due intensity of this sense being wanting, nothing is permanently gained by exciting it by artificial means. It may be jaded into a transient activity, but will only meet with a deeper degradation by the struggle. When the blood is loaded with matters that should be eliminated by abstinence and oxygen, the secretions are compromised in quality, and a good digestion cannot take place, and there *should be no appetite*, till the system has disposed of matters already on hand. Then, there will be no lack of an appetite; and the less it is distracted by calling its attention to the usual savory things, the more satisfactory it will be.

Those who are laboring under any disease in its various phases, should always remember that their *eating* has more or less to do with it, and also that the function of taste has partially ceased to be a true guide; that their habits have been guiding wrong, and the disease is frequently an evidence of that fact. These habits must therefore be distrusted; and the functions connected with them be guided by a truer light, that of the judgment and science.

## JACKSON vs. JUDD.

Green Haven, N. Y., July, 1854.

HARRIET A. JUDD, M.D. — You are a physician, so am I. You use medicines and water, when you have the sick in charge. I never use medicines. You are young, with a long life probably before you. Will you pardon me for saying, that I think, in ten years from this time, your success will have been better, your reputation will be on a surer and better basis, and your confidence in yourself greater and firmer, if you will give me medicine? For telling you so. You may think me impertinent. If you do, I shall feel sorry, for I have taken great interest in your progress as a student, and still take an interest in your success as a physician.

I have taken greater pleasure in your course than otherwise I might have done, from your being a *woman*. Whatever unites what the old Romans used to call the *utile* with the *deice*, the useful with the ornamental, the practical with the accomplished, I am pleased with. I certainly hail it with delight in woman. I would have woman as far as may be a true representative of ideas, which being true, and *new*, from the fact

that she is a new element in society, just emerging from her hibernation

"Into a world's new spring,"

and so, much better fitted to take to herself *new* ideas, and develop them, and be developed by them. Old ideas, if true, I would not have her undervalue, but old ideas become enveloped in old modes of show, till custom gives them a prescriptive right to stand still. They belong peculiarly to men, for men only can safely stand still. Woman must move, or sink back into her former position. It will not do for her to be conservative or stationary, unless she wishes to lose her identity. I would commend to you *the idea* of treating disease, acute and chronic, by water without medicines—

1st. Because the sick recover more speedily, more safely, and with less trouble than by the other mode. This is the uniform testimony of all who have tried both methods. The history of the revolution does not show a single case of a practitioner leaving the Hydropathic, and taking up with the Hydro-drug practice instead: some students may have done it, but no practitioners while, on the other hand, many who gave medicines, have abandoned them.

2d. Because medicines do no good. They in no case are necessary, unless the system is accustomed to them, and then the good is only apparent. If they do good, how, and when, and which of them do it? I am willing to be teachable in this matter. I am not too old to learn. Is there one of the medicines of the *matéria medica*, of which this can be affirmed? Is health their operation is deadly, as a general thing, and in the most unexceptionable cases they irritate, disturb, derange, and lessen the vitality of the structures they work upon. Bring forward the mildest animal, vegetable, mineral, "ethereal," or infernal drug, be it what it may, and keep the body steadily under its influence, and ultimately you will break it down. Do you doubt it? Try it yourself, and see. The good they do! It is evil, only evil continually. Heaven forgive those who deal them out. The good they do! It is incalculable evil. It ramifies into all circles, smites down all classes, irrespective of sex, digs deep pits for the gray-haired, and stalks over the land, like a starved wolf, snuffing up blood, and longing to fessh its teeth in the bodies of the newly born.

3d. Because medicines antagonize the healthy forces of the system, making it take on abnormal exhibitions, and establishing as the regular and looked-for display, not functions healthily performed, but unhealthfully wrought out. What is the *true* natural condition of any organ, or its functions, is not what you may expect under the administration of medicine, but at best an accommodated condition. Permit me to illustrate:—Some two years since, a lady visited my Establishment. She had been long sick, and taken a great deal of medicine, of which opium and morphia had been chief. She visited me for the purpose of being assisted to abandon the habit, which was very strong. On making her acquaintance, I found that when she was under the influence of morphia heavily administered, she was as collected and rational, as well-behaved and polite, as a pious and humane woman as I had in my house; but when not under its influence was the reverse of all these.

4th. Medicines create disease.

I will not stop to discuss the soundness of the view which asserts that it is well to create one disease in order to expel another, on the ground that the system can retain but one disease at a time, for to me it is absurd; but pass on to say, that the list of diseases in this country, England, and the Continent, bears numerically about the same ratio to medicinal remedies that it did three hundred years ago. The physicians who give medicines will please to account for it, as best they can. Of one thing I am sure, that the fact reflects no great credit on their side.

5th. Medicines make disease *occult*, thus rendering diagnosis difficult. You will bear me wit-

ness, that to cure a sick person, one should know what ails him. And it is not unfair to state that medicine-doctors often give their doses before they *feel sure* that the sick man is situated by what they suppose him to be. The point, then, I wish to make is, that such course complicates at best the chances of knowing what the disease is; the medicine administered changing the action of the system, and substituting for a *true* a false exhibition, or, in the worst view, forcing the system to *hide* the disease from sight, and put on an apparently improved but *really worse* state, so that the Scripture is fulfilled—the last state of the patient, when the doctor leaves him, being worse than his first state, when the doctor found him.

6th. Medicines, when taken into the human body, lose their expected or desired effects for want of power to show their affinities—the human stomach being different from a LABORATORY, by reason that the vital forces of the stomach are different from the non-vital forces of the LABORATORY, and thus destroy the power of the medicines to combine. Doctors give medicines, stand by the bed-side, and wait for results, and are disappointed. They look for specific action. It never comes, and they are astonished. So am I, but for a widely different reason. They are surprised that the action which they know would take place in a chemist's shop, does not take place in the stomach of a man. I am surprised that they should forget that the stomach is not a black-lead crucible, and its vital energies a pair of bellows.

7th. Medicines when taken into the stomach remain lodged in it, or in the other tissues of the body, oftentimes for years—a great number of years. Of this there can be no doubt. Facts substantiate this statement. They in this condition serve as irritants, obstructing the healthy action of whatever tissue they may have taken possession of. Water-Cure doctors have abundant proofs of this averment. If this statement is true, then he or she must be a pretty bold practitioner who gives them, and he or she a pretty reckless doctor in the great and mysterious *force called Life*, to take them.

8th. Medicines make a crisis under water-treatment exceedingly difficult, and sometimes *dangerous*, perilling life. The only *crises* which in my Institution have ever given me trouble, are those resulting under treatment, when the persons having them had taken great quantities of medicine. The reaction of the system against legitimate disease is much less severe than against drug-disease—and I suggest for your reflection whether a large proportion of the sum total of deaths which have happened at Water Establishments are not to be laid to the drugs which the system has absorbed to its own destruction.

9th. Medicines and water are not friendly to each other. Were I to give medicines, I would give no water-treatment aside from mere ablutions. They do not work well together. Arsenic and quinine do not cure the fever and ague as water does. They cure by killing the reactive power of the system against the disease; water cures by invigorating those powers so as to enable them to *overcome* and expel the disease. Calomel and podophyllin do not overcome torpidity of liver as water does; and so on through the whole range, medicines and water act conversely. How then can they act cooperatively? The truth is, they do not, but in every instance in spite of each other.

Mrs. Jones, in outline these are some of the reasons why I give no medicines. Take them and give them that measure of thought to which they are entitled, and God bless you. This matter of treating disease as between the administration of medicines, or water, or both conjoined, is not confined to the negative side as far as water is concerned. It has its positive side, a bright and beautiful side too. Thousands have looked upon it and lived. To detail this view, I have no time at present, but I hope to do it by-and-by. Meanwhile I now, but I hope to do it by-and-by. Meanwhile I must work, in company with others, to increase

the number of those who will say, "I was sick for years, went to a Water-Cure and got well." Four years ago, as a physician I had no reputation. Educated in the Allopathic faith in my youth, circumstances had turned me from the completion of my studies, and I never gave a dose of medicine in my life. How thankful I am for it, none knows. Seven years ago, I began the study of Hydropathy, and it is now nearly four years since I began to practise it. As I said, nothing cheered me in my opening but *my faith in the IDEA*: that was like sunlight to me. I believed, now I know. My friends, as my health returned, had other projects for me. But the idea possessed me, and I followed it, and it has borne me up triumphantly, as it will you, and all who trust in it. So confidently do I feel that it will, that I close as I began, by saying that I have no manner of doubt that, as a Water-Cure physician, in ten years your success will have been better and your reputation will be sounder, public confidence in you will be greater, than it will be, if you pursue your present course. I am yours truly,

J. C. JACKSON.

## TO CHEAPEN WATER-CURE.

BY JOEL SHEW, M. D.

It is often objected that the water-treatment is an expensive method; and it is probably true that not more than one in twenty who *would* go to the Establishments, can find the means of doing so. This being true, the matter of *cheapening water-cure* becomes one of serious importance—to the rich as well as to the poor, because it is to be supposed that every one who has experienced the benefits of so great a blessing as that of Hydropathy, will feel an anxiety that all who desire it may avail themselves of its advantages.

A remark in the first place, that the prices charged at the "Cures" are not, certainly, as a general thing, too high when compared with the expenses of conducting such establishments. Water-cure is a reform, and reforms must live by sacrifice. In other words, those who succeed in making money out of water-cure will have to do it by the hardest work; will have to spend more effort by far than would be the case in a well-established business. And yet the prices must be lowered in the Establishments; and the means of doing this will now be briefly considered.

One great source of expense in our "Cures" is that of having a large number of bath-servants to support. Now, if the plan could be adopted of having patients aid one another in the treatment,—that is, if those who are disposed would pair off by twos, reciprocally helping each other in the processes,—they would not only make a material saving in their current expenses, but would themselves be the more benefited on account of the exercise thus obtained. Besides, the mental effect of *doing something* would be highly serviceable while undergoing the treatment. It is of course admitted that not every patient is able thus to put forth manual efforts; but the majority of such as go to the Establishments are; and not a few need only the stimulus of daily and regular employment in some useful occupation, in connection with a moderate amount of water-treatment, to make them in a short time well.

If the water is not mistaken, Establishments will yet be formed at which board, lodging, and baths can be afforded as cheaply as ordinary board and lodging now are. Thus, for example, in a part of the country where board and lodging are given at \$1.50, \$2 or \$3 per week, why cannot hydropathic accommodations be furnished at as low a price? I contend they may be; and as for medical advice, those who have ample means should be charged in such a way that the poor, or those having very moderate means, can be made welcome to it.

One of the best of all things connected with this most glorious improvement—the water-cure—is its applicability as a *home* remedy. Not long hence in the world's history it will be known that this method of treatment—so simple and yet so effectual—may be made a matter of common education, so to say; when the farmer, the mechanic and the common laborer shall not only have a knowledge of the physiology of the human system, but shall understand the nature of water and the effects of each and all its varied appliances as a remedy for disease, "as well as the best of us." The *simplicity* of the water-cure is then, I repeat, one of its strongest recommendations—a feature which must, in the end, cause it to become, of all curative methods, the cheapest.

With regard to the subject of manual labor in connection with water-cure, may we not hope that the time is not far distant when the hand of benevolence will rear Establishments at which all manner of labor—agricultural, horticultural, and mechanical—may be performed, so that those who are in needy circumstances may at least pay their way while undergoing the treatment? Will not those who have been "snatched from the jaws of death" by water-cure, and have an abundance of this world's treasure, see to this matter of erecting a "Charitable Water-Cure?"

## Practical Water-Cure.

FACTS are the arguments of God—the outworkings of his power. His wife fights against facts fights against God.—Dr. F. Lutz, P. S. A.

### "SHADY SIDE."

BY MRS. R. B. GLEASON.

"Oh for a lodge in some vast wilderness,  
Some boundless or bare, or high, or lonely, or deep,  
Where rumors of the sick and suffering  
Might never reach me more!"

My soul is sick with every day's report  
Of aches and groans with which the earth is filled."

So sometimes sighs the heart whose surroundings tell of disease and pain. It requires from some source a perennial fountain of personal sunlight to illumine a home always shaded by sickness. The physician who visits patients at their own homes sees much of the dark side of human nature. He not only is exposed "to summer's heat and winter's cold," both by night and by day, but has often the vexation of seeing his subjects wrad off all the good he would do them by bad habits and bad nursing.

But now and then he draws a fresh nature, a fresh fountain of patience, cheerfulness, and hope, as he rides from house to house.

Here and there he has a moment of quiet, when he may listen to the music of his own thoughts. Then, too, if he have a healthy, happy wife, and thriving children, his own home is unshaded by the aches, the fevers, the sighs and groans of invalids.

But he who keeps an infirmary, while he is free from the first class of vexations, has the latter in rich abundance.

Where the physician's home is the home of the patients, he is held virtually responsible for all that appertains to their comfort. It is expected to be on the alert to keep aloof all that can harm the body or annoy the spirit.

If room or room-mate is not satisfactory, there is no quiet for body or spirit, so there can be no improvement. If those in proximity at table are unamiable, the dinner will neither relish nor digest. If an attendant does not please, nerves are exceedingly disturbed.

When the unlucky day comes, and heavy bread, bad butter, or a burnt pudding occur, some will wonder for a week that the doctor expects they can recover on such fare; forgetting that the like mishaps are met "in the best of families."

Not only is his office the sanctum for listening to suffering; but wherever he turns, in parlor, hall, or verandah, anxious faces meet him; one to say there is a new pain here, and another there. One inquires when he *may* go home, another to ask how long he *must* stay. One is in trouble because she receives no letter; another has got one which says her children are sick, and all are in want of advice and comfort from the physician.

He hears all, and desires to soothe and satisfy all, well knowing that there is little improvement for the body, unless the spirit is quiet and happy.

Soon he has his eye on one who would gain rapidly, but for that propensity to read fiction and lounge about. Now how can he, without giving some offence, arouse her to active, energetic habits, who has been all her life a listless dreamer? Next his heart is troubled for him who is laden with cares of business, and whose infirmities he can merely palliate, but never cure, so long as pennywise perplexities exist.

Now a wife is over-anxious to get well, because her husband has no faith in Hydropathy—hence, her probation must be short; thinking the more advice she gets, the faster she must gain. She is all times of day on hand for consultation, till the doctor is fairly drained of all he knows, all he guesses, and more too, in reference to the cause and cure of her disease.

Next comes Mr. B., with his pale, thin, sallow wife, whom he proposes to leave at the Establishment to have her brightened and strengthened up again. He is a busy, bustling man, has never known a sick day, and supposes all who are ill can be made well in a hurry, if the right means are *thoroughly* used. So he says Mrs. B. is much needed at home; that he cannot afford to keep her here long, and that the doctor must make haste and cure her up as soon as possible, just as if he would be likely to prolong the job if not prompted to despatch.

When her case is examined, the doctor finds there is no hope of a speedy cure; that the poor woman is worn "hard as brass," or rather bone-hard that she must get well slowly, if at all; that time and rest, with mild treatment, are needed to restore her muscular and nervous powers. The husband looks dubious and distrustful when he learns that months, instead of weeks, are needed, and that then there is no pledge that the "auld wife" will be "young again."

Some seem to think that their cure will be complete when the specific number of baths are administered, and so, the more frequent they are taken, the sooner they will be through. Such are restless and anxious lest the water appliances are less frequent or less powerful than they might be. One might as well fancy the finish of a picture depended on the amount of paint put on.

Many gain rapidly for a while, and then seemingly remain for a time "at a standstill." Then comes the trial of Hydropathy faith, and they fear they have reached the point beyond which water cannot waft them. But if they can be induced to work on and wash on, active symptoms will appear. Severe pains, depression of spirits, disturbance of stomach will come; all preparatory efforts of nature for some acute attack by which disease is to be thrown off, by way of the skin, alimentary canal, or otherwise. Severe sickness of this sort is borne more hopefully by the patient than the preparatory steps. But now is the time of trial with the friends in many instances.

A husband comes and finds his wife sick; she has been better, and he cannot see why she should be worse. He fears that she has taken too much treatment, or too much exercise, or that something is wrong somewhere in her management. He calls at the office, and asks an explanation of the matter; and as he is a novice in Hydropathy, it takes a synopsis of all Water-Cure experience from the beginning till the present time, to satisfy him, and then, like

"One convinced against his will,  
He 's of the same opinion still."

Ere this matter is disposed of, some one calls

to inquire if they cannot leave and continue treatment at home. They see no reason why they cannot do quite as well there. Truly they don't; but the doctor does. First, the case is of such a character that a change of symptoms may call for a change of prescription before the patient reaches home. Then home cares and home duties are altogether incompatible with a thorough course of water-treatment, needed for cure of obstinate cases, for two reasons. First, so much time must be taken up in baths and exercises, together with alternate rest, that it must be one's sole business for the time being. Second, those who are wearied by care, or exhausted by labor, will not secure proper reaction after baths, and thus may aggravate rather than cure their infirmities. But still the patient cannot understand this, save by a trial; for the world is seldom wiser by history, so every one must know by personal experience. So the poor invalid will go home, in all probability either to fail of a cure, or to return much worse than he left, and then censure the doctor for allowing him to leave his Cure before he could with safety.

All along are sprinkled pleas for a reduction in terms, little knowing what is asked for. Those unacquainted with the expenses of fitting up and carrying on a Water-Cure can form little estimate of the income required to save it from a constitutional decline, which even water-treatment cannot arrest. Yet many are ready to decide that the proprietor is growing rich too fast, and fancy they know the price of every article of food and furniture, and that they are all cheap. But the old saying that "many littles make a muckle" is especially true here.

There are thirty or forty fires to be supplied with fuel, and as many lamps with fluid. Then from twenty-five to thirty persons to be fed and paid. There is also a constant cost for soap and re-furnishing, for where "all things are common," and of "every-day-use," the new becomes old very soon, and every thing "goes like the dew."

Many cases, almost, if not quite hopeless, come to the Cure as the last resort. They look imploringly for aid, and long for an encouraging word; feeling that they cannot be denied a trial. Such hang heavy on the physician's heart. He does not want to take them from home, friends, and home comforts, when their sojourn with them must be short. And yet how can he refuse the experiment, though he knows many will censure him and Hydropathy too, if it prove a failure?

But here comes a subject with his head full of infirmities; more there than in his body. A difficult case to manage, for false notions are more difficult to eradicate than real tangible disease. Every now and then he flares up and feels that the doctor does not understand his case, that he cares more for his money than his cure, that he is cold and unsympathizing, that he won't stay with him, and yet he won't leave, for he has no new mode of treatment to try. So his freaks of grumbling must be borne, and the danger, or rather the certainty that others will catch the infection, be endured with meekness.

Here is one who fosters and cherishes her disease carefully, as if it were a choice treasure. All her thoughts and all her words are upon this one theme. Every ache is nursed till it grows to be a big pain. When she is told that she thinks and talks too much about her infirmities, she fancies the "Doctor don't think she is sick—has no charity for her." Now the Doctor don't mean this, but only just what he says—that by dwelling on one's diseases they are increased and perpetuated; that to think continually of any organ as diseased is likely to induce a morbid action there, and to believe a part well, or getting well, does much towards making it so.

Next we spy a sensitive plant, who is shocked with the plain ways, plain fare, and privations of a Water-Cure. At home, her wants, real and imaginary, have been anticipated. She has always lived on the lives and sympathies of her friends. How hard to her that mode of treatment, one of the marked features of which is self-reli-

ance and self-exertion. Yet such can never get well while they are petted and pitied so much. Parasites must of necessity be puny. Health is for those only who draw from Nature herself their support. There must be will-power enough generated, so that one can live away from friends, in any way or anywhere, otherwise the invalid can never recover.

Some who have been in health active and energetic, when sick are unnecessarily helpless. Having been brought down by over-exertion, they now fancy the less they stir the sooner they shall get well. This is an erroneous opinion, and one hard to combat, because the patient is conscious of native energy of character, and hence is very sensitive about any hints that more activity would be an advantage; and the old plea of having overdone is at hand.

In the daily round of duty, the physician meets a host of little vexations, which are all the more serious because of their size as well as number. A soldier's armor may protect him from the point of a bayonet, but not from the bite of a flea.

Among the annoyances is the prevalent habit of asking the Doctor about the case and condition of his patients; as if human infirmities were public property, instead of the physician's private trust. Never ask him what ails an individual, save that your relationship to the sick one is such that you have a right to know.

The regulations of a good Water-Cure must be in many respects dissimilar from those of an ordinary boarding-house. While hospital rules are not fitting, neither is the latitude given at hotels and watering-places suitable for a Hydropathic Establishment. Hence, those rules which strike the now-comer as arbitrary and absurd, are such as long experience has shown to be for the best good of the invalid.

With the Water-Cure practitioner, the care-taking of the mind is more wearing than that of the body. If he could feel that all he had to do was to understand the diseased condition, and give directions for the same, his work would be materially lessened. But to have the ever-present consciousness that if "he is off his guard," some one will get homesick, disappointed, or disaffected; more than this, to know that if he watches ever so closely, he cannot keep all out of the "slough of despond," is a life that invites wrinkles and gray hairs. The physician must always be cheerful, and he does often rejoice with a glad heart over his signal success in the care of the sick; but amid all this, there is at bottom a painful sense of the fact that for many a one there is no relief this side of the grave, and that to many another hope will be so long deferred as to make the heart sick.

A clergyman's wife has given the shady side of a minister's life; may not the wife of a physician be pardoned for giving a peep at the "shady side" of the life of a physician? As "every cloud has its silvery lining," by-and-by we may be moved to give a glimpse of the sunny side.

Elmira Water-Cure.]

## CASES REPORTED.

BY DR. J. B. GULLY.

**CASE I. CONSUMPTION.**—Mrs. H—, aged 26; one child; scrofulous diathesis; mother died with a cancer; nervous-bilious temperament; stooped very much at the shoulders; great emaciation; a distressing cough, expectorating a tenacious glutinous mucus, tinged with blood, and very copious in quantity; pains in the lungs, shoulders, hips, back, arms, stomach, &c. Had been sick about eighteen months; spitting blood, cough, &c.; a very troublesome shortness of breath; hectic fever-chills, and night-sweat; pulse 140; appetite voracious; ate any thing, tea, coffee, pork, &c.; had taken every kind of drug and patent medicine for consumptions. Was told

by the Regulars she must die; but to get her off their hands, told her to go to a Water-Cure.

This case I considered hopeless at first, but after a few days there was a great change for the best. She left in a few weeks with but little the matter with her, and gained several pounds the last three weeks; have received letters from her since, stating she is well, and doing the work of her family.

**CASE II. HYPOCHONDRIA, WITH ULCERATED UTERUS.**—Mrs. B—, aged 38; has had seven children; nervous temperament; had been sick eight years. When I first saw this lady, she was confined to her bed, and had been for many months, with severe pains in the head, shoulders, hips, back, stomach and neck. Could not allow a drop of water or air to touch her without giving her a fit like the palsy. Good appetite; ate pork, tea, coffee, &c.; bowels constipated; tongue swollen, split and foul; skin, to the eye, colorless and dead, but very sensitive to the smallest change of temperature. Could not be induced at times to sit up, and had lost all power of volition. She had been treated by every doctor within fourteen miles of her home, and they had given her disease every kind of name; some of them telling her she had nothing the matter, was as well as them, &c.; others telling her she was incurable; had cancer of the womb, &c.

She was with us a few weeks, and is well, and at this time doing the work of her family.

**CASE III. CHOREA SANCTI VITI.**—J. R—, aged 14; scrofulous diathesis; bilious-sanguine temperament. Had been very sick for two weeks, and had been given up by two physicians to die, and told that nothing more could be done for him; and indeed he was almost done for; a few hours more of such treatment would have settled his earthly account.

I found this the worst case I had ever seen; he had lost power over the muscles of the tongue and neck entirely; it was obliged to be held and bandaged to remove him from the bed; bowels constipated, with some tenderness over them. He had not had any rest or sleep for four nights and days, but a continuous, incessant, involuntary motion of his muscles, and a voracious appetite when he was sensible enough to take cognizance of external objects.

This lady's friends and neighbors had thought he must die, and sent for the cold-water doctor, as they call us, as a *derriere resort*. His treatment was chiefly half-baths, bandages and injections. He was treated at home, and is at this time in good health.—[*Cold Water, Mich.*]

**THE SCHOOLMASTER CAUGHT.**—A few years ago, when it was the custom for large girls and larger boys to attend district schools, and when flagellations were more common in schools than at the present time, an incident took place in a neighboring-town which is worth recording as a reminiscence of school-boy days.

One of the largest, plumpest, and fatest girls in school happened to violate one of the teacher's rules. The master, a prompt, energetic fellow of twenty-five, at once summoned her into the middle of the floor, and, as was usual in such cases, the business of the whole school ceased, and the attention of every scholar was directed to the girl, who, it was expected, was to receive severe punishment. After interrogating the girl a few moments, the master took from his desk a hinged ruler, such as we seldom see now-a-days, and commanded the damsel to hold out her hand. She hesitated, when the master, in a blaze of passion, thundered out, "Will you give us your hand?" "Yes, Sir, and my heart too," promptly replied the girl, at the same time stretching forth her hand to the master and eyeing him with a cutting look. A deathly silence reigned for a moment in the school-room; a moist spot was seen to glisten in the master's eye; the ruler was laid upon the desk, and the blushing girl was requested to take her seat, but to remain after school was dismissed!

In three weeks after the school was finished, the schoolmaster and that girl were married!

## Dietetics.

### THE LAWS OF HEALTH.

FROM A LECTURE READ BEFORE THE NEW YORK VEGETARIAN SOCIETY.

BY D. C. MACY, M. D.

HAVING shown that about one-half of the human race die during childhood, and that of the remainder few reach the natural termination of life; that those whose province it is to teach, too often merely pander to the habits and tastes of their readers; that man's organization fits him for subsisting on vegetable, rather than on animal food; that his present hygienic habits present a perfect contrast in all things to what we may suppose to have been the primal instincts of the race; that disease and premature death are the natural consequence of this state of things; and that there is a sufficient amount of evidence now on record to indicate the remedy, I will now, as briefly as may be, advert to some of the popular ideas on the subject of man's appropriate food.

It is believed by many that, whatever may have been the original instinctive habits of man, his constitution is now so changed that the food to which for many successive centuries he has been accustomed has become the most appropriate; but until some proof is adduced in favor of this opinion, it is sufficient to allude to the fact that, though for generation after generation during the last three thousand years man has been in his habits almost as omnivorous as the swine on which he feeds, yet his anatomical structure to-day, as compared with that of the "wild man of the woods," which still feeds on fruits, tells us that nature is a law-abiding as well as a law-making power; that however she may accommodate herself to *habits*, her constitutional laws are irrevocable.

As for the proverb that "One man's meat is another's poison," I would simply say that however universally uttered it may be, or thoughtlessly admitted, it is in its ordinary application and acceptance untrue, or, at least, it requires better proof than has ever yet been adduced in its support. But to call in question the correctness of a popular proverb, is to call at once to its defence all those who entertain the views it expresses. Such can relate as having come under their own observation numerous examples, all tending to establish its truth; and if the quality of the evidence be somewhat objectionable, its quantity is overwhelming. For example: I knew a man who was in the daily habit of swallowing, in the form of *black drop*, a quantity of opium sufficient to destroy the lives of ten men, and this not only with apparent impunity, but it seemed as necessary to his ordinary comfort and enjoyment as did food to his continued existence. Less remarkable cases, where the poison is alcohol, are familiar to us all. These are the instances in which nature accommodates herself to the habits of mankind, but, like the wary money-lender, she never loses sight of her debtor, nor omits to charge interest for the accommodation just in proportion to the violation of her law; and when the day of reckoning comes, as soon or late it *must* come, the poor bankrupt surrenders his all in liquidation of the debt—health, property, even life itself—and we too often see the last instalment of the claim charged to his offspring.

But these, it may be said, are extreme cases. Admit it, though they are not unrequent. There are thousands around us, however, with whose daily habits we arc more or less familiar, who, during a period of ten, twenty, thirty years or more, have indulged habitually in all the luxuries within their reach, high-seasoned meats, rich pastries, condiments and stimulants in all their

thousand forms, and still present the appearance of ruddy health. Hence a common observation, that "all these things are in themselves whole-some, though in their constitutions they disagree." This is apparently the only conclusion to be drawn from the premises. As a matter of course, then, without the slightest thought upon the subject, we acquire the habits of the society in which we move, without a suspicion of any thing wrong. Let us in a single individual observe the result. He holds the popular belief that every man is the best judge of what does or does not agree with his own constitution, and it is with honest satisfaction that he finds his judgment, based on his own experience, to correspond with his tastes and habits of life. But at length dyspepsia, "a touch of the liver-complaint," or other ailment, becomes rather troublesome. His physician, it may be, ventures to hint doubtfully at the propriety of his abandoning the use of some favorite article of food. He consents, but a few days' trial convinces him that so far from being injurious, it is absolutely necessary to his constitution. This matters go on for some time without improvement; still he manages to keep about, attends to his ordinary vocation, and to a certain extent enjoys his luxuries, until during a remarkably unhealthy season he falls a victim to the prevailing disease, leaving a desolate family to mourn this severe dispensation; or, to vary the expression somewhat, he ignorantly and unsuspiciously continues from childhood onward to violate the laws of health, until his constitution breaks down under the weight of accumulated disease. Having transmitted to the next generation as a birthright inheritance that tendency to disease which he has himself to some extent acquired, he adds to the misery of the world by his premature departure from it, leaving that world, so far as he is concerned, worse than he found it.

But I am perhaps reminded that this very example but proves the truth of the homely proverb; else why is it that we see those among us who with similar habits attain mature age?

He who inherits a goodly estate, the accumulated earnings of his forefathers, may with comparative impunity indulge in habits of pecuniary extravagance and dissipation which would speedily ruin his less fortunate neighbor, who by honest industry and scrupulous care is bent on saving a moderate competency. The one, however, may leave to his heirs but the broken fragments of that estate, encumbered with debts, while the other, if he have not wealth to bestow, feels a satisfaction in being able to give his children a better start in the world than he himself had.

So with regard to physical condition. If an individual shall have inherited from his parents a sound and vigorous constitution, and if through childhood and youth this inheritance have been carefully guarded, such a person will enter upon the active duties of life with an accumulation, so to speak, of the health of his ancestors. He may with apparent impunity pursue a course in violation of many of the laws of health—a course which lays his neighbor in a premature grave. Such a man, however, is often astonished to perceive in his offspring evidence of physical degeneracy; and if he live to see his grandchildren arrive at years of maturity, gives utterance to that astonishment in the strongest terms, little suspecting that he has himself, by his direct acts, and by the habits which he has by precept and example instilled into his children, been the means of degrading these degenerate ones of that constitutional inheritance to which they were honestly entitled; and perchance he be called as many are, to mourn the departure of his sons and his daughters while still in the prime of their years, until he finds himself abandoned, as it were, by those who should have administered to the infirmities of his declining years, he may exclaim in the bitterness of his grief, "How inscrutable are the ways of Providence!" But let us beware how we arraign the justice of that Providence; let us rather strive to know the laws under which it acts.

There are several other positions assumed by the lovers of the good things of this world, who would fain believe that no investigation of the matter is called for at their hands; but I will advert to but one more. It is this: That man, being endowed by his Creator with capacity to transform every thing with which he comes in contact, the results of this capacity, therefore, whether calculated to administer to the necessities, the comforts, or to the luxuries of the species, are equally with man himself the creation of the same Almighty Cause, which thus proceeds before us for our enjoyment the fruits of the earth, the dainties of the larder, and even the inebriating viand. In other words, That the power to create implies the right to enjoy. This position is undoubtedly true, and the deductions legitimately drawn from it deserve to be considered.

All will admit that it is desirable at least that man should possess a thorough knowledge concerning the probable effects, both immediate and remote, of all agencies with which he is liable to be affected. Nature—if I may be allowed to personify that agency—seems to presuppose that every human being is possessed of this knowledge. It matters not though the fact be otherwise. Because children ignorantly and innocently swallow the fruit of the deadly *belladonna*, neither their ignorance nor their innocence shields them from the penalty, though the fruit was in itself inviting, and pleasant to the taste. What are we—what are the wisest among us, as regards a knowledge of the tendency and the remote and ultimate effects of the various preparations which are daily deposited in our stomachs, but "children of a larger growth"? We simply know that we feel no immediate unpleasant consequences—often the contrary—from our indulgence. But this knowledge is empirical—it is liable to, and often does mislead us. We have no infallible rule by which to judge whether we are within conservative limits, or whether nature is simply accommodating herself to our habits, and at the same time charging that accommodation with usury against our inherited or acquired constitutional vigor.

Assuming, as she does, that we are endowed with full knowledge in the premises, and that at all times and under all circumstances we act in view of the consequences which must inevitably follow, she spreads the world before us, and says to all her children—factly, it is true, but nevertheless distinctly—"Select freely. Choose what your enjoyments shall be. If you would yourselves possess, and transmit to your immediate posterity, a clear and discriminating mind, with a constitution capable of enduring hardship and fatigue; or, if you prefer the passing enjoyments which must necessarily entail upon your children an early death, or a life of pain and misery, choose 'without let or hindrance.' Choose for yourself, for your family." But it should ever be uppermost in our thoughts, that in so far as we act for others, we have duties to perform which we may neither shrink nor neglect. The helpless ones of the rising generation claim at the hands of their parents and guardians a correct physiological training, with such hygienic habits, enforced by example as well as taught by precept, as shall render life and health, barring accidents, a matter of certainty. In view of this, even ignorance, if voluntary, is inexcusable; but he who from sheer selfishness shall sacrifice to the indulgence of his own ungoverned appetite the future well-being of those intrusted to his parental or guardian care, is guilty of a crime the consequences of which may in after years mar all the enjoyment of his life.

In the whole course of his life, Daniel Webster was never heard to utter a profane word, or to use a harsh and undignified expression towards any person, in private conversation or in public debate.

## Miscellany.

### GEOLOGY AND THE CREATION.

DR. R. T. TRALL: DEAR SIR—Permit me to offer a few remarks on the advice of your correspondent, T. N. A., to Dr. Gleason, in relation to the antiquity of this earth, and the inconceivable length of time which must have elapsed from the earliest period of its progressive formation to the era when it became habitable by men. I would fain exercise the same kind consideration towards your correspondent T. N. A., which he has exhibited towards Dr. Gleason, and "refer him also to the first chapter of Genesis," in one that he may see just cause "to correct an error," and to recant what he has stated to Dr. Gleason as a corrective of this supposed error in regard to the geology of the book of nature, and the supposed geology of Genesis. He will, to his surprise, discover that Genesis from beginning to end has no reference whatever to the physical creation either of the earth or of man. As evidence of this fact, I shall refer T. N. A. to verses 7 and 8 of chapter 1st of Genesis, and ask him what is to be understood by making "a firmament, which we call Heaven," and "Dividing the waters which were above the firmament from the waters which were above the firmament?"

I now submit the question, Is this narrative to be taken literally, or is it simply an allegory? If you reply affirmatively, then I ask, To what earth does the language of the text refer? Certainly a firmament which exists "in the midst of the waters," or whose locality is such as to constitute a division of the waters which are above and beneath it, answers to nothing which is describable here on this earth. For it is to be borne in mind that in this firmament the "two great lights" which rule the day and the night, and the stars also, were "set" agreeably to the narrative we are considering. I again submit the question, Does any such firmament as is here described, containing, as it is said, the sun, moon and stars, exist in reality above the earth? We know very well that the apparent azure vault above, called, in common parlance, the heavens, is a mere ocular illusion, and that it but empty space.

But let us look a little further into the sacred record, and see what other proof there may be of the truth alleged above as to the nature of this book. We find that those lights were placed in the "firmament of the heaven to give light upon earth." How happens it that this is stated as having been done not until the fourth day? What causes day and night, pray? If it be the position the sun holds to the earth, could there then have been three days preceding the sun's creation? Surely these phenomena tally badly with the order of things which now obtain here. But it is well further to bear in mind the fact, that the sun serves not only to give light but heat also to the earth. How then could it be possible for the earth, as it is affirmed in verses 11 and 12, to "bring forth grass, the herb yielding seed, and the fruit tree yielding fruit"—one day antecedent to the sun's creation? Is it rational therefore to suppose that this is a veritable narrative of the physical creation? Does not every fact of science relating to cosmogony contradict it? Does not common sense reject it as wholly irreconcilable with every established law of creation? Is it not, then, to say the least, exceedingly reasonable and probable that this sacred narrative is simply an allegory, detailing the process of man's regeneration? For to be "born again" is to be "created anew," certainly; which is the same as to say, to be regenerated. It is of such a creation that this *Divine Record* treats. Truly, what a misnomer is the title "the word of God," if it be made to treat of mere earthly things, instead of the spiritual or of the intellectual and moral world! I would here remark in passing, that it is a sublime and most sure truth that the "Divine Word" from beginning to end has constant reference to things of a spiritual nature, i. e., to the nature and character of God, and to man in his various states, and is in every part of infinite significance, else it would be a mere work of "profane history." And I would further add, that if any one is desirous of having an exposition of this 1st chapter of Genesis, he can gratify that desire by referring to the work of Emanuel Swedenborg, entitled, the *Arcana Cœlestia*, vol. 1st, which contains the only explanation which had ever been written anterior to its publication. One other remark touching the subject in hand, and I have done. The forced interpretation so commonly resorted to and put upon

the word *day*, with the view of making the Mosaic record accord with the geologic period of the earth's formation, is fancy and arbitrary in the extreme; for if the word *day* signifies a long and indefinite period of time, then the *seventh day* should be so understood also; else one of the established laws of exegesis is infringed. How can the idea of God resting from his labors during such a period be reconciled with enlightened views of the Divine character and government? For is not *evidens perpetua creatio*? Is not the process of composition and decomposition continually going on? How, too, does the idea of God resting consist with the idea of his omnipotence? Not well, I opine.

Permit me to say to you, that the fact, that I have associated your name with our intelligent physiologist, Sylvester Graham, has always served to draw me towards you as one of his most faithful coadjutors in the good cause he sought so earnestly to advance. And I hope I shall not offend you by introducing myself still further to you by the declaration, that I have by some twelve years' abstinence from the use of animal food, and the whole catalogue of contraband materials with which we intoxicate ourselves, arrived at that physiological state and condition to which few men of this day have attained; whereby I am enabled, from the great exactness of my senses of taste and smell, to detect whatever may be hurtful in food and the atmosphere, thus securing to myself far more faithful sentinels than most men have at the entrances of the citadel of life. I am enabled to know, too, from experience, that a diet consisting of *brown bread*, fruit, and milk, (more or less rich according to circumstances) is the very best for the student and who labors physically. I labored in the harvest-field as a hinder for seven consecutive days, where much of the crop yielded over twenty bushels per acre, and as many days at the threshing-machines, pitching heavy sheaves, while the sun's heat was almost sufficient to make one faint, and was well sustained on the above diet; requiring not by half as much water as those around me who lived in the ordinary way. The milk was made poor by ice being put into it.

For nearly ten years I have been a Hydropath in theory and practice, and have treated many cases during this time. In a word, I am a Grahamite, Hydropath, and an advocate for the application of science to every branch of industry, and am up to the last for progress in every thing that tends to render man *more human* and less beastly. Yet your humble servant is nothing but a plain farmer. With this I bid you, Doctor, a friendly adieu. Very respectfully, yours,  
*Middletown, Va.* HIRON H. HERR.

**WATER.**—Some four-fifths of the human body are nothing but water. The blood is just a solution of the body in a vast excess of water—as saliva, mucus, milk, gall, urine, sweat, and tears are the local and partial infusions effected by that fluid. All the soft, solid parts of the frame may be considered as temporary precipitates, or crystallizations, (to use the word but loosely), from the blood, that mother-liquor to the whole body; always being precipitated or suffered to become solid, and always being redissolved, the forms remaining, but the matter never the same for more than a moment; so the flesh is only a vanishing solid, as the blood itself. It is also to be observed that every part of the body, melting again into the river of life continually as it does, is also kept perpetually drenched in blood by means of the bloodvessels, and more than nine-tenths of that wonderful current is pure water. Water plays as great a part, indeed, in the economy of that little world, the body of a man, as it still more evidently does in the phenomenal life of the world at large. Three-fourths of the surface of the earth is ocean; the dry ground is dotted with lakes; its mountain-crests are covered with snow and ice; its surface is irrigated by rivers and streams; its edges are eaten by the sea; and aqueous vapor is incessantly ascending from the ocean and inland surfaces through the yielding air, only to descend, in portions and at intervals, in dews and rains, hails and snows. Water is not only the basis of the juices of all the plants and animals in the world; it is the very blood of nature; it is well known to all the terrestrial sciences; and old Thales, the earliest of European speculators, says it is the mother-liquid of the universe. In the later systems of the Greeks, indeed, it was reduced to the inferior dignity of being one of the four parental natures—fire, air, earth, and water; but water was the highest in rank.

DR. GEORGE HOYT, formerly of Boston, but recently of the Worcester Water-Cure, has opened an office at No. 77 Bedford street, Boston. The Doctor has treated

hydropathically a large number of patients, and, so far as we have heard, with the very best success. He has the confidence of those who know him best, as an intelligent, judicious, scholarly gentleman.

DIRECTORY.

ADDRESSES OF HYDROPATHIC PHYSICIANS.

- R. T. TRALL, ..... 15 Laight street, N. Y. city.
- A. CHRISTIE, ..... " " "
- MISS A. G. COGSWELL, ..... " " "
- G. H. TAYLOR, ..... 650 Sixth Avenue, "
- O. H. WELLINGTON, ..... Twelfth street, "
- GEO. F. ADAMS, ..... 51 Hicks st., Brooklyn, N. Y.
- AMELIA W. LINES, ..... 50 4th st., Wmshurg, "
- JOEL SHEW, ..... Oyster Bay, Long Island, "
- J. C. JACKSON, ..... Scott, Cortland County, "
- MRS. L. E. JACKSON, ..... " " " "
- MISS H. N. AUSTIN, ..... " " " "
- D. A. BALDWIN, ..... Rochester, "
- L. D. FLEMING, ..... " " "
- A. P. BIGLER, ..... " " "
- N. BERTHOTA, ..... Saratoga Springs, "
- W. A. HAMILTON, ..... " " "
- S. O. GLEASON, ..... Elmira, "
- MRS. R. B. GLEASON, ..... " " "
- J. GREEN, ..... Castile, "
- WM. A. HAWLEY, ..... Lehanon Springs, "
- P. H. HAYES, ..... Wyoming, "
- J. L. HOSFORD, ..... Perry, Wyoming Co., "
- H. KNAPP, ..... Lockport, "
- C. PARKER, ..... Forestville, "
- F. D. PIERSON, ..... Tarrytown, "
- W. M. STEPHENS, ..... Danville, "
- E. C. WINCHESTER, ..... Buffalo, "
- O. V. THAYER, ..... Binghamton, "
- MISS H. H. THAYER, ..... " " "
- D. D. FRANKLIN, ..... Fredonia, "
- R. HOLLAND, ..... New Graefenberg, "
- GEO. HOYT, ..... 77 Bedford street, Boston.
- E. A. KITTREDGE, ..... 13 Avery street, "
- CHARLES MUNDE, ..... Northampton, Mass. "
- E. E. DENNISTON, ..... " " "
- H. HALSTED, ..... " " "
- SETH ROGERS, ..... Worcester, "
- DWIGHT RUSSELL, ..... Westboro, "
- J. H. HEERO, ..... " " "
- ELLEN M. SMITH, ..... Harwichport, "
- W. FELCH, ..... " " "
- GEORGE FIELD, ..... Athol, "
- J. H. HANAFORD, ..... Nantucket, "
- MRS. HANAFORD, ..... " " "
- DR. VALE, ..... Concord, N. H.
- MISS M. H. MOWREY, ..... Providence, R. I.
- ISAAC TABOR, ..... Pawtucket, R. I.
- O. W. MAY, ..... South Orange, N. J.
- R. D. WEDDER, ..... 80 N. 11th st., Philadelphia.
- H. F. MEIER, ..... 81 South 6th street, "
- S. M. LANDES, ..... Ephrata, Pennsylvania.
- C. BAELZ, ..... Brownsville, "
- J. B. CAMPBELL, ..... Phillipsburg, "
- J. CATLIN, ..... Mercer, "
- MRS. M. V. CATLIN, ..... " " "
- G. W. BIGLER, ..... Cincinnati, Ohio.
- T. T. SHEELY, ..... Cleveland, "
- W. SNEPPIER, ..... Columbus, "
- D. A. PEASE, ..... Carthage, "
- A. CHENEY, ..... Yellow Springs, Ohio.
- N. G. BURNHAM, ..... Berlin Heights, "
- B. L. HILL, ..... " " "
- R. T. HARMAN, ..... Harlem Springs, "
- P. FRESAE, ..... Deardorff's Mills, "
- W. W. BANCROFT, ..... Granville, "
- J. WEBSTER, ..... Chicago, Illinois.
- JAMES BURSON, ..... Canton, "
- MRS. N. BURSON, ..... " " "
- G. Q. HITCHCOCK, ..... " " "
- J. B. GULLY, ..... Coldwater, Michigan.
- W. G. REED, ..... Anburn, Macon Co., Ala.
- MISS L. A. ELY, ..... " " "
- C. COX, ..... Rock Sp'ng, n'r Marietta, Ga.
- G. M. BOURNE, ..... San Francisco, Cal.
- JEFFERSON PARKES, ..... Winchester, Tenn.
- ENOS STEPHENS, ..... Janesville, Wis.
- H. & A. B. SMITH, ..... Geneva, N. Y.

**NEW MODE OF FORMING ACQUAINTANCES.**—In common with many others, we have long known and lamented the want experienced by young people, both in city and country, of opportunities to make the acquaintance of those who might become proper associates and companions. It is to this lack of social opportunities that many of those unfortunate affairs known as elopements may doubtless be attributed. The parties are often so unequal in position and character, and so entirely unfitted for each other, as to greatly surprise their friends. Ignorant, profane, and intemperate coach-drivers run away with the educated and refined daughters of wealthy families; rich men's sons carry off servant-girls, and so forth; clearly because they have not had proper associates, from whom to select more congenial companions.

Even in the churches, our young people have but slight social opportunities afforded them. They meet occasionally at singing-schools, prayer-meetings and so forth, but these meetings do not give them the needed chance to become mutually acquainted. Seeing this, and with a view to correct the evil, Rev. HENRY WARD BEECHER established a new order of things in his church; and when the architect drew the plans for the accommodation of the young people, for frequent social meetings, and which are open to them, afternoon and evening, two or three times a week. Here they are introduced to each other, and, without the formalities of parlor etiquette, may enter into conversation and enjoy the society of their equals.

In the country the opportunities for social intercourse are still more meagre. Once a year the young people may have a Fourth of July excursion, or a Christmas or Thanksgiving dinner, at which all the *cousins* and other relatives may assemble, and a New Year's ball, in which but few comparatively can or do participate, on account of religious or moral scruples. These, with an occasional banking or quill-tiag-hue, make up the sum of their social opportunities. And in a single neighborhood how few are found who are adapted to each other as LIFE COMPANIONS! But they must choose from this very limited number, or remain unmarried for life.

In view of all this, (adopting the suggestion of a subscriber,) we opened in the WATER-CURE JOURNAL a "NEW DEPARTMENT," in which our unmarried friends, male and female, might state their wants and make the acquaintance of those "so similarly situated." It is still open.

One or two of our *married* friends have objected to this new feature, but, on the other hand, hundreds have approved, and availed themselves of its advantages. We think the plan entirely proper, and no more liable to abuse than any other mode of forming acquaintances. At all events it has already been the means of making happy many hearts which would otherwise doubtless have for ever remained "alone and unloved." As a single example, among many, we copy the following letter, the writer of which acknowledges the utility of our NEW MODE OF MAKING ACQUAINTANCES.

CHICOPEE FALLS, Mass., Sept. 4th, 1854.

MESSRS. EDITORS:—Through your kindness in giving my matrimonial communication a place in your journal, I succeeded in finding a congenial companion with whom to spend the remainder of my days. I beg your pardon for not having informed you of this happy result, owing to the trouble of informing so many of my address. I should have done this sooner, but have thought every letter would surely be the last.\* Pardon me for having given you unnecessary trouble, and accept my grateful thanks and best wishes.

Very truly yours, ELIZC.

For further particulars in regard to this matter—the terms, conditions and so forth—we refer the reader to the MATRIMONIAL DEPARTMENT.

\* Her name was solicited by a large number, and we congratulate the happy man who has secured her heart and hand.

**A JUVENILE DOCTOR.**—To encourage your principles, I have to relate the cure that my little son (three years old) effected upon himself. He had the ague not long since, and of his own accord, he called for wet napkins and had them placed on the different parts of his body most in pain. "Ma, pain in there; wet cloth, cold. Ma, put fat in cold water. Ma, now I sha' get well." It did precisely as he wished, and he did "get well." So much for intuitive or instinctive knowledge of physical needs.

The above is an extract from a letter from Mrs. Rebecca M. Sanford, who a few years since edited and published a paper, setting her own types, travelled on foot and lectured and obtained subscribers, and did many other things. She was one of the first advocates of the rights of woman. Her

father, being a *Judge* in Western New York, gave her a good opportunity to learn concerning the legal wrongs under which woman suffered.

This following little poem was handed us by a friend of the author. Though not in all respects suited to our columns, yet such is its beauty and pathos that we cannot withhold it from our readers. We are assured that the author is a mechanic in one of our North River cities, a man of deep thought, characterized by

"All-comprehensive tenderness,  
All-substituted intellect!"

and though his hands are soiled by labor, and hard with the callus of industry, yet his intellect rears its world of beauty and of truth, and his heart is filled with kindly sympathies for the poor and the distressed. If his life is spared, he cannot long remain in obscurity; but whatever his future may be, truth will ever find him an advocate, nature an admirer, and poverty and distress a true sympathizer and generous friend. The following lines are a proof that the Muses do not disdain to enter the workshop of the mechanic, if that mechanic be a Man.

#### A SAD HUMAN REALITY.

BY J. O. O.

She went in the morning,  
Unheeding or scorning  
Her mother's mild warning—  
How fair was her brow!

I saw her at noon,  
But the gathering gloom  
Of her sin and her doom  
Had darkened it now.

I saw her at evening,  
Just life left for breathing!  
The last sighs were heaving  
The poor wreck afloat!

\* \* \* \* \*

She went in the morning!—  
\* \* \* \* \*  
How sad that life's ocean  
Keeps constant commotion  
O'er beings whose portage  
Is peace never more!

A TRIP TO LAKE ONTARIO.—Took the Hudson River Railroad in New York for Albany at six o'clock, morning; distance, 144 miles; fare, \$2 50. Arrived at ten. Took Central Railroad for Syracuse; distance, 148 miles; fare, \$2 95. Arrived at 8 P. M. Took Oswego and Syracuse Road; distance, 25 miles; fare, \$1 00, to Oswego. Inquired of conductor which is best hotel? Didn't like to say, but he stopped at *Welland House*, and, of course, so did we. But Lord deliver us! what a change since we were there a few years ago! Then Oswego was a beautiful, healthful, prosperous temperance city; now it is filthy and unhealthy—so notoriously sickly that a number of families had removed to the country! The mortality has been greater than at any previous season. Now, what's the cause? First, a wicked city government granting wide man license to engage in that wicked business, liquor-selling. Liquor-drinking begets negligence, negligence begets filth, filth begets vice, vice begets disease, and disease begets death. Yes, Drink, Disease, Death!

Drove up to that once famous *Welland House*, named in honor of the great Welland Ship Canal, connecting Lake Ontario with Lake Erie. But what a dismal, dilapidated place was presented to our view! And what a dreadful sickening stench filled the air! On the left, as you enter the house, and in close proximity to the dining-room, fronting the street, are the water-closets, and—oh, horror!—an effluvia one could cut with a knife. One would suppose the authorities would declare it a public nuisance, and indict the keeper. We doubt if it has been cleansed in twenty years. Then the bar-room is a lounging-place for numberless smokers of bad tobacco, who fill parlors, sitting-rooms, and bed-rooms with the vile stench. To breathe it is sickening, to escape it impossible, till you leave the house. Then the filthy cistern water—there are no facilities for bathing short of the Lake—was worse than the smell of a common pig-pen in hot weather—it was foul and offensive. Had a sleeping-room on second floor, next to one occupied by a couple of chaps who arrived at about midnight, and kept up loud talking till daylight. Arose at five, took an indifferent breakfast, and proceeded on our journey at six. But before dismissing Oswego, we feel in duty bound to

acknowledge that which is due to her respectable citizens. Without a single decent hotel, she has several fine churches, and some elegant private dwellings. Among the latter may be named those of Mr. Littlejohn and Mr. Pardee, on the bluff.

Mr. Fisher has a plain dwelling-house, surrounded with beautiful shrubbery, shade, and fruit trees. Oswego has several flouring-mills, together capable of manufacturing and packing TEN THOUSAND BARRELS OF FLOUR A DAY. Also a large starch factory, where thousands of bushels of corn are used. But notwithstanding all these, the cure will rest upon Oswego until she returns to her former temperance principles. The New York *Tribune* of recent date gave the following picture:

BOTH WAYS TRIBE.—The city of Oswego last year voted No License, and, so far as was practicable, closed up her grogshops. This year a majority voted to license again, and one hundred and twenty groceries of all sorts are now in full blast.

We are assured that the effects on the legitimate trade of the city are palpably disastrous. The sellers of shoes, hats, cloths, dry goods, provisions, &c., find their trade seriously diminished, and their profits reduced to zero, because the laboring class, who last year bought freely at their counters, now spend their diminished earnings to a sorrowful extent in rum. The children who had caps and shoes last year, and went decently to school, now skulk bare-headed and barefoot into the groceries, with scarcely rags enough to hide the rum-bottle which is stripping their homes of comforts and depriving them of happiness. All the tipplers, and a part even of them, have had enough of license, and Oswego will in November give a rousing majority for the Maine Law.

This, then, explains the whole thing. Oswego is sickly, filthy, degraded. She has cause to bury her face in sackcloth and ashes, to repent, and return to decency, health, and prosperity, which will in return bring blessings, peace, and happiness.

#### COLD WATER.

BY HORACE S. RUMSEY.

Of wine let bacchanals sing,  
Which maddens, stupefies the brain,  
Which doth unnumbered horrors bring,  
Piercing the heart with sorest pain;

But the pearl dew

We offer you  
Contains no hidden, deadly bane.

Of water pure, as it bubbles up,  
Or sparkles in the laughing rill,  
Drink o'er and o'er the refreshing cup;  
It giveth strength to nerve and will;  
It happy makes

Him who partakes,

Who spurns the liquid of the still.

Ho! quaff ye of the mountain stream,  
Or from the fountain gushing free;  
Then heavenly sweet will be each dram,  
Your days shall all glide joyously;

Thy rosy blush

The cheek shall flush;

Crowned with ripe years your lives shall be.

Cold water, thy praises sing,  
Thou blessed gift of worth untold,  
The cooling draught from well or spring,  
Best beverage for young and old!

Where'er is seen

Thy silver sheen,

Hygeia's friend may he behold.

Oh! when will man thy virtues learn,  
Forsake the maddening, damning bowl,  
The venom'd draught for ever spurn,  
Which kills the body and the soul?

When we shall gain

The Law of Maine,

Thou waves of sorrow back shall roll.

Ho! brothers, rouse ye, every one!

Let us one solid phalanx form,

And with our ballot, Pashan gun,

King Alcohol's strong castle storm.

Its fiery wall

Shall riven fall,

If true the aim of Reform.

[Keonora, Steuben co., N. Y.]

COUGHING AND THE TEETH.—An article in the last number of the WATER-CURE JOURNAL on coughing, induces me to make an inquiry. The writer thinks that coughing in consumption may be suppressed, and the lungs by that means saved. Much of the coughing in bronchial and lung complaints is undoubtedly voluntary, and injurious as he says, which may and ought to be suppressed, and the lungs by that means saved. But it does not follow that to suppress coughing entirely would be beneficial while there is matter on the lungs that should be thrown off. In consumption, therefore, it is not that coughing is one of the means necessary to relieve the lungs when diseased, and when there is an accumulation of matter, or any irritating substance that should be removed. The disposition to cough excessively should doubtless be resisted, which is easily done by a effort of the will. Does not the natural process of healing collect the matter in such a way that a slight cough will raise it? It requires the exercise of judgment and reason in this as well as in other matters. But to cough when there is an irritation in the lungs, from whatever cause it may arise, it appears to me, is just as natural as it is to breathe; and why not as necessary, if not excessive?

Will not a deficiency of breath as surely result in disease, as excessive coughing? If so, it will be seen that it is neither wise nor safe to suppress a cough entirely, but to guard against excess, as we would against excess in eating, drinking, or exercise.

While writing, I wish to make an inquiry in relation to the teeth. Where the teeth, as in many instances, are set so loosely as to be liable to fall out, is it not an advantage to file between them? I have known dentists to do so, and once had several of my own filed in that way, although I do not believe in the propriety of such a proceeding of the operator if it would not injure them. He replied, "Not at all; it will benefit them." I doubted the propriety of filing the enamel in this manner, but, although I may be mistaken. But I was wicked enough to think that the dentist had his eyes on the job of putting in some new teeth, and that possibly he might have made a slight mistake in answering my question, and instead of his meaning that it would benefit them, he might have meant that it would benefit him. But if the thing was wrong, I must take the consequences for not knowing any better. A pretty good argument for keeping posted up in such matters.

INQUIRY.

We think with the writer, that filing off the enamel does expose the teeth to injury and premature decay. His remarks on coughing are also substantially correct.

EXTRACT FROM LETTER.—Dating at Charlotte Centre, N. Y., a writer says:

"The Water-Cure is doing its perfect work in this region, silently, but not the less certainly. People are beginning to get their eyes open in regard to the miserable pretensions of the 'regular' in our country, and are beginning to see that if doctors would be as honest in their charge as the Irish farmer who made out the 'horseman's account' as follows, 'Dr. to curing your Honor's horse till he died,' they would appear much more reasonable!"

THE WEST INDIES.—From the East and from the West, from the North and from the South, from beyond the Rocky Mountains, and from the "Islands of the Sea," growing louder and more urgent with each successive month, come calls for Water-Cure books and Water-Cure physicians. The following extract from a letter to the publishers, from a gentleman in Kingston, Jamaica, W. I., will indicate the wants of the people there, and serve as a sample of the hundreds of similar ones which we receive.

\* \* \* \* \*  
Will no good Water-Cure doctor be sent to us here? \* \* \* \* \* There are very many here now ready to accept the Water-Cure, and only wait for an experienced man to come among us. There would be little difficulty in getting suitable localities for an establishment on the most reasonable terms. I know of a place now in the market within six miles of Kingston, admirably adapted to the purpose. The buildings on the place could be converted into what would be required. The cholera is again going through our island, but is not so desolating as in 1850—unabated, however, in its virulence where it takes hold. The doctors cannot manage it at all. I do most earnestly entreat you to send us out a man of the right stamp, without delay. I have not the slightest hesitancy in warranting the most satisfactory results. Wishing you continued and increasing success in the work of reform, I remain,

Yours very truly,

J. O. DEARBURNER.

What good, well-educated, experienced and efficient Hydropathic physician will go to Jamaica?

WATER-CURE v. DRUGGING.—Three years ago, we adopted in our family as much of the Hydropathic system as our limited knowledge of it would permit.

I had myself been afflicted for years up to that time, with constipation; and of course in the habit of swallowing pills. Was at that time unable to do any business. The last business I had done was to purchase a stock of goods in New York, and subscribe while there to the WATER-CURE JOURNAL. I have read the Journal since, and would recommend to every reader who has a body to care for, or "a soul to



save." For I consider the salvation of the soul to be salvation from sin; and of all the sins we are liable to, save me from the sin of doctoring and its attendant errors!

All our four children, except the baby, had up to this time been frequently attacked with worms, and as frequently dosed with vermifuge, aloes, &c. And the apparently better effect each dose had, the sooner we were called on to administer another.

Since we have read the WATER-CURE JOURNAL we have given no medicine whatever, nor taken any. The last pill, pikery and castor-oil bottle stand on the shelf nearly as full as three years ago. And though I have had to subscribe alone for the Journal, and pay three whole dollars for the three years, we have not paid one cent for doctor-stuff or a doctor.

Our children have all had the whooping-cough during the past year, but none of them except the baby has been sick enough to lie abed all day. And now I will tell you why the baby is so often excepted.

When about a month old, it being very restless, the doctor was called of course, and when he dealt out a dose of calomel and jalap to "clear out the secretions," I objected. Soon after this, when I was absent, he was called again, and when I returned, was told by the doctor that I would find he could quiet the baby when he could take his own course, and no objections offered. Sure enough, she remained for some eight months as quiet as before she was restless. And when two years old she had not gained two pounds in weight, but had, for nearly one year, the sorrest month, and teeth decayed and of level with the gums in front. The sore month disappeared after using the abdominal bandage and plunge and towel-bath every morning. Yet now, three years old, she only weighs eighteen pounds, and can neither walk nor talk. T. H.

**THE STUDY OF PHYSIOLOGY BY MOTHERS.—***Doctor.*—Many mothers of families, to my knowledge, are enthusiastic students of physiology; and I believe they are every year increasing.

*Patient.*—But I have heard it objected as an indelicacy in women to study these subjects. I don't think there is much in that. But what do you make of it?

*Doctor.*—The supposed indelicacy is a fiction. The notion is degrading. Physiological studies contract, enervate, or sully the mind! *Impossible!* On the contrary, no other human knowledge is so calculated to expand, to strengthen, and to purify both the heart and the head, the affections and the intellect. Such is my conscientious opinion. What mothers of future generations shall we have, what early trainers and teachers, what nurses, when women will be prepared for the discharge of their duties, by the inculcation of the knowledge, and the formation of the habits, we contend for? Would a physiologically-instructed mother send her feeble boy to school ere he was hardly recovered from a severe illness, to receive him back in six months palsied in the lower extremities? Would physiologically-instructed mother teach her child not to be a juvenile glutton only, but a glutton for life, by pampering him with all manner of delicacies, or allowing him habitually to gorge himself even with plain food? Would she develop a premature taste for strong drinks by indulging him often with a glass of wine after dinner? Would she allow him to sleep in an unventilated bedroom, under smothering loads of bed-clothes, even in mild weather, and with curtains close drawn around his bed, lest her tender patient should take a "breath of air," and so be blighted?—*The Water-Cure, by Dr. Wilson.*

**YOUNG AMERICA AND THE WATER-CURE.**—A young schoolboy writes to the editors of the WATER-CURE JOURNAL as follows:

This morning, ten minutes after I awoke, the cold water stood upon the surface of my body, as the sparkling dew upon the grass; but it was quickly removed by the manufactured fax.

The weather being quite warm, I neglected to clothe my feet until school-time.

I took my slate and algebra to prepare for my recitation. After solving my problems, I perused with delight the columns of the WATER-CURE JOURNAL.

My sister asked me to pump a tub of water. I did so, and she filled it with clothes. I then returned to my Journal. Soon after, my mother requested me to carry down cellar a kettle of strong boiling brine. In descending the stairs the kettle caught on a higher step, and turned a part of the con-

tents on my feet. My first thought was that it was a warm plate below, and the next was, *the tub of water.* My pupils did not best many times before my feet were in the tub. My sister cried:

"Get out of my tub of clothes."

My feet were very painful at first, but in the cold water they soon returned to their former comfortable feeling. J. P. A.

## THE SPIDER'S FEAST.

BY GENIVA.

Once, while sitting by my window,  
On a pleasant summer day,  
Lo! a sudden cry of anguish  
Reached my ears. It seemed to say,  
"Save me from this cruel monster!  
Help! oh, help! or I shall die."  
Looking upward to the ceiling,  
I beheld a hapless fly  
Writhing, struggling, all so vainly,  
In the siltken web, white near  
Sat a grim and ugly spider,  
Watching with malicious leer.  
Suddenly he sprang upon him,  
Seized his poor affrighted prey,  
Thinking, doubtless, what a precious  
Dinner he should have that day.  
But—"alas! for earthly prospects!"  
(You have heard of "many a slip")  
Just as close the monster hugged him,  
Of his blood to take a sip,  
I arose, and snatched the trembling  
Victim from his spidership.  
Set him free, and left the monster  
Dinnerless within his den.  
"Ah," said I, "you cruel spider,  
Thou to murder poor flies, when  
They have never, never harmed you!"  
"I had nothing else to eat,"  
Cried the disappointed spider,  
"And was longing for some meat."  
"Here are crumbs; there was no danger  
Of your starving, Sir," quoth I.  
"That you should so basely murder  
A poor, harmless, pretty fly."  
Then a look of indignation  
Seemed to cross the spider's face,  
As he thus replied in anger:  
"I despise your lordly race!  
Men are worse, far worse than spiders;  
Many a harmless creature dies  
That you men may feed upon them.  
Spiders only live on flies;  
You have fruits in rich abundance,  
Roots and grains a countless store,  
Yet amidst this boundless plenty,  
Not content, you sigh for more,  
And the very beasts that serve you  
By your bloody hands must die:  
Then you call us spiders cruel!  
When we eat a *useless fly!*  
This is true, Sir, true as gospel;  
Just deny it if you can.  
Surely, any honest spider  
Well might blash were he a man."

**A FOWL JOKE.**—A clergyman at an afternoon service was asked to read a notice of a Woman's Rights lecture, which he did in this wise:

"At half-past six o'clock, at the school-house, to-night, in the first district, a *hen* will attempt to *crow!*"

Whereupon one of the Bloomers told him, after service, that he was poking his nose where it didn't belong, and if she was strong enough, she'd *pull it, (pulled)*

**QUICK TIME.**—A young gentleman was one day arranging music for a young lady to whom he was paying his addresses. "Pray, Miss D.," said he, "what time do you prefer?" "Oh," she replied, carelessly, "any time will do—but the quicker, the better."

Extremely improbable. Don't believe a word of it.

## Notes and Comments.

**Who's His?—**The *Ambassador*, a religious newspaper, referring to the Verona Springs Water-Cure, says:

"The qualities of the water are said to be very valuable; and patients will find there all the advantages to be obtained at any Water-Cure, and will be relieved from an unpleasant feature found in some establishments of this nature. We refer to religious sectarianism. We could name a celebrated Water-Cure where the patients are frequently pained and annoyed with the continued and pertinacious obtrusion of the peculiar dogmas of the principal physician upon them, and which has driven not a few away in disgust. But nothing of this kind is exhibited at the Verona Springs Water-Cure. All are allowed the enjoyment of their peculiar tenets, without being questioned or molested."

Who's his? We were not aware that any of our Water-Cure Institutions had been converted into Theological Seminaries, yet we see no impropriety in coupling *theology* with *physiology*, or *true religion* with *hydropathy*. Cleanliness and godliness, Christianity and hygiene, may go together. But this is not what the *Ambassador* objects to. It is bigotry and dogmatism.

A Doctor who has been administering for the infirmities that "flesh is heir to," for a few weeks past, in Hartford, Ct., got a broken nose and a serious frigit on Friday, for persisting in his visits to a female patient after she had desired him to discontinue them.

**FRUSTRATE.**—Educate women to attend to all such patients, and let the men go a-fishing for *pure-genuine-cool-her-fish oil*, or busy themselves in manufacturing patent medicines, body-braces, pill-boxes, and so forth; they may then save their "noses."

**WHICH IS RIGHT?**—Which is the *right* path—the Hydro path, the Allo-path, or the Homoeo-path? When there are so many *paths*, it is hard to know which to follow.—*Indiana Farm and Stock.*

Well, that depends altogether where you want to go. If you wish to take a "bee-line" for—the *lower regions*, and go quick, take the Allo-path. If you want to go to the "otherspheres," and revel in "moonshine," take the Homoeo-path. But, if you want to go to the "land of promise," to dwell for ever with the saints, after having lived in this world to a green (or ripe) old age, feasting on fruits and vegetables, just renew your subscription to the WATER-CURE JOURNAL, and follow the Hydro-path. That's *our* faith, and we expect to *live* by it!

**GRAHAMITE PEEPING.**—Cut up four laths in a peck of saw-dust. When well mixed, bake it by placing a pipkin containing it in the sun for half an hour. Serve up with sauce made by soaking a cedar shingle in a pall of well-water.—*Boston Paper.*

Since the publication of that excellent work entitled *FRUITS AND FARINACEA THE PROPER FOOD OF MAN*, some of the *cool-liver oil* fraternity are "*down*" on the "Grahamites" and "Vegetarians;" so much so, indeed, that they even refuse to look a plump ripe *EGG* or *PERFUM* in the face! They pronounce fruit and vegetables unwholesome for weak stomachs, and advise patients to avoid "any thing green," while *animal food* will be better adapted to keep the patient "on his back" than other "green things."

**MAGNIFICENT PEACH.**—The West is becoming famous for her fine fruit, and especially so is Northern Indiana. I. S. Bigelow, Esq., handed us on Tuesday last a peach taken from the garden of Heman Williams, Esq., of this city, (Michigan City, Ind.), which measured a trifle over nine inches and a half in circumference. It was just as handsome a peach as can be seen. All the peaches on the tree are of the same mammoth size. We think this will be hard to beat.—*Michigan City (Indiana) Transcript.*

Disseminate the variety. But other trees from this. There is no doubt but that portions of Indiana, Illinois and Iowa will become distinguished fruit-growing countries. Then "set out the trees," and instead of *fat pork*, send delicious healthful fruit to market. Dried fruit may be sent to Europe with great profit. Try it.

**A CHANCE FOR POETS.**—It will be seen by a notice in our advertising columns, that the Cosmopolitan Art and Literary Association, located at Sandusky City, have offered a prize of ONE HUNDRED DOLLARS for the best Ode to Power's Greek Slave, not exceeding fifty lines in length. The object of the Association is, to disseminate literature and works of art. Tickets of membership are

three dollars, for which the members receive either of the present three-dollar magazines, and a chance in the distribution of the paintings, statues, and other works of art. The publishers of the Magazines, to forward the enterprise, make a liberal discount to the Association for every subscriber, and this discount is used for the purpose of paying expenses of management, and the purchase of works to be distributed. Any who wish to subscribe for a Magazine, will, by sending their three dollars to the Association, not only receive the Monthly as regularly as if they subscribed to the publishers, but will also have a chance to receive something valuable in addition.

## Talk and Topics.

**FRUIT TREES.**—The time is near at hand for selecting trees from nurseries, to transplant. Nurserymen should issue new catalogues, stating quantities, naming varieties, with prices, etc., etc., so that every farmer may "calculate" how many he will plant. All who have land should get out from one to a thousand fruit trees. Set a few this fall. Wines, say it that your "bigger halves" provide FRUIT TREES that they, yourselves, and the children may feast and luxuriate upon the fruit thereof. Plant a grape vine *this season*, and if you think the WATER-CURE JOURNAL for nothing else, you will do it for urging upon you this pleasant duty. Will you heed it? A tree, a vine, now!

**WATER-CURE IN BOSTON.**—We perceive that Dr. Kittredge, of the Water-Cure in Franklin street, has advertised to sell out his furniture, preparatory to the closing of the establishment. We regret that Boston is to be deprived of an institution of this nature, for we believe it is needed. Hydropathy, in our view, is founded upon a truly scientific basis, and is destined to occupy an immense field in the cure of disease, if, indeed, it does not supplant all other systems. An establishment of the kind, located, for instance, on a roomy place like the Neck, and well conducted, would be handsomely sustained, and reflect great credit on the city. Such we hope to see carried out.—*Boston Daily Bee.*

Dr. Kittredge announces, in advertisement, an office No. 13 Avery street, where he may be present be found. We presume he leaves the Franklin street house with a view of opening a *better* one at an early day. Boston must and will sustain a first-class Water-Cure Establishment.

**A CLEAN TOWEL.**—On a late excursion upon the Mississippi, a gentleman in the wash-room said to the captain of the boat:

"Can't you give me a clean towel, captain?"

"No," said the captain; "more than fifty passengers have used the towel there, and you are the first one that's said a word about it."—*Saginaw Enterprise.*

"We reckon" that gentleman will take a clean towel with him when he goes on another excursion up the Mississippi. After the wiping of fifty passengers, we should suppose a towel would become highly favored, especially in warm weather. Lissos—Skin diseases may be "caught" in this way. So "look out!"

**WATER-CURE AND BEAUTY.**—Mrs. Harriet Beecher Stowe says:

"For my part I must say, the most favorable opinion that I know for female beauty is the *multiplication of Water-Cure Establishments*, where our ladies, if they get nothing else, do gain some idea as to the necessity of fresh air, regular exercise, the school-room of Mrs. Reed, place Admittance free.—*Southwestern Baptist, Tuscoogee, Alabama.*

**A WIND ENGINE.**—We have received a circular describing Halladay's Improved Wind Engine, manufactured by Halladay, McCray & Co., Ellington, Conn. It seems admirably adapted to the use of farmers and mechanics as a labor-saving machine. We would also call the attention of proprietors of Water-Cure Establishments, who are compelled to raise water by mechanical means, to this invention.

**PUBLIC LECTURE.**—Mrs. Drinkwater, (late Miss Ely), of the Auburn Water-Cure, will lecture on Friday night at quarter to 8 o'clock, upon "Health in connection with Water-Cure in the school-room of Mrs. Reed." Place Admittance free.—*Southwestern Baptist, Tuscoogee, Alabama.*

We congratulate Mrs. Drinkwater on the happy and appropriate change in her name. We hope the Albanians will listen to Mrs. Drinkwater, and be converted to the new faith as it is in Hydropathy, for we *know* it would do them good.

**CAUSE FOR DIVORCE.**—The inability of a wife to make bread has been decided sufficient ground for divorce by the Jones County Agricultural Society of Iowa. The heathens—*The Papers.*

Now, a single dollar, or even less, for a cheap edition, would put any wife, or *would-be* wife, in possession of complete information in regard to "bread-making," on the most improved principles, besides the cooking of a hundred other useful and healthful dishes. Of course we refer to *The Illustrated Hydropathic Cook-Book*, by Dr. Traill, published by FOWLERS AND WELLS, New York. Sent by mail to any post-office. Cheap edition, 62 cents; colored muslin, 87 cents; gilt, \$1.

A NEW ANTI-TOBACCO SOCIETY has just been organized in Barnesville, Belmont County, Ohio. Members (of which there are some eighteen or twenty) have signed the following

### PLEDGE.

We the undersigned solemnly pledge our word and honor that we will wholly abstain from the use of tobacco in all its forms, and endeavor to discontinue its use as far as possible in others. We furthermore pledge ourselves that we will neither raise, buy, sell, nor manufacture it for the use of others, and will use our influence as far as possible in preventing the young and rising generation from becoming addicted to a habit so disgusting, so injurious and degrading in all its forms.

They have a constitution and by-laws by which they are governed, and they meet once a month for discussion and the transaction of business.

Copies of the three PRIZE ESSAYS on Tobacco have been circulated throughout the town by the members, with a view to strengthen and increase their number. Let the reform go on!

## Business.

NEW BOOKS, for notice or review, and ADVERTISEMENTS for THE PHRENOLOGICAL AND WATER-CURE JOURNALS, may be sent to FOWLERS AND WELLS,

808 BROADWAY, NEW YORK;

142 WASHINGTON STREET, BOSTON, and

231 ARCH STREET, PHILADELPHIA.

To secure insertion, ADVERTISEMENTS should reach the publishers on or before the 10th of the month preceding that in which they are to appear.

All appropriate and useful subjects, such as Agriculture, Mechanics, the Arts, Schools, and so forth, are deemed proper, while patent medicines, lotteries, liquors, and tobacco will be scrupulously rejected.

A VEGETARIAN ALMANAC FOR 1855.—The Committee on Publication appointed at the Fifth Annual Convention of the Vegetarian Society have made arrangements for the publication of a Vegetarian Almanac, in accordance with the resolution of that meeting.

The Almanac is to contain forty-eight pages, and in addition to the usual information of such a work, a Bill of Fare for Vegetarians, for each month of the year, together with suggestions for Vegetarian Cookery; a list of Vegetarian Anniversaries, and chronology of important reforms; a sketch of the early arrival of Vegetarians in this country, by Rev. Dr. Metcalf; sketch of the President of the Vegetarian Society, Dr. Alcott; Michael Angelo, by Professor Whitaker, with a portrait of that renowned Artist and Vegetarian; Plato, Newton, Howard, Franklin, and Daniel Webster, by the Editor, with a portrait of each; together with valuable statistical and interesting Vegetarian information.

The Almanac will be supplied at \$1 for twenty-five copies. Single copies, 6 1-4 cts.

The Committee respectfully request the earnest cooperation of all Vegetarians in securing for the Vegetarian Almanac an extensive circulation.

Subscriptions to be sent immediately to the Editor, the Secretary of the Committee, Henry S. Clubb, 15 Light street, New York City.

THE NEW WORLD.—Messrs. Dayton and Wentworth, of Boston, are about to publish by subscription a large and magnificent historical work, with the above title. See what the publishers say of it in their advertisement.

TO WATER-CURE PATIENTS.—Recovered patients, on returning home from the Establishments, may

engage in the sale of books on Water-Cure, with profit to themselves, and great good to their neighbors. Some have taken agencies for our Journals and books, and started out upon long Journeys, depending on receipts derived from their sales. The worth of \$25, \$50, or \$100 in books may be sold in almost any neighborhood, yielding a handsome profit to the agent. For particulars, address the publishers of the WATER-CURE JOURNAL, NEW YORK.

LAKE MILLS, JEFFERSON CO., WISCONSIN.—Messrs. ATWOOD and ROWE have a stock of our publications, which they will furnish at New York prices. Our readers in that vicinity will do well to give them a call.

NEW ENGLAND FEMALE MEDICAL COLLEGE.—The Seventh Annual Term of this institution will commence on the first of next November. We would call the attention of our readers in Massachusetts to the fact that the Massachusetts Legislature has appropriated funds to pay the tuition of forty pupils annually for five years, from the different counties of the State, according to the number of Senators. Applications can be made, personally or by letter, and particulars be learned, at the College, 274 Washington street, Boston. See advertisement.

OUR BOOKS IN OREGON.—The good cause progresses. Where civilized man resides, there shall be found no reformatory publications. We clip the following from a late number of the *Oregon Spectator*:

FACTS ARE FACTS.—Come to the waters, all ye that are heavy laden with disease and know not the cure, and earnestly have a desire to get well, and a desire to understand the simple laws that govern life and health; you will be well paid by calling at LAYBRETTE AND HOLLAND'S store, in Oregon City, and purchasing any of the following works, which we have just received, and expect to keep on hand.

Here follows a catalogue of the various works published by FOWLERS AND WELLS, New York, and offered to the Oregonians "cheap for cash, or in exchange for country produce."

PACKAGES IMPROPERLY CHARGED WITH LETTER POSTAGE.—When a sealed package, chargeable with letter postage, is opened in presence of a postmaster, and found to contain printed matter only, without any thing secreted therein, he may return the letter postage, and deliver the package at the rates charged for printed matter.

Books sent by mail from this office are always prepaid, except when specially otherwise ordered. No apprehension for "overcharges" need be apprehended.

LIFE ILLUSTRATED.—OUR FIRST NUMBER is now printing. (Oct. 1st.) and will be mailed to SUBSCRIBERS at once. Those who would like to begin with the beginning, should make up their clubs and send in their names as soon as possible. We shall print an edition of 50,000 to commence with, but cannot engage to supply back numbers. Those, however, who subscribe now, or during the present month, (October), will be sure of complete sets. Will you begin with the beginning?

OUR JOURNALS IN SAN FRANCISCO.—We see in several of the San Francisco papers friendly notices of our JOURNALS, to which our friend and zealous co-worker, Dr. Bourne, has lately called their editors' attention. The *San* thus concludes its notice of them:

These Journals are ably conducted, and would form a valuable acquisition to reading-rooms and the parlor. They can be regularly obtained at all the news depots in this city.

*The Evening News* says:

A full file of the WATER-CURE JOURNAL has been placed upon our table by Dr. Bourne. We have perused several numbers and find in them many articles of scientific and practical value, besides which, in its columns is found much that will interest the ordinary reader.

NEW WATER-CURE IN MISSISSIPPI.—It gives us great pleasure to announce the opening of a new Water-Cure Establishment at *Spring Ridge, Hinds County, Mississippi*, by H. J. HOLMES, M. D., assisted by his son, H. J. HOLMES, Jr., M. D., and his brother, Gen. T. H. Holmes, who has already treated with great success cases of chronic diseases. These physicians have the advantage of a thorough medical education, to which they have added all that is known of Hydropathy or Water-Cure. They have opened the first and only Establishment in the great State of Mississippi. The Spring Ridge Water-Cure will be patronized by people from Louisiana, Alabama, Missouri, Arkansas, and

Tennessee. For terms and other particulars, see advertisement.

**DENTISTRY.**—In answer to several inquiries, we would state that, having had a long personal acquaintance with the gentlemen whose addresses are here given, we do in the fullest confidence recommend them in all respects competent dentists, and in every way worthy the patronage of those who may need their services:

Dr. J. W. GLOVES, No. 7 Eighth Avenue, New York.  
Dr. DAVID K. HIRSCOCK, Boston, Mass.

**NOW READY FOR 1855!**—The Illustrated WATER-CURE ALMANAC, with Calendars adapted to all the States, Territories, and the Canadas; embracing articles:—To Our Hundred Thousand Readers; She has Nothing to Do; Differences of Waters; The Water-Cure System; Medical Credulity; Observations on the Weather; Health in Primitive Ages; Moral Courage; Insensible Perspiration, with Illustrations, by Dr. Shaw; Poetry, by Dr. May; A Case of Soap and Water; Respiration in Plants and Animals, by Dr. Traill. With numerous Engraved Illustrations.

Also, a Directory containing the names and post-office addresses of the Water-Cure Physicians; a List of Hydro-pathic Books, etc., etc.

Prices, *prepaid by mail*, only six cents a copy, or fifty cents a dozen, or four dollars a hundred.

**FRIENDS**, help us to place a WATER-CURE ALMANAC for 1855 in every chimney-corner, in every house and cabin, in the hands of every family! With such a monitor before their eyes, fewer dregs would be swallowed, less sickness be suffered, more lives saved, more good done in the world.

Let each friend of Water-Cure see to it that his neighbor has an Almanac for 1855.

ADDRESS: FOWLES AND WELLS, 308 Broadway, New York.

**THE ILLUSTRATED PHRENOLOGICAL ALMANAC FOR 1855** is also now ready.

**CONTENTS.**—A small Symbolical Head, with the organs numbered, described, and illustrated; Phrenology and Education; A New Classification, (French) with Engraving; Written Descriptions of Character; Phrenology a Luxury; Eccentric Parson; Lindley Murray; E. H. Chapin; Dr. Beecher; John P. Hale; The Good Schoolmaster; Amos Pillsbury; The Good Man and the Murderer; Fayard Taylor; Ralph Waldo Emerson; Rev. Lewis M. Pease; Rev. John Pierpont; Solon Robinson; Phrenology in Boston; Phrenology in Philadelphia; To those who would know themselves; Success in Life, etc., etc.

48 PAGES, 20 engravings, Catalogue of valuable Books, Prospectuses of the PHRENOLOGICAL JOURNAL and WATER-CURE JOURNAL, and of our new weekly newspaper, LIFE ILLUSTRATED.

Sold at the same low price as the Water-Cure Almanac.

**NOTICE TO VEGETARIANS.**—The proprietors of the WATER-CURE JOURNAL respectfully announce that they have completed arrangements by which about four pages of each number will after the present month be devoted to the insertion of contributions from DR. ALCOTT, PROFESSOR MUSSEY, DR. GRIMES, PROFESSOR WYTKAER, C. H. DE WOLFE, Esq., MARY ANN WYTKAER, ANNIE DENTON CRIDG, Wm. TEBB, LEWIS S. HOGUE, Wm. WRIGHT, A. M., Rev. W. METCALFE, M. D., JOSEPH METCALFE, and SEYMOUR HENRY, of this country, and ROBERT T. CUBER, of England, and from other eminent vegetarians; the department to be superintended by an editor appointed by the American Vegetarian Society.

Mr. Henry S. Clubb (formerly Editor of the *Vegetarian Messenger* in England) has been appointed Editor, and it is requested that all communications intended for this department will be addressed to him, at the Water-Cure Institute, 15 Light street, New York City.

**SAVE YOUR FRUIT SEEDS.**—To fill an order from Oregon, last season, we searched the principal cities to procure seeds of the cherry, pear, and quince, but we searched in vain. None could be procured. Extravagant prices had been paid by nurserymen for the small quantities sent to market, and the limited supply was soon exhausted. Bushels might have been saved at little cost, and sold at great profit. Will our readers take the hint? We shall try to obtain supplies, this season, to fill all orders. Seeds from the apple, pear, cherry, quince, &c.; of strawberries, raspberries, currants; of the peach and nectarine, may all be saved,

sold, transported, planted, and raised, when it would be difficult to transport plants, cuttings, or trees. Then save your seeds.

**WINTER WATER-CURES.**—Hundreds of suffering invalids have been sent home from our various Water-Cures during the past summer, rejoicing with health of body, and spirits renewed. Yet thousands of others without the pale of Hydrotherapy linger away in hopeless despair, who, by spending one month at a well-conducted Establishment, would at least be put on the road to health, and, by following it, attain a good old age. We are glad to find so many "Cures" preparing to "keep open" during the winter. Several are announced in our advertising department.

**"FRUIT TREES."**—A general assortment is advertised in the present number of the Water-Cure Journal, by JAMES W. GRAY, Ball's Pond, Fairfield County, Connecticut, of whom descriptive Catalogues, with prices, etc., may be obtained. Mr. Gray is an honest, intelligent man. He engaged in the fruit and nursery business more from the love of it than as a source of pecuniary profit. Those in want of trees, residing between 35° and 45° north latitude, may be sure of receiving from him such qualities, quantities, and varieties as they may be pleased to order.

**GRAPES—A SHAKER SEEDLING—EARLY NORTHERN MUSCADINE.**—We have received from our New Lebanon Shaker friends, through Mr. Edward Fowler, a box of this delicious fruit. Though not yet endorsed by professional horticulturists, and by some labourers, we can see no good reason why it should not be cultivated in northern latitudes, where less hardy varieties fail. The quality of the sample sent us is certainly very fine. It is thus described by the Shakers:

This excellent grape ripens 15th September, nearly a month sooner than the Isabella; it is perfectly hardy for this northern climate; a sure and constant bearer, not subject to mildew, and the fruit is delicious and high-flavored, having no pulp perceivable, and has been pronounced by competent judges superior to the far-famed Isabella, or Catawba, either as a wine or table grape.

The variety is a seedling from the Native White Grape, and was raised by the subscriber, who has had it in bearing more than ten years, and he tried it under every variety of circumstances, and who has finally selected it from more than forty kinds he has had in bearing as the choicest and most profitable, and he has really the rarest grape that is well adapted to our northern climate, with which he is acquainted.

The Northern Muscadine is of light amber color, medium size, delicious and unsurpassed flavor.

Besides the above, they cultivate  
Barton's Early August; ripe 25th August; dark purple color, large size, pleasant flavor.  
Sage's Mammoth; ripe 1st October; dark amber color, very large size, good flavor.  
Lowe's Imperial; ripe 5th October; lightish red color, largest known, good flavor for so large a grape.  
These varieties will ripen well anywhere south of the Canadas. Those who may wish for plants can procure them at from \$1 to \$3 each, by addressing EDWARD FOWLES, New Lebanon, Shaker Village, Columbia Co., N. Y.

Now, we do not undertake to pass judgment upon those varieties, which we have not tasted or tested, but we have confidence in the integrity of our Shaker friends. They cultivate the forty or more sorts, and pronounce the above the best. Farther south it is highly probable that other varieties would do better. But let *everybody* plant grape vines. The Catawba and the Isabella are good enough where they can be grown. Dr. Underhill, of Westchester Co., N. Y., gives them the preference. But plant a grape vine of some sort this very fall.

**A GOOD WATER-CURE LOCATION.**—A very desirable situation for a Water-Cure Establishment is offered for sale in the vicinity of Warsaw, Wyoming Co., N. Y. The scenery is represented as being delightful, the climate salubrious, and the buildings commodious and convenient. The property will be sold on liberal terms. See r. Patchin's advertisement of "Valuable Property for Sale."

**LOCATION FOR A WATER-CURE.**—One of our Agents, writing from Clear Spring, Md., speaks in the highest terms of the adaptation of the place for the establishment of a Water-Cure. The springs are situated three miles west of the village, on the Alleghenias, thirteen miles from Hagerstown, presenting every variety of scenery, and remarkably easy of access. Buildings are already erected, which, with slight changes, can be adapted for all purposes required.

Further particulars can be had by addressing AMOS ANAMS, Clear Spring, Md.

**NEW WATER-CURE ESTABLISHMENT.**—The friends of Hydrotherapy will be pleased to learn that Dr. Jefferson Parks is about to open a Water-Cure about seven miles west of Winchester, Franklin Co., Tenn. The people in that vicinity should rejoice that an opportunity is to be afforded them to treat diseases scientifically, without the use of drugs.

## Literary Notices.

**THE RUDIMENTS OF BOOKKEEPING**, designed for the use of Schools and for Self-Instruction. With an Address to Students, on the Essentials to Success in Mercantile Pursuits. By JAMES NIXON, Accountant. New York: F. J. Huntington, and Mason Brothers, 1554. [Price, prepaid by mail, \$1.00.]

This is one of the best works on bookkeeping that we have ever had the pleasure of examining. It aims to do something more than to lay down a set of arbitrary rules with examples for transcription. The pupil is made to see the reason of every process—to comprehend the principles which underlie the art. With this little work for a text book, the student may become something better than a machine. He may prepare himself to enter upon his duties in the counting-room *understandingly*. Mr. Nixon's instructions are concise, but always intelligible, and sufficiently comprehensive for ordinary purposes.

**COMPENDIUM OF PHONOGRAPHY: An Exposition of the Principles of Phonetic Shorthand.** By ANDREW J. GRAHAM. New York: FOWLES AND WELLS.

One evidence of the rapid dissemination of any science or art is the cheapening of text books pertaining to it, and the simplifying of the statement of its principles. A century ago, a work on shorthand as large as the present treatise would have cost not much, if any, less than a guinea, (about five dollars;) yet here is a work fully, amply explaining the principles of the system of shorthand, the best ever known, afforded at *one shilling, prepaid by mail!* With its aid, a few hours' study will suffice to gain a perfect understanding of Phonography. The work fully merits and it will undoubtedly have a very extensive and enduring circulation. [Price 12 cents.]

**HERMIT'S DELL.** From the Diary of a Penciller. New York: J. C. Derby, 1854. [Price, prepaid by mail, \$1.00.]

Just the book to read, out under the trees, on one of our sweet Indian-summer days, or by the cheerful home fireside, when the weather shall have grown colder. It is made up of a series of charming rural and domestic sketches, with a thread of story running through them all. The admirer of stirring incidents and tragic scenes will not find the volume much to his liking, but to the healthier tastes of the true lover of nature and domestic life it will commend itself at once. The author is a scholar and a graceful writer. Wonder who he is!

**THE LIFE AND ADVENTURES OF PERCIVAL MAYRE-BEED:** An Autobiography. By the Author of "Laditt." Philadelphia: T. B. Peterson, Bunce & Bro., New York.

A humorous story of considerable merit, with capital illustrations by Darley. It is full of incident and adventure, with a good mixture of the ludicrous. Good for those who would "laugh and grow fat."

**THE BRITISH QUARTERLIES AND BLACKWOOD'S MAGAZINE.**

We have received from Messrs. L. Scott & Co. the last numbers of their reprints of these standard publications:—*The London Quarterly Review*, (Conservative); *The Edinburgh Review*, (Whig); *The North British Review*, (Free Church); *The Westminster Review*, (Liberal); *Blackwood's Edinburgh Magazine*, (Tory).

The present critical state of European affairs renders these publications unusually interesting. They occupy a middle ground between the hastily-written news items, crude speculations and flying rumors of the daily journals, and the ponderous tone of the future historian, written after the

living interest and excitement of the great political events of the time shall have passed away. It is to these periodicals that readers must look for the only really intelligible and reliable history of current events; and as such, in addition to their well-established literary, scientific, and theological character, we urge them upon the consideration of the reading public. Either of these works will be sent separately, for \$3.00 per annum, or *Blackwood* and one of the *Quarterlies* for \$5.00. They may be ordered through FOWLENS AND WELLS, 308 Broadway, New York.

A REVIEW OF DR. DODS' INVOLUNTARY THEORY of Spiritual Manifestations. By W. S. COURTNEY.

THE TABLES TURNED. A Brief Review of Rev. C. M. Butler, D. D. By S. B. BRITTON. New York: Partridge and Britton, 1854. [Price, prepaid by mail, 50 cts. each.]

We have received these works from the publishers, but have not found time to examine them. These so disposed, can read and judge for themselves.

SUBSTANCE AND SHADOW; or, Phases of Every-Day Life, by EMMA WELLMONT. Boston, J. P. Jewett & Co.

This is a book of some 300 pages, filled with short sketches of about three or four pages each, some of which are quite, and others very good. We are sure of one thing, however: Emma has never read the *Water-Cure Journal* much, or she would have written more sensibly about the Hydropathists. Just as if, because it is written, "By the sweet of thy brow," &c., it is wrong to take a pack. She has said so many good things, we'll not quarrel with her. But we do hope she will learn something of Hydropathy before she writes another book.

THE "WESTERN LITERARY CABINET" is edited and published in Detroit, Mich., by Mrs. E. M. Sheldon, who furnishes most of the material. Rev. N. D. Kitchell is also a contributor. Mrs. S. has written several chapters in the early history of Michigan, in which the romance of an early settler's life is forcibly drawn out. Mrs. S. is also the editor of a literary, moral, and religious paper for children, called *The Little Watercure*.

MUSIC.—HORACE WATERS, 333 Broadway, New York is unquestionably "the people's music publisher." He has all the popular songs, ballads, waltzes, &c., at popular prices. Our attention has lately been called to the following, among other favorite pieces:

"Our Girls," (a ballad,) words by C. D. Stuert, music by Thomas Baker; "Our Boys," by the same; "The Wanderer's Return," (a song,) as sung by the "Amphons;" "Fairy Land Schottisch," by Van Der Weyde; "The Park Waltzes," by John Fletcher, and "The Martyr of Freedom," by C. C. Howard; all good things in their way.

PUTNAM'S MONTHLY.—The September number opens with a political article, entitled "Our Parties and Politics," in which the author, who writes with vigor and earnestness, takes strong Anti-Nebraska ground. It is warmly praised by some, and as warmly denounced by others, according to their political predilections. The number has several capital articles. "The Proper Sphere of Men, by One of the Strong-Minded," will attract attention.

ART AND LITERATURE.—The Cosmopolitan Art and Literary Association seems to prove a highly successful, as it is a truly beneficial enterprise. The plan on which it is founded is an excellent one, and we have no doubt but that it will be honorably and fully carried out. See our advertising columns for particulars. We observe, in another advertisement, the offer by the Association of \$100 for the best Ode to Powers' Greek Slave, which, with many other works of art, is to be distributed among the subscribers. This is a very handsome proposal, and poets will find in the subject an ample incentive to their best efforts for fame and gold.

We have received from Bunce & Brother "The Deserted Wife," by Emma D. E. N. Southworth; published by T. B. Peterson, Philadelphia; and "A Year after Marriage," by T. S. Arthur. Published by the same. From Partridge & Britton we have "New Testament Miracles and Modern Miracles," by J. H. Fowler. Published by Bela Marsh, Boston.

## LIFE ILLUSTRATED.

A NEW WEEKLY JOURNAL OF ENTERTAINMENT, IMPROVEMENT, & PROGRESS.

Believing that we shall thereby satisfy a widely-felt popular want, we fill a sphere not occupied by any existing publication, we shall commence, early in October next.

A NEW FIRST-CLASS FAMILY NEWSPAPER, DEVOTED TO LITERATURE, SCIENCE, THE ARTS, AND NEWS.

It is our intention to furnish a paper which, bound to no party, sect, or theory, embracing every human interest, and furnishing food to all the faculties of the mind, shall merit and command a world-wide circulation and influence; and encouraging whatever has a tendency to promote the moral, intellectual, or physical development, or to ameliorate the condition of the people, whether found in Schools, Books, Machinery, Practical Science, or Industrial Organizations; inciting in all classes a *spirit of hope, valiancy, and self-reliance*, and pointing out all available means of profit, economy, and comfort. Life as illustrated in

### LITERATURE.

Will receive due attention, and Original, Historical, Biographical, and Descriptive Sketches, Tales, Accounts of Travel and Adventure, Poetry, &c., from the pens of some of our best writers, with choice selections from the leading periodicals of Europe, will form a prominent feature. The great field of

### SCIENCE.

in all its departments, will be industriously explored, and all new discoveries and applications of scientific principles will be laid before our readers in a popular form, and their bearings upon human progress, as far as we clearly see them, indicated and discussed.

### THE ARTS.

particularly in the departments of Agriculture, Mechanical Industry, and Manufactures, will receive a large share of our attention, and no important invention or improved process will escape our notice and investigation.

### AGRICULTURE AND HORTICULTURE.

being occupations in which so large a portion of our people are engaged, will demand, at our hands, special consideration, and we shall strive, with the aid of the best writers in these departments, to give our readers of these topics more practical value than is usual in newspapers. We shall endeavor to elevate still more the standard of

### MECHANICAL INDUSTRY.

and to develop and bring to light the latent talent and skill of our intelligent, industrious, and worthy artisans.

### PHYSIOLOGY.

and the Laws of Life, in their application to physical development and the formation of health, will have a prominent place in our columns, while the whole scope and tendency of our paper will be to promote

### EDUCATION

in its broadest sense; and, aided by competent contributors, practically engaged in teaching in College, School, and Shop, we shall endeavor to render the pursuit of knowledge easy and attractive.

### NEW BOOKS

will be carefully and candidly noticed, and where their importance seems to demand it, critically reviewed. In the department of

### GENERAL NEWS.

we shall aim to be particularly prompt, authentic, and full, giving a carefully prepared summary of passing events, both foreign and domestic, and recording all signs of progress in every department of life. The Markets will be carefully reported, and such general commercial and financial information given as the interests of our readers may seem to demand.

As man is eminently a social being, Life as illustrated in the

### FAMILY CIRCLE

will not be forgotten, but we shall aim to make our paper as well welcome and valued visitor at every fireside where the English language is understood. And always remembering the Children, we shall set apart in each number a snug corner, in which to store a great variety of choice things for their amusement and instruction.

Kind reader, an outline of our plan is before you. Do you like it? If so, we shall be happy to receive your subscription and influence in behalf of our new enterprise.

### TERMS—IN ADVANCE.

Single Copy, one year, \$2 00 Five Copies, one year, \$5 00 Three Copies, one year, \$3 00 Per Annum one for age, 15 00

Subscriptions may commence at any time. No paper will be sent longer than paid for. Please address, post-paid,

FOWLENS AND WELLS,

308 Broadway, New York.

## Varieties.

RUSSIAN POLITENESS. A FACT.—About the close of last July, a very loquacious and corpulent German lady, resident in St. Petersburg, having quarrelled with her servants, (Russian,) the latter gave information to the Prefecture of Police that the former had spoken of the Russian government in terms of reproach and disrespect. The lady received a summons to appear before the Prefect, to whom she appeared accordingly, wearing reverence on the whole tribe of servants. (On her arrival at the office, the Prefect most politely received her, and ushering her into a small box-looking apartment, commenced reading over sundry charges against her, which he had scarcely finished when down sunk the corpulent lady through a trap in the treacherous floor, above which nothing of her portly figure was to be seen but her head, arms, and her crumpled habiliments—and, shocked to relate, thirty blows from an unseen hand were administered, where, however, they were unlikely to cause permanent injury, except to the feelings of the sufferer. On the completion of the sentence the stout lady's person reappeared again above-ground almost as suddenly as it had disappeared, and the Prefect, in the most courteous and polite manner, bowed her out of the office.

—*Scottish paper.*

"LOVE THY NEIGHBOR AS THYSELF."—Not so difficult a matter, when that "neighbor" is a lovely, pretty girl.—*Juvenile.*

There, now you've set a "pretty" interposition! If "Young America" keeps on, he'll know more of his neighbors by the time he's twenty-nine.

KISSING.—In 1650, a trial took place in Connecticut under the section of the Blue Laws prohibiting kissing. The offenders were Sarah Tuttle and Jacob Newton. It appears that Sarah dropped her gloves, and Jacob found them. When Sarah asked for them, Jacob demanded a kiss for his pay, and as the demand did not seem extravagant, she adjusted it forthwith. The facts were clearly proved, and the parties were each fined twenty shillings.

Wonder if Jacob and Sarah regarded that law as "constitutional" or whether they took steps for its " repeal," or, by complying with certain "conditions," they thereby rendered the law inoperative so far as they were concerned. We should like to know.

It is stated by the Cincinnati papers that several thousand barrels of swine's blood is used yearly in the manufacture of sweet wine. Who does not like wine now? Heidsick Still, and Sparking Catawaba made out of swine's blood! What next?

Well—what of it? Why not as well drink blood mixed with wine as to make blood puddings, as is customary in many parts of the country. And why is swine's blood so much worse for diet than swine's flesh? We pause for a reply.

LADIES who have a disposition to punish their husbands, should particularly bear in mind that a little warm soup will melt the icicle much quicker than a regular "north-easter." Kindness is more likely to prevent than increase nose-pulling.

A friend of ours, passing a house where there was a funeral, stopped up to an Irishman, and asked him if he could inform him who was dead. The Irishman replied: "I cannot exactly say, Sir, but I presume it is the gentleman in the coffin."

UNIQUE.—The following unique announcement is clipped from a California paper:

MARRIED.—At the residence of L. B. Huffman, in Onslow, on the 1st ult., by J. W. Thompson, Esq., Mr. Amos Hesth, aged 14 years, weight 60 pounds, to Miss L. J. Foster, aged 25 years, weighing 145 pounds.

A LEARNED WOMAN.—An American lady, Mrs. Putnam, has, perhaps, no equal in the world for critical knowledge of languages, for "she converses readily in French, Italian, German, Polish, Swedish, and Hungarian, and is familiar with twenty modern dialects besides Greek, Latin, Hebrew, Persian, and Arabic. This extent of her linguistic acquirements is paralleled only by arduous Mezzofanti, Elihu Burritt, and some half dozen other great names of both worlds."

## The Monthly.

NEW YORK, OCTOBER, 1854.

"HYDROPATHY is not a reform, nor an improvement, but a REVOLUTION."  
Dr. TRALL.  
By no other way can men approach nearer to the gods, than by seeking health on men.—CICERO.

## OUR NEW PAPER.

We have not undertaken to establish a new weekly journal, in competition with the large number of ably-conducted papers already enjoying the confidence and patronage of the public, without the most mature reflection, resulting in a settled conviction that there is still a want, widely and deeply felt by the reading classes, which we can thereby satisfy.

We have long occupied a position which has brought us into direct communication with the popular mind. We understand its present state of development, its needs and its aspirations; and we know how to gain access to the homes and hearts of the PEOPLE, and to adapt our teachings to their capacities and tastes. We have counted the cost, calculated our resources, marked out our course, and shall enter upon the publication of

## LIFE ILLUSTRATED

with the fullest confidence that we can and shall make it *empirically*

## THE PEOPLE'S PAPER.

Basing our whole plan on the principles of a correct mental science, we shall not write and select at random, but with a clear understanding of the ends to be attained and the means for their attainment.

We shall aim to furnish food for *all* the faculties of the human mind, to embrace in our range of discussion all interests, and to *illustrate* LIFE in all its phases.

The people want a paper which shall not only give fitting expression to their own inarticulate ideas, embody in words which they cannot themselves command, their aspirations and hopes, and confirm their innate consciousness of the dignity and worth of true manhood and womanhood, but which shall help to give form to their crude and ill-digested notions, to develop their tastes and feelings, to expand and elevate their ideas of human destiny, and to teach them the laws of nature in their multimiform applications to life and the arts of life. Such a paper we shall strive, with the help of a talented and experienced corps of editors and contributors, to make

## LIFE ILLUSTRATED.

Read our prospectus for a more detailed exposition of our plan, and if you are pleased with it, we shall be glad to enroll you on our list of patrons, and to receive your coöperation in extending its circulation. Names, singly or in clubs, may be sent in at once.

## OCTOBER TOPICS.

BY R. T. TRALL, M. D.

THE ERROR OF ERRORS.—Under this caption, Prof. Curtis, of Cincinnati, editor of the *Physio-Medical Reporter*, and probably the most accomplished scholar and the best writer and critic of the "Physiopathic" school, has entered the field of discussion, kindly offering to explain to us certain doctrinal errors advanced in this Journal, in the Review, in the *Encyclopaedia*, &c., and announcing his intention to expose and refute the said errors for the public good.

We like an open, frank, and manly opponent; one who has a name, and will give it to his opinions. In our dealings with the representatives of the Allopathic school, we have met, in the way of controversy, little else than idle statements, vile denunciations, sneaking insinuations, and unintelligible lingo. Since we pinned the late Dr. Wilson, (is he dead or has he only "skulked?") of Alabama, to the wall, on this question of the "modus operandi of medicines," one of his *co-peers* has sent us a huge and almost hideously incoherent document, offering therein to continue the discussion in lieu of the said defunct or *dodged* doctor of Airmount. But he didn't sign his name. And as we did not like to be caught beating the air, or pounding a sand-bag, or fighting a bubble, we could not consent to substitute the then known Dr. Wilson for this unknown personage; especially as we could discover nothing but gas and gabble in his logic.

This, by the way of explaining our silence in relation to "Anonymous." Dr. Curtis we personally know to be a "real somebody." We have long been familiar with his writings; we have admired the zeal and ability with which he has opposed the "poisonous drugs" of Allopathy, and have been well assured he was an honest reformer and a useful man.

And yet we differ with him on a question of science. That difference of opinion involves the essential philosophy of drug-medication in all its schools, modes, phases, and modifications. The point on which we differ comes to the veritable explanation, the reason, the rationale of all remedial or medicinal agents.

This is a question, too, which concerns the weal or woe of the human family immensely. No pen can exaggerate its importance; and I trust that neither of us have any other desire than to arrive at the exact truth, be that what it may. Our main position, in general terms, may be thus stated: *The symptoms or phenomena which result, when a drug-remedy is taken into the system, are the evidences of vital resistance to the drug, (the action of the system against the drug, contemplating its expulsion.) and not of the remedial action of the drug on the animal economy, as is commonly supposed.* This being true, it follows that all drug-remedies—the lobelia and cayenne of the Physiopaths, as well as the calomel and opium of the Allopaths—are absolutely *poisons*; and the inference from this fact very plainly is, that a true healing art must be predicated on the employment, *entirely*, of some other agents as remedies.

This principle is either true or false. If true,

the whole system of administering drugs to cure disease ought to be abandoned as unsoin d in philosophy and injurious in results. If false, its fallacy should be met and refuted in its incipency. My own opinions on this subject have been deliberately formed; and they have been carefully put on record; and my reasons for them have been published. Yet, I hold myself ready to renounce them the moment I can see evidence of their error; and Dr. Curtis professes himself ready, and able, and resolved to establish the opposite. God defend the right!

We have room at this time for on y a short extract from Dr. Curtis' article. He says:

There is one very important point in which both Dr. Trall and all his opponents, "save the ultra faction of the Physio-Medicals," is wrong. It is, that they make no distinction between poisonous drugs and innocent medicines, or those agents which invite the organism to healthy action, and aid them in its performance—as caloric, electricity, water, cayenne, slippery elm, &c.—and those that provoke it to excitement against them, and tend to impede its movements—as arsenic, opium, &c.—between those that do injury only by the degree, or quantity, or misapplication of their power, and those that "are in their nature inimical to their consequences." These errorists include all who believe that every thing or nothing is poisonous, according to the use that is made of it. Dr. T. may say that he does not believe that any "drugs" are hygienic, but he cannot say they are mischievous, without admitting that they "act upon the organism." Nor can he make any distinction between the different articles of food he recommends, without the same admission.

What, then, is the real difference between Allopathy and Hydropathy?

Answer: Allopathy uses *all sorts of agents*, good and bad, "without the guidance of any therapeutic principle;" while Hydropathy uses, quite judiciously, *water, and various other medicinal agents*, under the names of food, air, exercise, &c.

In another article, we will show some of the differences and correspondences between Hydropathy and the Physio-Medical system, which are nearer to each other in their principles and practices than any other two systems; the latter including of the former all that is true and good. And if time and space will allow, we will also show what is the fundamental error of Allopathy, which both the Physio-Medical system and Hydropathy have discarded.

We have not made this criticism on Dr. T. to oppose him and impede his glorious progress; but, because he is so nearly and so generally right, we wish to prevent him from ever going wrong.

We will reply to each and all of the points made by Dr. Curtis, as soon as his article is finished; meanwhile, as our definitions of "drugs," "poisons," "remedies," "hygienic agencies," "medicines," "food," "drink," &c., &c., are already on record, and as, in medical discussions generally, there is apt to be a looseness in the use of technical terms which renders the disputants mutually unintelligible, and leaves the reader unprofitable and unedified, we respectfully suggest that, in his next Journal, Dr. Curtis tell us precisely what he understands by such of the above and similar terms as he uses in his argument, particularly the sense in which he uses the phrase, "such remedies as agree with the constitution;" "innocent medicines;" "medicines which are in their nature inimical to the constitution;" "medicinal agents."

Our only object in this request is, that in re-

viewing his arguments we may neither misapprehend nor misrepresent his position; a motive, we are sure, he will properly appreciate.

The following extract from Dr. C.'s second article evinces the indispensable necessity of defining our technical phrases, before we enter upon the discussion of our respective positions: The Doctor says:

"This is a problem which constitutes the essential point of difference between their system of treating diseases with drugs, and our system of treating them by hygienic agencies alone."

If by "drugs" the doctor meant only poisons, and by "hygienic agencies" he included innocent medicines, we would not criticize him as we do, though he would not then be strictly correct. But his sin would be one of difference between him and poisons, and in his favor—therefore, we should "let him slide." But he will not allow us so to understand him. In his term "drugs," he intends to involve the remedies of the Physio-Medical practice, which are as innocent and efficient as water, and require no more knowledge nor skill in their application.

Here is a complete demonstration that we can never understand each other, nor be understood by our readers, until Dr. C. tells us what he means by "innocent medicines;" for if he means drug-remedies in *any* sense, from calomel and antimony down through lobelia and nerverine to raspberry leaves and catnap—all, or either—we dispute their innocency; but if he restricts the term to what we mean by "hygienic agencies"—air, food, water, temperature, exercise, &c.,—then he agrees with us, and we have no quarrel. It is most true that we do *not* intend to except the "remedies" of the Physio-Medical practice when we speak of "drugs;" but whether they are really "innocent," is the very gist of our discussion. That is for you to prove, Dr. C., if you can. Our opinion now is, that, before we are done with the subject, we shall be able to convince you and the public of the contrary.

**BATHING CHILDREN IN COLD WATER.**—The *Dispatch* dashes down upon us in the shape of a cold douche, as may be learned from the following paragraph:

The *Water-Cure Journal* is out on cold water. It says, if parents will destroy their health by the use of cold water, in the name of Heaven let them spare their children! Don't let their youth and innocence go down to the grave by bathing them in cold water. Not only this, but we are told in this *Water-Cure Journal* that it is positively injurious to wash our hands and faces in cold winter water! Well! well! is this not astonishing doctrine for a *Water-Cure Journal*? After coaxing the people for years into the frequent use of water, in all forms, in health and disease, cold, warm, and of all sorts of temperature, it now tells them that it is "barbarous" and "heathenish" to use cold water!

What *Water-Cure Journal* do you take, neighbor *Dispatch*? We don't know of any alive except this, and we never knew this to advocate any such nonsense. We do object to putting children into *too* cold water; and into *cold* water under all circumstances. As to what you have accredited this journal for saying in relation to washing the hands and face in "cold winter water," we rather suspect that must have come from one of the "spirits," not of Priesnitz, but of Thomson. Does the *Dispatch* attend "the circles?"

**COMFORT FOR TEA-DRINKERS.**—The following extract from the "Chemistry of Life" is going the rounds of the press:

"In the life of most persons, a period arrives when the stomach no longer digests enough of the ordinary elements of food to make up for the natural daily waste of the bodily substance. The size and weight of the body, therefore, begin to diminish more or less perceptibly. At this period tea comes in as a medicine to arrest the waste, to keep the body from falling so fast, and thus to enable the less energetic powers of digestion still to supply as much as is needed to repair the wear and tear of the solid tissues. No wonder, therefore, that tea should be a favorite, on the one hand, with the poor, whose supply of substantial food is scanty, and on the other, with the aged and infirm, especially of the feebler sex, whose powers of digestion and whose bodily substance have together begun to fail. Nor is it surprising that the aged female, who has barely enough of weekly income to buy what are called the common necessities of life, should yet spend a portion of her small gains in purchasing the ounce of tea. She can live quite as well on less common food, when she takes her tea along with it; while she feels lighter at the same time, more cheerful, and fitter for her work, because of the indulgence.

The above is an "average specimen" of the pernicious sophistry which, in the name of science, is peddled out to the public in the shape of scientific lectures and books. There is no probability that the authors of such absurd reasoning ever spent a moment of their lives in investigating the truthfulness of their statements. So far from the employment of tea arresting the process of decay in aged persons, the exact contrary is the fact. All persons, almost, are familiar with the fact, that the general tendency of tea-drinking in young and middle-aged persons, is to render them thin, emaciated, irritable, nervous; to retard nutrition, and hasten decay. And how the nature of tea can be reversed, or its relation to the human organism changed right about, because the person is old, surpasses entirely the comprehension of all thinking persons. Those who do not think at all, may perhaps be able to tell all about it.

But when and by whom was the discovery made that "tea comes in as a medicine" at the precise time when the body begins to decay? Those who use tea at that period of life are almost without exception those who have been accustomed to it during the period of development and maturity.

**THE MODUS OPERANDI OF MEDICINES.**—This subject, we are happy to know, is just now attracting the attention of the medical profession, and what is better still, the attention of the public. Whenever this subject is fairly understood, there will be reasons abroad which no man can gainsay, and no doctor can get over, why drug-medicines should never be taken into the human stomach. As an evidence of the interest abroad on the subject, we subjoin an extract from one of numerous communications we have received:

"DOCTOR TRALL: We have been very much edified in reading your 'Modus Operandi of Medicines' in the Review, as well as your 'Rationale of Drug-medication' in the Encyclopedia. You have made it very plain to us why such and such medicines act as cathartics or emetics, &c. We would also be glad to have

you explain why mercury or calomel salivates, or makes the mouth sore, and why it rots the teeth. These are questions which we have asked the 'regulars,' but they never have answered satisfactorily yet. But it is exactly what we 'common folks' would like to know."

The "common folks" shall know all about it. But as the whole subject will probably come up in the course of our contemplated discussion with Dr. Curtis, and as we can then present the facts far more convincingly than we could do without the responsibility of writing in view of an intelligent and critical opponent, we will defer the explanation until it is presented in the regular order of debate.

**DOCTOR BRIGGS' SUSPENDERS.**—It has been for some time a perplexing question among the "Dress Reformers," how the pantaloons and skirts should be suspended on or over the shoulders, and whether they should be suspended at all. We are not yet prepared to say whether all suspensory appliances can be dispensed with. We are inclined to think they will not be. Hence the best manner, the most strictly physiological method of suspending becomes a desideratum.

We are using and recommending the invention of Dr. H. F. Briggs, of this city. Dr. Briggs has devoted many years of his life to an investigation of the nature, causes and treatment of muscular or mechanical derangement of the body, and to bodily training, more especially in relation to proper positions, symmetry, the relative size and activity of the vital organs, the development of the voice and speech, &c., and, as we are happy to know, with abundant success.

The suspenders which he has invented and now manufactures on a large scale, are altogether the best article we have yet seen, to support the pantaloons and skirts in a perfectly easy and agreeable manner, and at the same time counteract all tendency towards crooking the chest, stooping the shoulders, and curving the spine. To sedentary and studious persons, clergymen, bookkeepers, literary ladies and gentlemen, and to all persons predisposed to pulmonary affections, or suffering from weak abdominal muscles, they are invaluable.

FROM WEST PERREYSBURG, N. Y.—"Give honor to whom honor is due!" The "AMERICAN PNEUMOLOGICAL JOURNAL," the "WATER-CURE JOURNAL," and the "HYDROPATHIC QUARTERLY REVIEW,"—a trio unequalled in their sphere, and their sphere is world-wide. They are worthy of a prominent place on the "centre-table" of every family in the land—pouring health-giving, life-prolonging, happiness-promoting information, through the mails upon the surrounding country. From Maine to California, this mighty influence is felt, and from Nova Scotia to Mexico, they are read and prized. If they were carefully read, and their advice strictly followed by *all*, the "Millennium" would not be far distant. They are conducted by tried men and true—unfolding truth and unmasking error to the admiring gaze of thousands of to-day, and millions yet unborn. Go on! God speed you in your glorious work of teaching the people, that God never placed his, here upon the earth, to be the prey of innumerable diseases, for which there is no palliation—that there is a "universal panacea," which is *prevention* on hygienic and physiological principles. And when your work is accomplished, "your journey of life is o'er," may successors arise in your places, competent to carry on the glorious work! \* \* \* From an enthusiastic, but not excited friend. M. M. T.

To Correspondents.

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

Professional Matters.

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

**WEAK EYES.**—J. C. B., East Parsonsfield, Me. The weakness and extreme sensitiveness in your eyes is evidently caused by overdoing them—reading by lamp-light and moonlight too much. You should change your occupation for a time from teaching to some vocation requiring little use of either head or eyes.

**ENLARGED GLANDS.**—E. P., Austinsburg. Will you please inform me through the Journal, what is the cause of swollen glands of the neck, and what treatment will effect a cure? Is Dr. Christie's galvanic necklaces a remedy? Can one individual impart this disease to another by mesmerism?

The usual causes are inherited scrofula and bad living. It is to be cured, if curable at all, by a full course of hydropathic treatment. (See our books.) We have no faith in galvanic necklaces. The third question we answer negatively.

**HYDROPATHIC SCHOOL.**—J. DE F. Would a diploma received at the school presided over by Dr. Trall, confer on me the right to practise Hydropathic medicine in France, on the simple production of that diploma before a Hydropathic School of France, if there is one with which Dr. Trall is in communication?

There is no Hydropathic School in France. The diploma of the New York School would amount simply to a letter of credit to the public.

**DIETETIC.**—Somebody, inezq., asks us a long list of questions on a great variety of dietetic questions, and wants us to give reasons for many things, &c. As all of his questions are fully discussed and explained in the Encyclopedia, and as we can here only answer questions, we must refer him to that work.

**ACIDS AND ALKALIES IN COOKING.**—B. J., London, C. W. "Are cakes unhealthful, if raised with equal quantities of cream of tartar and bicarbonate of soda, and mixed with sour milk?" In the absolute sense, they are; for all mixtures of acids and alkalis are unnatural, and to some extent unhealthful. We only recommend them to be used when the cook cannot manage yeast properly, and does not understand making good unfermented bread. It is then the least of two evils.

**DYSPEPSIA.**—E. N. S., Texas. Your present management is very good on the whole; but a "broken-down constitution" always renovates slowly. Have patience. Probably a rather dry diet, especially wheat-meal cakes, as recommended in the Cook Book, would be an improvement. Wear the wet-girdle an hour or two each day.

**CALOMELIZATION.**—T. H., Bradford Co., Pa. In the case of the rotting teeth of your child, which is no doubt the result of "the doctor's dose of calomel," we would not recommend any dental surgery at present. Attend carefully to the general health. And when that is established, let the teeth be doctored, if then necessary. You would do well to consult the standard Hydropathic books for the manner of treating the other case you mention, as our business in this place is merely to answer questions.

**BLOODY URINE.**—J. S., Monmouth, Ill. Use tepid sitz-baths and the wet-girdle; drink only soft water, and adopt a very abstemious vegetable diet.

**SYRINGES.**—N. S. G., Erie Co., Pa. We use the Metal Pump Syringe, (M. tton's patent) They are sold by FOWLETS AND WELLS. Price, \$3.50.

**DYSENTERY OR FLUX.**—J. G. C., Sharrsburg, Ky. "Our country has suffered severely this summer with flux; and having no other system here than the Allopathic, calomel has been poured down in ample quantities. What is the proper water-treatment?" Free tepid injections in the first and third habits frequently; the wet-girdle constantly; sponging the hip occasionally when feverish; and the wet-sheet pack if the fever is very high.

**ITCH.**—G. S. D., New Haven. Daily bathing with tepid water, and a strictly plain vegetable diet, with soft pure water for drink, are amply remedial. If you rear your children healthfully, there is no necessity for vaccination. The price of the Encyclopedia, by mail, is \$3.

**CROUP, HYDROCEPHALUS, CHILLS AND FEVER.**—W. S., Ottawa, Ill. "Children die here continually of the above diseases; indeed, hardly any who are attacked recover. Most of the people here are poor, and cannot well afford to supply themselves with Hydropathic books. What can you recommend that will enable us to drive these dread-dispensing doctors from the land?" The books are sold here, and how, if you are poor, you can afford to do without them. It costs ten times as much to pay doctors' and nurses bills.

**CHOLERA CURE-ALL.**—W. S., Carmelton, Ind. There has been much said of late, as to the best course to pursue in treatment of cholera. I will give you Capt. Bacon's antidote, as near as I can recollect it, and would like your views of the matter. Tell us, if you please, what will be its effects on the stomach, bowels, &c.

Receipt: One tablespoonful of salt.  
One-third of a teaspoon full of mustard.  
Mix in a tumbler of water, and drink.

Capt. Bacon says, he has never known this to fail in effecting a cure, if taken when the disease first attacks the person.

I will merely add that Mr. Bacon is captain of steamboat *Chancellor*, and enjoys quite an enviable reputation for good management and keeping his boats healthy. It is said that when the cholera raged the worst, he would go to New Orleans regularly with his boats and passengers, and not lose a man. If this be true, there certainly seems to be something in it, and I dare say you will give it full credit, even though it should conflict with our favorite system, the Water-Cure. It may be superfluous to say I do not intend this letter for publication, as I have no desire to see the prescription through the WATER-CURE JOURNAL.

We have no faith in the virtue of the medicine, but great faith that, if all cholera patients were confined to a little salt and mustard, and thereby the killing doses of calomel, opium, brandy, &c., kept away, nearly all of them would recover.

**SQUEL OF MEASLES.**—W. J. S., Memphis, Tenn. What treatment will be best for two little girls who had the measles and diarrhea, were drugged in the most approved style for three months, during which time their parents (who were most deeply opposed to Hydropathy) lost two little boys with the same disease and treatment? When they buried the second, they consented that I should try the cold-water treatment. When I commenced, they were very weak, had a bad cough, diarrhetic ankles and swollen feet, &c. I packed them, applied compresses to their abdomen, and wet-jacket, with enemata. One of them appeared quite well, but she had a cough, diarrhetic ankles and swollen feet, &c. I wet-jacketed, and she recovered. The other has been unable, so far, to make it disappear. The other one has slight fever every night. I take the Journal, and have your Encyclopedia, but am somewhat at a loss still. I will see that I am a young betterman, having only commenced within a year in my own family. I have cured my own baby of cholera infantum and measles, when they were under a bad cough, not of disease, but of Allopathy.

All that is necessary is a carefully regulated diet, with time and patience, and sponging occasionally to keep down any morbid heat.

**DIETETICS.**—I O., Ohio. 1. Which is the best diet—a mixed one, consisting of the articles generally upon the tables of people not vegetarians—fish, flesh, vegetables, puddings, pies, hark's bread, &c., or one selected from the same tables, but from which flesh and fish are carefully excluded? 2. Is rice a wholesome article of diet for constant use? 3. Is there any truth in the statement often made, that negroes fed up at the South, become blind in consequence? 4. Will Dr. Trall give his opinion in regard to slaving the beard?

1. We can select a better diet from ordinary tables without the flesh than with it. 2. Rice is a wholesome article for constant but not exclusive use. 3. There may be, provided the diet is almost wholly of rice. 4. Slaving is a source of debility.

**ULCER OF THE ABBDOMEN.**—S. R., Allen's Grove, Pa. A lady has for four years been suffering from a sore in the throat, in the throat, which has increased, and an attack of inflammation of the bowels, which was treated two months by Allopathy, there appeared a hard red spot about one and a half or two inches in diameter, which increased in size and soreness for two months, when it broke, and discharged great quantities of pus, continued discharging for a year, her life being often despaired of by her physicians and friends. It then healed over, but returned so many a time, and continued so until last fall, when it began to enlarge again, and for ten weeks her sufferings were beyond comparison. In that time she was treated by doctors of every school, except the one founded in and consisting of the laws of Nature. If you will, through the Journal, prescribe for her, you will confer a great favor upon anxious hearts."

The patient must first be put in good condition by proper attention to the general health, and a strict vegetable diet, and then the sore treated surgically, by bandages, &c.

**CANCER IN THE MOUTH.**—J. S. D., New Haven. "What is the cause of those little ulcers in the mouth called cancer, particularly in an adult, and how can they be cured on the water-cure? Something wrong in the eating or drinking habits. Green tea, salutaris, pepper, salt, &c. often cause the disease; and leaving them off frequently cures."

**KIDNEY DISEASE.**—J. B. B., Mich. The symptoms you describe indicate chronic inflammation of the mucous membrane of the bladder; possibly it extends to the kidneys, and probably there is more or less "gravelly sediment" in the urine, this owing to a previous and long-standing "torpidity of the liver. Tepid hip-baths, soft water, a vegetable and rather dry diet, with sweet mealy fruits, constitute the M. M.—*methodus medendi*."

**INTERMITTENT FEVER.**—J. D. R., Stillwater. "Fever and ague prevails generally in this vicinity. I am subject to it. The doctors break the chills with quinine; but they won't stay beyond a few hours, and are ready to try almost any other remedy which they have reason to believe will effect a certain cure. If it will not occupy too much space, will you give me the Journal the water-treatment for this dreaded disease."

We have to treat this disease as "general principles," that is, as the symptoms are presented in each case, in reference to the patient's constitution and condition. Usually hot fomentations just previous to the cold stage, the pack in the hot stage, and tepid sponging in the sweating stage will answer well.

**CALOMEL, COFFEE, PORK, & C.—PEGGY, out West.** Peggy would like to ask Dr. Trall a few questions to be answered through the Journal. 1. What kind of diet would be best for a person of feeble constitution who has a troublesome old calomel-sore? 2. Which do you consider most injurious, to drink coffee or eat meat, if a person *self* have one or the other? and would not a daily morning bath, in water not very cold, tend to prevent the above patient from taking cold? 3. When the limb is inflamed, would it be well to keep it wrapped in cloths wet in cold water? One thing more: it is strongly impressed upon my mind that swine's flesh is much better than pork, and that it is better to eat swine's flesh, and I am distressed to see folk stuffing their stomachs with pork, pork, *pork*, and then groaning and dying with erysipelas, and I am distressed to see folk stuffing their stomachs with *meat*, *meat*, *meat*, and then dying with erysipelas. That is, if you think so. If I could talk it as you can, I should surely give them fits.

1. Question—Vegetable diet. 2. It depends on the constitution of the individual, and the amount of the fever to be employed. 3. Yes, so to the "pork business," we have repeatedly declared, in the "plainest, strongest" terms we can find in the dictionary, that pork-eating and erysipelas, all over the country, stand towards each other in the relation of cause and effect. But people who absolutely believe what we say to be true, continue to eat the filthy swine. Peggy has not yet learned that a majority of mankind who have become confirmed in the pork appetite, had rather carry a rotting, festering carcass of a pig on their backs, than give up their pork. Let Peggy talk a little to one of her "pork-fed" neighbors about swine-flesh, and ten to one she will get as many "fits" as she gives.

**DOUCHING THE ITCH.**—D. T. D. "A Hydropathic physician says that the following is a sure method of curing the disease called the Itch: Anoint the whole skin with sulphur, and then take a pall-douch and wash the sulphur off. Will you say to such a remedy?" We say







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earlier and milder.—We think they will say that our Bath-Houses are not excelled for convenience and comfort.

Our MEDICINE.—We give none. Those who wish them as curative agents should not visit Glen Haven.—they can procure them at any drug store.

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The volume of Latin Exercises, by Dr. Bullions, is just issued. It is a work very generally called for. The work on Physiology, for schools and general readers, by Prof. W. Hooker, of Yale College, is an original work, carefully prepared for Female Seminars and other High Schools. It has great merit, and will at once be introduced into eminent Seminaries. A German Grammar, by Prof. Peissner, of Talon College, is in press. It is based upon the affinity of the German and English languages, and, by making use of the points of resemblance, it issues a great progress for the pupil.

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Oct 11 d

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- BOSTON REFERENCE.—The following patients were from Mercer st. Eye Infirmary, in this city, after they received no benefit, but were afterwards successfully treated by Dr. Henderson, at Albany:—
- Wm. W. Smith, Dentist; Mrs. A. M. L. Willson, New York; Wm. P. Connor, Portland, Westchester Co.; Mary Bellows, N. E. Station, Dutchess county.
- NEW YORK REFERENCE.—Persons cured at New York, since 4th November, 1853:—
- Wm. Davis, Hackman, 49 Wooster st.; Thomas Walker, 21th st. B. 39th and 10th Aves.; John W. Hackett, Birmingham, N. Y.; 3 different cases, N. Y. and N. K. R.; Joseph Alwinchick, Susquehanna, Pa.; Alex. Robinson, Portland, Ct.; R. M. Ferris, 10 Lafayette Place.

These patients were blind, and had to be led to the office, and their operations were witnessed, they could go about the city at pleasure.

These cases of Amalurole were restored to sight after they were given up as incurable by the faculty, and can be referred to by any person who wishes to learn the facts in these cases, by writing to Dr. Henderson. These patients were also from the Mercer Street Infirmary. Oct 11th.

W. E. FEMALE MEDICAL COLLEGE.

The Seventh Annual Term will commence Nov. 1, 1854, and continue four months. Professors—Wm. M. Corwell, M. D., Joseph Easton, M. D., Stephen Tracy, M. D., John K. Palmer, M. D., Hor. M. Child, M. D., M. D. S. M. D., and J. C. Keen, Texas.—Each Professor, \$10; Practical Anatomy, \$5; Graduation Fee, \$25.

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Oct 11

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Sept 11

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every description of Plumbing work. Sept 11

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Sept 11

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Oct 11

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HYDROPATHIC AND PHYSIOLOGICAL  
SCHOOL.

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Additional Chemical, Anatomical, Surgical and Obstetrical Apparatus has been provided; the Library has been increased; and the Professors re-arranged and enlarged. Particular attention will be paid to Practical Anatomy, Dissections, and Obstetrical Demonstrations.

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Parology and Mental Science.
- MISS A. S. COGSWELL, M. D.,  
Class Leader in Chemistry and Physiology.

The design of this School is not only to qualify male and female practitioners of the Healing Art, but also to instruct and send into the field of human progress, competent Health-reform Teachers and Lecturers. Ample facilities are provided for a complete and thorough medical education, and for practical instruction in all the details of Hydropathic home-practice, as well as the management of Water-cure Establishments.

Students will have the opportunity of witnessing the treatment of almost all forms of chronic diseases in the Institution, and by visiting the clinics and hospitals of the leading Schools in the city, they will not only become proficient in diagnosis—the most important element in a physician's education, so far as success in securing public confidence is concerned—but also enabled to see the different medical systems practically contrasted; in other words, to witness the effects of water-treatment in contrast with the various modifications of drug treatment.

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There will be a Lyceum debate on general subjects, each Wednesday evening, open to the public, and a discussion every Saturday evening on professional questions, by members of the class exclusively.

EXPENSES.—Tuition for the term, \$75; do, board in the Institution, \$150. Fires and lights in private rooms will be an extra charge, but the lecture room will always be kept lighted and warmed for the use of students, without charge. Those who do not choose to purchase their text-books, can have the use of the School and Office Libraries during the term for \$1. No matriculating or graduating fees will be required; but whenever the student can exhibit competency to teach and practise the reform doctrine, and medical appliances of our system, he or she will be accredited to the public by a proper diploma.

STUDENT TERM.—There will be a Summer Term of six months, from May 1st to November 1st, with occasional lectures and clinics for students as chosen to remain the year round. Tuition, \$80; do, with board, \$100.

NOTE.—The course of instruction in this Institution embraces not only all the positive facts and ascertained principles of Medical Science taught in other Schools, and the theory and practice peculiar to the Hydropathic System, but contemplates, also, a critical examination of all past and existing systems, with a recognition of whatever in them is truly healthy, and an exposition and refutation of the fallacies they contain. It embraces, indeed, a much wider range of subjects than are taught, or even introduced, into any other Medical School.

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Statement of the Affairs  
OF THE

Mutual Life Insurance Company of New York,

For the Quarter ending 30th of April, 1854.  
OFFICE, TRINITY BUILDING, 111 BROADWAY, NEW YORK.

Net assets on hand January 31st, 1854, as per last report, \$2,545,801 61

Receipts during the Quarter.		
Received for premiums,	\$159,333 39	
“ “ interest,	9,629 10	
“ “ accrued, not due,	37,500 00	190,582 05
		\$2,723,684 66

Disbursements for Quarter.		
Paid expenses, including rent, salaries, medical fees, &c.,	\$11,000 99	
“ commissions,	6,024 13	
“ postage, exchange, advertising, and State and city taxes,	1,278 96	
“ claims by death,	75,029 17	
“ additions to same from dividends,	1,233 36	
“ unpaid policies and dividends,	10,733 16	
“ restrictions of premiums,	498 48	
“ annuities,	60 00	
“ bills payable,	12,227 64	
		\$2,723,684 66

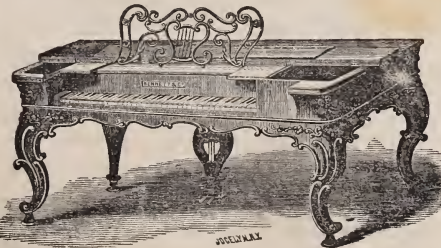
Assets.		
Cash on hand and in bank,	\$ 6,847 56	
Advance on policies,	19,732 02	
Bond and mortgages,	2,382,833 41	
Differed premium account,	47,668 51	
United States Trust Company,	22,016 90	
Interest due, not paid,	2,559 91	
accrued, not due,	60,000 00	
Due from agents,	64,528 13	
		\$2,686,399 68

I have examined the above returns, and believe them to be correct.  
G. CILLI, Actuary.  
New York, May 6, 1854.

THE PECULIAR FEATURES of this Company are—  
1st. Its perfect security.—The premiums are received in cash only, and the accumulations are invested according to charter in REAL ESTATE, worth in all cases twice the amount loaned.  
2d. Its great success.—Possessing at the beginning of its twelfth year accumulations of over two and a half millions of dollars, a result unparalleled in the history of this insurance.  
3d. Its purely mutual character, all the profits or accumulations being for the benefit of policy holders, thus adding to the amount of the policies every thing gained over the cost of insurance, instead of giving to moneyed stockholders the first-fruits of our enterprise.  
FREDERICK S. WINSTON, President.  
Oct 1st

ISAAC ABBATT, Secretary.

PIANOFORTE MANUFACTURERS.



BENNETT & CO.,  
WAREROOMS, 36 BROADWAY,

Are now manufacturing, and have on hand, superior Rosewood Pianos, six, six and a half, six and three-quarters, seven, and seven and a quarter Octaves, which will be warranted fully equal, in tone and finish, to any manufactured in this country. Those who are about purchasing, are respectfully invited to call and examine, before purchasing elsewhere.  
FACTORY, 311, 313, and 315 Riverston street. Oct 1st

Eclectic Medical Institute, Cincinnati.

Chartered, 1848. Total number of Matriculants, 1,766.  
Sessions, 1853-54, Matriculants, 70; Graduates, 115.  
PROFESSORS.—Anatomy, W. SHAWWOOD, M. D.; Chemistry, etc., J. W. HOYT, M. D.; Materia Medica and Medical Botany, C. H. CLEVELAND, M. D.; Physiology, Institutes and Therapeutics, J. R. BUCHANAN, M. D.; Medical Jurisprudence, Pathology, R. S. NEWTON, M. D.; Surgery, T. FRANKMAN, M. D.; Obstetrics and Diseases of Women and Children, J. KING, M. D.; Clinical Lectures, Frodo, Newton and Frankman; Demonstration of Anatomy, H. A. WARREN, M. D.

The next session of the Institute will commence on Monday, the 16th of OCTOBER, and continue Sixteen Weeks, terminating on the 3d of FEBRUARY, 1855. The Spring Session will commence on the 12th of FEBRUARY, and terminate on the 15th of May. Orationals preliminary lectures will be given from the 1st to the 16th of October. Clinical instruction will be given twice a week in the Clinical Amphitheatre. The fee of \$25 paid on Matriculation secures admission to all the Lectures of the Institute, including the Anatomical Hall and Clinical Department. The graduating fee is \$20. The Anatomical Department, by a recent discovery, has been rendered peculiarly attractive, and important improvements in Medical Practice, Materia Medica, and Physiology, are embraced in its course. Bonding is obtained at from \$250 to \$300.00 per week. Students, on arriving in the city, will call at the office of Prof. R. S. Newton, on Seventh Street, between Vine and Race.  
Oct 1st J. R. BUCHANAN, M. D., Dean.

Travel.

TRAVELLERS' DIRECTORY.

FOR THE NORTH.

- ALBANY—Hudson River Railroad—Chambers St. (Express Trains) . . . 6 A.M. and 4 P.M.  
Return . . . 4.35, 8.45 A.M. and 4.45 P.M.
- ALBANY—Hudson River R.R.—Way Train.  
S.A.M. and 12 and 5 P.M.  
Return . . . 6.46 to 10.45 A.M.; 4 & 6 P.M.
- POUGHKEEPSIE—Hudson River R. R., Chambers St. . . 4, 7, 10 A.M., 12, 2, 5, 9, 5 P.M.
- TARRYTOWN—Hudson River R.R., Chambers St. . . 4, 7, 10 A.M., 12, 2, 5, 9, 5 P.M.
- PEEKSKILL . . . 4, 7, 10, 9, 10 A.M., 12 M., 2 & 4, 6.30, 6 P.M.

FOR THE EAST.

- BOSTON via STONINGTON—Steamers C. Vanderbilt and Commodore—Pier 2, N.R., 5 P.M.
- BOSTON via FALL RIVER—Steamers Empire State, and Day Steam—Pier 4, N.R., 5 P.M.
- BOSTON via NORWICH—Steamers Worcester and Knickerbocker—Cortlandt St., 6 P.M.
- BOSTON—New Haven Railroad—Canal Street, 8, 11.30 A.M. & 4 P.M.
- SPRINGFIELD—New Haven Railroad—Canal St., 8, 11.30 A.M. & 4 P.M.
- HARTFORD—New Haven Railroad—Canal Street, 8, 11.30 A.M. & 4 P.M.
- Steamers City of Hartford and Oranite Steamers—Pech Slip, 4 P.M.
- NEW HAVEN—New Haven Railroad—Canal Street 7, 8, 11.30 A.M. & 3, 4 P.M.
- Return, 6.30, 6.45, 9.30 A.M. & 1.10, 9.25 P.M.
- PORT CHESTER—New Haven Railroad—Canal St., 7, 11.10, 11.45, 8.15 A.M.

FOR THE SOUTH.

- PHILADELPHIA—Amboy Railroad—Pier 1, N.R., 7 A.M. & 2 P.M.  
Return, 7 A.M. & 2 P.M.
- PHILADELPHIA—New Jersey Railroad—Pool of Liberty Street, 7, 9, 11 A.M. & 4, 6.50 P.M.  
Return, 1.30, 4, 9 A.M. & 4.15, 5.30 P.M.
- EASTON—Morris and Essex Railroad—Pool Cortlandt Street, 8.30 A.M.
- ORANOE—Morris and Essex Railroad—Pool Cortlandt Street, 12 M.
- DOVER—Morris and Essex Railroad—Pool Cortlandt Street, 4.30 A.M. & 3.30 P.M.
- MORRISTOWN—Morris and Essex Railroad—Pool Cortlandt St., 8.30 A.M., 4 P.M.
- NORFOLK, PETERSBURG AND RICHMOND—Steamer Jamestown—Pier 15, N.R., Saturday, 9 P.M.

FOR THE WEST.

- HUFFALO—Erie Railroad—Express Train;—Foot Duane Street, 4 A.M.
- CHICAGO—Erie Railroad—Express Train;—Foot Duane Street, 6 P.M.
- DUNKIRK—Erie Railroad—(Mail Train)—Foot Duane Street, 5, 5.30, 6.30 P.M.
- DUNKIRK—Erie Railroad—Express Train;—Foot Duane Street, 7 A.M. & 6 P.M.



THE LADY OF FASHION.



THE SENSIBLE WOMAN.

## COSTUMES CONTRASTED.

## I. FEMALE COSTUMES.

We trust that the friends and patrons of the WATER-CURE JOURNAL will attentively examine the sketches above, and without prejudice decide in favor of the style of dress which they honestly think, all things considered, to be the best.

What say you, Ladies? You all know by experience how extremely inconvenient it is, even in the city, to wear a dress so long that not only are the pretty little feet and ankles entirely hidden from view, but in wet weather they are shockingly drabbed and plastered with mud, not only endangering the health and ruining the elegant dress, but also creating a feeling of disgust and annoyance in the mind of every neat and cleanly person.

Do you not think that the walking-dress of our "Sensible Woman" is much more suitable, comfortable, and attractive, than that of the "Lady of Fashion" opposite? With such a dress, coming just to the ankle, and a pair of neat, stout morocco gaiters, or alpine boots, one need never stay in the house because a light shower has sprinkled the grass or pavement. And for the hat, we all know that the present style of bonnet is no protection whatever, not even a covering for the head; a wreath of roses would be quite as useful, and much more ornamental. But what is called a Spanish hat, with the brim about four inches wide, tipping down at the front and back, and rolled a little at the sides, so that it will not be in the way of anybody, will both shade the face from the sun and protect it from rain, thus proving useful, as well as ornamental. On the whole, our young lady in the picture looks so perfectly comfortable and at her ease, that we are quite confident every free-born American woman will adopt her style of dress, and make it a national costume.

Why should we be guided by French milliners,

and dictated to by them?—we, who are admitted to be, generally speaking, and taken altogether, poor seamstress and wealthy lady, country girl and city belle, more intelligent and truly refined than the women of any other nation! Let us, as our fathers and brothers do, make our own laws, and be governed by them. Indeed, we are confident that the present state of affairs will not long continue. Some true woman will arise, and by her determined perseverance in the right path lead all her sisters with her, who, when they have experienced the blessings of exemption from constant, health-wearing odds, and the delight which a neat person always takes in clean clothes, will never again return to their present uncomfortable style of dress.

E. D. H.

## Our Exchanges.

OUR exchanges are as dry as a church contribution-box.—*Republican Journal, Belfast, Me.*

How strange it is, that, when we ourselves become "dry," we fancy everybody else in the same predicament. Why in the world don't you take a "shower bath," Mr. Republican? Your "exchanges" would then scissor at least a hundred and fifty per cent. better. Try it, try it.

THE BALL IN MOTION.—We clip the following scintillating advertisement from the *Oregon Spectator*, published in Oregon City, Oregon Territory, and give it a gratuitous insertion for the benefit of Miss KATZ, and as a good example for others similarly situated:

TO GENTLEMEN.—A lady, seventeen years of age, in desirous of forming a matrimonial alliance. She is neat, or perhaps rather under the medium size; has light hair and blue eyes, and considers herself, at least, tolerably good looking. In gentle natured, kind, and fond of social enjoyment. Can converse on most topics in which good sense is required, and understands how to deport herself genteelly in good society. Suitors must, in order to gain favor, be physiologically and physiologically as well developed as the advertiser; not over twenty-four years of age, and

not over about five feet and eight inches in height; must be intelligent, of pleasing address, and with corresponding good qualities. Write in consideration. Can address questions to: MISS KATZ, Care Spectator, box 12, Oregon City. April 21, 1854—1043\*

A NEW CURE.—A young lady of New York was cured of *asthmatism of the heart* the other evening, by a young M. D., in the simplest and most natural way imaginable. He merely held one of her hands in his, put his arm around her waist, and whispered something in her left ear! He called it physical *galvanism*.—*Exchange paper.*

[That young man must have been reading the letters in our "Matrimonial Department." Well, it's only a "Water-Cure," call it what they may. Hope they'll now study the Multiplication Table and "disseminate the principles."]

GOOD ADVICE.—The *Albany Knickerbocker* volunteers some very good advice to tobacco-chewers. It says: If you chew tobacco, don't leave it in puddles in every nice-looking store or cleanly-swept office you enter, but carry a portable spittoon with you, and then you can indulge in the darning weed without making yourself a nuisance wherever you may go. A continual spitter will dirty a store in five minutes, that it has taken an hour to clean.

We will add,—If tobacco chewers, snufflers, or smokers would only read those three prize essays on tobacco recently published at the office of this Journal, it would be money in their pockets, health in their bodies, and sense in their brains. Prepared by mail, only 12¢ cents.

PROOF POSITIVE.—The young woman who ate a dozen peaches, half a dozen apples, the same number of pears, three raw tomatoes, and half a pint of plums, within half a day, says she *knows* "fruit ain't wholesome!"—*Yarmouth Register.*

We presume this "young woman" believes in the efficacy of "physic," cod-liver oil, and the power of "special providence" to counteract the laws of nature. She should pray to be delivered from the temptation of eating too much.

"Do you keep matches?" asked a wag of a retailer. "O yes, all kinds," was the reply. "Well, then, I'll take a trotting-match." The retailer immediately handed him a box of Dr. Brandreth's Pills!

"Put him through by daylight." After which the poor fellow will wish he had not taken such a "trot."