

WATER-CURE JOURNAL



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Essays.

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 "that Good."

IS DISEASE AN ENEMY OR A FRIEND IN THE SYSTEM?

BY JOEL SHEW, M. D.

THAT what we call *disease* or *diseased action* in the living system is an effort on the part of nature to restore health, is a doctrine which has been believed by some, and perhaps many, who have practised the healing art. And it has already been made known to some of our readers that Dr. JENNINGS, of Oberlin, Ohio, was for many years a successful practitioner upon this theory, giving his patients various forms of colored water, pills, *agua pura* in drops, &c., thus letting nature do her own work, so to say, unhindered by the pernicious effects of drugs, but aided by the effects of the imagination, the confidence in the ability and honesty of the practitioner, and the potency of the medicaments administered. In this way Dr. Jennings became the great medical oracle of the region in which he lived, and met with a success in the treatment of disease which was not only surprising to himself, but far in advance of that of his medical brethren around him. Afterwards, he considered it his duty to divulge the secret of his method; practised awhile longer in the same locality in Connecticut, and finally removed to the place in Ohio where he now resides. Since then he has been putting his views, to some extent, still further into practice, and has published an able work on the subject, the first edition of which was called *MEDICAL REFORM*. The second edition, called *THE PHILOSOPHY OF HUMAN LIFE*, (the first having run out of print,) and for sale by the author, we presume, as well as by the publishers of the *WATER-CURE JOURNAL*,* is doubtless an improvement on the first; and although we have

not read this later edition, we can, from an acquaintance with the author, and a knowledge of his ability and thorough honesty as a man, confidently recommend the work to all who are in any way interested in the important subject of health. In giving this testimony concerning Dr. Jennings and his work, however, it is not to be inferred that we agree with him necessarily in all particulars; for, admitting the fundamental theory of his method to be true, there yet remain many questions, of a *practical* nature, open for discussion, as, indeed, Dr. Jennings himself would allow.

There is, if we mistake not, a great deal yet to be learned in *Water-Cure* as to the nature of disease, and the remedial means proper to be used. And it will doubtless hereafter become evident that various Allopathic notions cling to the earlier disciples of Hydropathy. Do we not, for example, see people straining themselves to vomit by water on every little occasion of foul stomach, as if disease were a living something within them, which water is able to wash out? There is constipation, or fever, or other ailment; and a man, supposing that the mortal enemy, disease, is lodged in his bowels, pursues it with clysters, as if his system were an old oil-sack, and his very life depended upon getting suddenly a copious stool! Now all such *meddlesomeness* is bad; nature is often hindered in her salutary operations, and in some cases the patient is injured, even, by a remedy which, as a general fact, is so friendly and so harmless in its nature, that a child ought hardly to go amiss in its use.

But to come to the question,—"Is disease a friendly action in the system,—an effort on the part of nature towards health?"

We have in *water-treatment* what is called *crisis*, or *critical action*; a doctrine, moreover, as old as the healing art itself. A person undergoing the treatment gets boils, eruptions, sweatings, febrile action, critical discharges, and aggravations of many or all his old complaints. All this occurs while he is yet getting better, or nature is getting ready to make him better, as we know by abundant experience. And what does this prove but the fact that diseased action is an effort on the part of nature to restore lost health? Thus, too, in ague: a patient has had the chills

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It is in every way cleverly got up and handsomely executed.—*New York Evening Mirror*.

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severely; has taken quinine to break them—as it will always do, if enough is taken and the dosing continued long enough. But never feeling well after such a process, he comes to water-treatment and if we manage his case properly, he is quite certain of getting the old attacks. The truth is, neither quinine nor other drug has any power whatever to remove the malarious poison from the system. It only sets it deeper into our tissues, and hinders nature in her efforts to rid us from it; while water, by its vigorous influence upon the living economy, brings ever back what we call the disease upon us, but which is in reality her only way of cure.

Or a person, who has been so unfortunate as to reside in a malarious district, becomes dyspeptic, bilious, and sickly, and yet experiences no form of miasmatic fever. He sets vigorously about a course of water-treatment, and to his surprise, and perhaps discouragement, now gets an attack of ague. He perseveres with the proper remedies in keeping down the fever and preventing the pains and the headache, and in due time becomes well—not only of the ague, but his other ailments.

In gout or rheumatism, who that is not the mere tyro in Water-Cure would think of benefiting the patient without first rendering his disease more acute, or, in other words, appearing to make it worse?

Suppose it were possible in a case of dysentery suddenly to arrest the discharges, as many would be glad to do, it would be one of the most dangerous of practices; the disease would be almost certain of again breaking forth with redoubled violence, and the chances of recovery would be commensurately less. But we may in various ways combat the fever and the pains, aid the discharges by tepid clysters, and by all suitable resources, support the strength. In so doing, we act in accordance with nature, help her to out short the disease, and do no violence to any function or part.

So also in cholera, we may fight away the distress, the agony, and the cramps; ward off, by cold wet frictions, that indescribable sinking, and by tepid clysters and water-drinking, aid the discharges and vomiting, and so bring relief. But to check these directly, no one should attempt. If it were possible to do it, the disease would in the end be rendered more dangerous than in the original attack.

These few remarks, then, are thrown out with the intention of pursuing this topic more at length hereafter, and of inducing thought upon the subject of disease generally. It is truth, and the truth only, that we need. There can be no doubt but that Hydropaths generally—a professional and the non-professional—have yet a good deal of the Allopathic leaven clinging about them. We must get rid of all this. And if the doctrine can be made plain, that *disease is a friendly action in the system*, those who cannot have the advantage of such medical aid as they desire, will have a greater confidence in the curative power of nature, and not be frightened, as now, at every little ailment that comes upon them.

THE PHILOSOPHY OF CURE—

DRUGS.

BY G. H. TAYLOR, M. D.

THE term *cure* not only implies a reinstatement of health in an or animism that was recently suffering from disease, y' it also, in its common acceptation, has a reference to the means whereby this was accomplished. Ordinarily, it is supposed to be some defect supplied, or means wrought, by foreign or external aid. The man is *doctored*, as he is booted and coated; and is physicked, as he is fed in the confident assurance that he is fitted and burned for new service in either case. Indeed, the sick would scarcely be said to be *cured*, however perfect the

recovery, without the show of some medical means. Hence it has reference to an *external* rather than an internal resource; it is the *operation* of the effect of something, the term, then, will convey ideas to different persons, differing in proportion to their understanding of what this act intrinsically consists in.

Vital objects, only, are the subjects of these effects, and it is the different estimates relatively that are attached to the vital, organic, or recuperative force, and the part that medical treatment plays, that serves as a basis of different views on this subject. While some apparently deem that disease is a destructive principle that will inevitably consummate its work unless it be met by some counteracting or neutralizing power, vitality being little more than a spectator of the scene, till it is either vanquished, or accepts the victory wrought in its behalf; others award some credit to the vital force, when stimulated or goaded by measures capable of exciting and drawing out its actions defensively; while yet others place no dependence on any other means of recuperation, save those that are efficient in continuing vital changes in the healthy state.

Theories and practices of medicine without number, each presenting special claims, the world has passed in review; no one of them has convinced any great number of its superiority: they have served the mercenary views of their abettors, and perhaps in some way as steps in the world's progress; how much farther is not clear. All have lived and acted under the assumption that all desirable ends in cases of disease are effected by medical treatment, scarcely bestowing a modicum of reliance upon the inherent vital capacities. The question in medical investigations has all along been, as to the qualities, quantities, and times in which medicines are useful; and doubtless much empirical tact has been the fruit of these inquiries.

In this procedure there is much manifest error. It is assumed that those symptoms we call disease are necessarily and invariably evidences of a destructive process; that certain substances known to be fatal to local parts are yet a stimulus to disease; that on special occasions there may be special vivifying means, differing from those usually necessary, working upon local parts a curative act that differs from the ordinary nutritive and reproductive process. The more modern school, popularly known as the Hygienic, (but more correctly known as the Hygienic or Physiological,) endeavors to show that these assumptions are to be taken, if at all, with many qualifications, and that the present state of science fails to warrant, or absolutely repudiates them. It also seeks to guide those liable to suffer from disease to a true knowledge of themselves, and to the probable causes of their physical miseries, and finds a cure in the discipline and correction of faulty and perverted functional habits. It abjures entirely the experimental and empirical practice, and refuses to admit, as unnecessary, the ambiguous evidences in its favor. Yet here will remain a difference of judgment in regard to *expediency*, in some points pertaining to medical practice, even with a correct understanding of facts. There are matters in which judgments will differ, even with the same data for reasoning. Life and its variable phenomena, rather than medicine and its uses, should furnish the proper field of inquiry. From this study we gain a knowledge of how nature acts under different circumstances. We should know what life ordinarily does, and how it will act under constraint and compulsion, and what are the proper conditions for its ascendancy over the more material, crude, and chemical forces.

The vital principle can we never weigh or measure, or only approximately, but we may observe its circumstances that attend it, and what it does; its invariable conditions, its laws; on these we must base our actions in reference to it, in sickness as in health.

Our notion of life involves the idea of an

active power exercised by virtue of a definite form, and production and generation in a definite form. By chemical agency we can produce the constituents of tissues, but we can form their means no organized tissue, no organic cells. Vitality implies the exercise of a force superior to that which ordinarily invests matter, but in harmony with it, and like it amenable to peculiar invariable conditions or laws. Intrinsically, they may be identical, animating a universe or an atom, according to the circumstances attending its exercise. The organic molecule, in its transient existence, becomes an instrument for the application of the force which its atoms are endowed. The changes that take place in the vital object are beyond our immediate scrutiny, but their results become appreciable in all the phenomena of life and disease.

The living thing grows, reproduces and multiplies its parts, and extends itself by this repetition. To effect this, it selects from matters in contact such elements as it has a capacity to arrange as parts of its own structure, and as promptly rejects and refuses all others; a necessary condition of its vitality. In the plant, or animal, or wherever vitality reigns, assimilation and growth, and refusal and rejection are its constant actions, and the energy of these acts must bear a constant relation to each other; for the vital endowment equally seeks its own welfare in either act. Now, as the constitution of the vital molecule is uniform and invariable, it follows that all exterior matter must be of three kinds. One is identical with it, or susceptible of assuming the same form, and exercising the same relations, and may be denominated *aliment*. The second is indifferent, giving rise to no change in contact, but may act as a divisor, as *water*; or, third, such as give rise to relations that would be antagonistic and destructive to the integrity of the vital molecule, in various degrees of intensity. This last class must consequently be composed of very many subdivisions—indeed, almost as various as the number of chemical compounds, subtracting elements. Some kinds of matter in contact will take the elements composing the organic molecule from its vital relation—it is then a corrosive poison; other kinds will excite its reproductive force, or modify it, without destroying the organic form; thus is evolved that modification of its force that may be called *vital resistance*, which is the same thing as medicinal influence.

The animal body is made up of parts, and these parts of lesser elements, each of which has an independent existence, and exercises its own peculiar vitality, and so is capable of being affected in a peculiar manner; hence the application of foreign matter to the general organism, through the circulation, will produce local effects, all of which are disarrangements and perversions of the normal functions, and all of which must tend to degrade, and not to elevate them.

All this is the result of the *invariableness* that characterizes these constituting things. The same elements, and the same conditions of heat, &c., are employed in the constitution of each individual and each species, wherever produced; the same laws ruling that are observed in crude or inorganic chemistry. So far as we know, the organic products in nature below man, culminate in him, with the evolution of his mentality. In this whole series of the evolution, effects change in proportion to conditions, but laws never. The attempt to impose other materials or conditions upon the organic molecule is resisted, and can only result in a waste of the formative and actuating principles employed in its constitution. The constant development of forms with which the vital force is connected, and on which it depends, is thus retarded or prevented.

The broad page of nature, in its infinite diversity, is but a statement of these principles. Organization we may compose, but the special application of physical and chemical science, and less the subject of fixed principles, invariable laws. Its variety of products are expressions of

the value of forces that invest matter of particular kinds under special conditions, in which matter changes none of its intrinsic qualities, but only serves as a vehicle for the ever-controlling force.

All the importance that the matter of the management of the health by medicine obtains, comes from a non-recognition of these principles, from a mistake in regard to the essential nature of the actions induced in vital objects by medicine.

Considering the nature of man, it is easy to see how these mistakes should arise; they come mainly from the liberality of his endowments. Liability to variation in health, rightly considered, is less evidence of his defects than of his superiority. The ends of his intellectual existences could not be attained by confining him to a fixed point of temperature of locality, and a consequent uniform subsistence. The utmost reach of power demands the utmost freedom in its exercise. The human organization is such, as to accommodate itself to a great variety of circumstances, by a variety of means of adjustment and adaptation. He has systems of organs that act reciprocally in their natural function, to secrete and excrete, adopt and exclude; by this means an equilibrium is maintained. While supplies are maintained and waste rejected with vital decision, no disease can occur.

Disease is a result of the imperfection or want of unity in the actions of the elements of matter that go to constitute vitality, usually by reason of some conflicting body, either spontaneously generated, or introduced by accident or by art. The effect of such impediment would be to lessen the tension of the vital force, by the amount of its chemical or adreine influence. And since the principles and conditions of vital as well as chemical acts are fixed, it is plain that the medicinal disease, or cause of disease, introduced by art, professionally, can by no possibility have any more power to restore to health, than disease occurring from any adventitious cause. In short, restoration to health by the medicinal treatment of disease, but of the organic force, and the conditions that usually maintain it. But it is asserted that good effects sometimes, at least, follow the use of drugs, and we shall be called upon to show how this can ever happen. The record of experience which is appealed to, can substantiate nothing, for it takes no account of the vital force, and assumes that the drug-effect is additional to the vital, whereas, it only changes it. But there are various ways in which a disease producing cause may change pre-existing symptoms with seeming benefit. It is not within the limits of this article to give a sufficient idea of the pathology of disease, to make the subject complete. We will state some of the modes in which the vital resistance is appealed to by the medicine given.

1. The mucous surface of the alimentary canal and those involutions of it constituting glands, are primarily exposed to the influence of foreign agents. The healthy use of this organ is to produce a cell-growth, which takes materials from the blood, to be afforded by rupture of the cells, into the alimentary cavity as secretions. This act takes place more rapidly upon the application of an irritant, evidently for the purpose of protecting the delicate circumjacent tissues. If contiguous parts are suffering from plethora or congestion, a transient relief is thus afforded them. The reparative act is forced to the extent of exhaustion, and what is suddenly gained is not permanently retained. This is the action of salagogues, stomachics, &c., and if they be such as affect muscular resistance, in addition, they are emetics and cathartics, &c. A host of other remedies affect the alimentary organs in a similar manner, but differ chiefly in the degree.

2. Most drugs can succeed in getting into the circulation in small quantities through the digestive organs. The sanguiferous canals are capable of recognizing the presence of foreign hurtful bodies, and their rhythmic contractile efforts are increased so as to throw the circulation containing

such irritating matters rapidly into the capillaries, where it may be eliminated. Some qualities find their exit more easily through the kidneys, (diuretics;) some change the secreting mucous surfaces into excretant, (cathartics, expectorants, &c.) and many kinds are sent rapidly to the lungs and skin, to be eliminated with the great mass by oxidation, serving to increase the heat of the body, and its surface, (stimulants, tonics, &c.) In each of these cases, the functions are necessarily increased as well as perverted.

It will be seen that any benefit accruing to the health must come through the ordinary physiological acts. So far, medicine possesses no power to antagonize or neutralize disease, but only to excite to a morbid extent the functions; and it is by these in sickness that the blood is restored, as in health it is maintained in its pristine qualities.

3. The blood is the medium through which all vital or chemical changes must transpire, and it by necessity offers the least resistance of any organ to chemical influences. Respiration comes in constantly, to affect the elimination of its unnecessary parts, by reducing them to carbonic acid and water. The quality of this fluid is changed by the use of matters that can combine with and affect the destruction of its illy-vitalized portions, (alteratives.) The distinctive tendency of some chemicals, (drugs,) is stayed frequently just at this point, and a factitious advantage is in this mode secured, but it can be of no permanent value.

4. But perhaps the most favorite class of drugs, and most coveted by the abettors of drug practice, are those that have a tendency to prevent or annul sensations, (sedatives, opiates.) They in some way affect the nutrition of the nerve tissue, but the particular mode of their action is beyond our search. Disease is tolerated, if the consciousness of it be suspended; the patient is satisfied, though the cause yet remains. Frequently, the recuperative action will overcome the impediment to health, even though the nerve faculty be suspended, but it should be understood that no part of this effect is owing to the supposed remedy.

It will be observed that in all this, there is no lesson taught, no discipline enforced, no condition instituted that is of any value in health, or in a subsequent case of disease; the intellect of the patient is left a blank, and his body a scene of devastation.

BREATHE AND LIVE.

BY S. O. GLEASON, M. D.

Who ever heard of any human being existing long without breathing? This may seem a strange inquiry. But it is a startling fact that thousands barely exist, who in the true sense of the word do not breathe. They only partially fill the lungs with air. The lungs were made to use, and in fact must be used, in order to be sound and healthy. They are composed of arteries, veins, bronchial tubes, lymphatics, and air vesicles. Their structure is exquisite beyond even human conception to fathom.

It has been computed by microscopists who have examined small sections with great care, that there are one hundred and seventy millions of air-sacs or vesicles in the lungs, and that if these were laid open and spread out, they would cover a surface equal to thirty times that of the entire body.

Now there are multitudes barely existing on this green, flowery, rock-built earth, full of poetry, song, and music, that do not half live. They only stay amid the attractions of nature, so rich in pleasures, so abundant in beauties.

The fresh open air that surrounds our hill-tops, they never inhale, the beautiful spread riches of the vales below they never enjoy. As they take in no full respirations of pure air, so they do not drink an inspiration from the ever-fresh and living voices of nature. The old prophets, with

their keen-sighted, far-reaching vision, that peered into futurity, caught much of their inspiration from the air of the hills and mountains among which they wandered. The forests were their home. All nature composed their cabinet, while the living God was their teacher. To enjoy health, we must feel refreshed in spirit, so that our very thoughts shall be music, and exultation refreshment. To be cramped and confined to narrow limits for air to inhale, cramp and cripples the energies of the soul, for by restriction to the free and full play of our lungs, in the same ratio do we take in life. If we obtain the freest air, we obtain the purest vitality.

The birds of song utter their purest notes on the hillsides and in the groves, in the fresh virgin air of the morning. The sunlight looks out over the eastern hills in its morning glory with a freshness that seems ever new. The beasts of the forest are active, and the cattle upon a thousand hills bestir themselves to enjoy the life-giving influences of a new day just coming into existence. Shall rational humanity lie stupid in confined rooms, and never enjoy the inspiring influences of an early walk to the green, fresh fields or hillside groves? Shall irrational existences reap the glories and life-giving spiritual influence of a summer's morn? Shall the leaves of the forest and grove be refreshed by the inhalation of a new morning, and man refuse to be blessed and cheered by such fresh gifts as come new from the hand of God, to enliven and make glad our hearts, to crimson and deepen the current of life—to send new inspiration into the soul? O man, how artificial are thy habits! How depressing the influences gathered about thee! how dark and cheerless thy life! how gloomy and dismal thy soul, imprisoned in its diseased casing! how thy spirit in prison! Break away then from the restraints imposed by civilized and so-called enlightened society; and ascend the hills; scale the mountains; go free as the antelope o'er the plains; clear thyself from all fetters; take large draughts of the free air; and the sluggish life-current shall be quickened, carbonic acid shall be set free from thy poisoned blood, and new life given thee; new inspiration, new hope and farther charms shall adorn thy exhausted body and cheer thy soul.

Death, to vast numbers of the human race, comes creeping along our path, insinuating noiselessly and silently his seeds of poison into the air-cells of the lungs. A slight cough and quickened respiration are our earliest monitors of his work. We do well to give early heed to these warnings. Tubercular material will, where the tendency exists, be early deposited, if the lungs are not sufficiently brought into activity to keep distended all the cells that are so minutely distributed throughout their substance.

Take warning, then, all ye who find these symptoms coming to visit the citadel of life. Breathe fully, breathe deeply, breathe free air. *Make it a special object of daily business to expand thy chest in the free air of morning and at midday, and withhold not in the evening thy care.* Close not thy windows at night; not silent influence of deposit in the cells of the great organs of life-giving force. So long as air enters perfectly into all the millions of minute sacs, so long gaunt, lean-visaged, bowy-fingered Consumption can be kept at bay. But the moment these vesicles are left useless in large numbers, as they often are in those who take but little active exercise, that moment consumption begins to plant its seeds in the unused cells, which in due process of time will ripen into destruction of the delicate tissue of the lungs, and death will be the result. Oh, poor humanity,

breath and live. Air is not forbidden fruit. Of it thou mayest freely partake.

There is no organized piece of mechanism endowed with vitality, so indolent and opposed to active exertion as the human species. There is activity in all forms of existence, from the tiniest insect that floats in the sunbeams of the morning, to the most gigantic and colossal structure of animal life that walks the earth and leaves its footprints thereon. But the human race rather recline on ottomans, sofas and easy-chairs than toil and live. So long as there is such utter recklessness of the laws of life; so long as incipient invalids will take the indolent road to death, so long the great highway to the grave will be thronged with victims over whose heads but few years have passed; who might, had they struggled manfully, been saved and enjoyed the society of friends and loved ones for many years. For many years might fathers and mothers be spared to care for their little ones, to guide and aid them in the rough and toilsome journey of life. But they yield to the siren song of drug-advisers who tell them to keep quiet, take some cough mixture, keep in a mild air, avoid out-of-door exercise,—and thus they die. This, alas! is too often the case. This is the sad beginning of a sad ending. Farewell to all hopes of better things; farewell to many of earth's most beautiful sons and daughters, till the charm of Altophany be broken, and the new system sheds its clearer and purer light on the earth!

Elmira Water-Cure.

HYGIENIC LAW.

—
BY H. C. FOOTE.

LUTHER AND PRIENITZ.—There is a striking analogy in the history of the progress of Medicine and Christianity. Priensnitz has done for Medicine what Luther did for the cause of Christianity. He opened the eyes of the people, and taught them to think for themselves; and superstition, with its formidable and ponderous paraphernalia, is fading before the light of the simplicity of truth.

HEATHEN AND CIVILIZED SUPERSTITION CONTRASTED.—Among the Indians, the offices of priest and physician are combined in one person. The "Medicine-Man" is looked up to with awe and dread. His spells, incantations and exorcisms are feared and fully relied upon by the simple-minded sons of the forest. His success in curing disease by means of his diabolical magic and sorcery, depends in a great measure upon the faith of his patient, and the strength of the impression made upon his imagination. Ignorance and superstition, with keen natural instincts, are the prevailing characteristics of the savage. His superstition, though perverted, is found to be of considerable use to him in curing disease. How is it with the white race in this respect? I think it can be shown that we are not so far in advance of the heathen in this matter as we might suppose. The love of the marvellous implanted in our nature has, for thousands of years, been perverted to have for its object such absurd puerilities as poisonous and nauseous pills, potions, and powders, calomel, ipecac, and squills, (&c.) etc., to remedy the ills caused by the violation of the organic laws of our being!

SPIRITUALITY.—It is a matter of intense interest, and not disconnected with the subject-matter in hand—hygienic law—to investigate the legitimate function of this faculty of our nature, thus perverted, viz.: spiritualism, or the "love of the marvellous," as it is imperfectly termed; (and all terms are more or less imperfect.) This faculty, the most exalted of our nature, is to enable us to hold intercourse with the unseen, or the spiritual. Its cultivation or neglect undoubtedly will, more

than that of any other faculty, influence our present happiness as well as our future destiny.

ARMY AND NAVY.—Now harmony is the great law that pervades and rules the universe. Fallen, degraded man alone, through Adam, has broken the charm—the harmony; and the result is disease, misery, crime and premature death. Disease is the result of a disturbance of the harmony of the bodily powers. There is a close and intimate relation and sympathy between the mind and body. Whatever injures or benefits one, will, as a general rule, indirectly produce a corresponding or sympathetic effect upon the other. When the mental powers are in a state of harmony; each and every faculty in a healthy state of activity; each harmoniously exercised, according to its true normal function; none over-exerted and none dormant or neglected, the result is *harmony, happiness, joy, ecstasy*, the mind at ease, "peace and good-will towards men." Now, as man is constituted, and *as he is at present situated*, there can be, in my opinion, but one way to attain this state of mind, this harmony of the mental powers, and that is a spiritual regeneration, a reconciliation to God, through Christ our Redeemer. This state of mind, it is well known, has a sympathetic effect upon the body in ameliorating disease. The permanent feeling of joy, ecstasy and happiness said to be produced in the minds of those who experience the "Second Birth," have a corresponding effect upon the body; and obstinate diseases of long standing, hypochondriacal, rheumatic, epileptic, etc., have been known to be much benefited, if not entirely cured, in this way.

MEDICAL SUPERSTITION AND HUMBUG.—For ages our organic instincts have been smothered by senseless conventionalities and usurped by antiquated dogmas, bequeathed to us by our ancestors; and although, in regard to medical science, they groped in Stygian darkness, yet their absurd medical dogmas are revered and believed, because so ancient and therefore respectable. For ages the medical craft have opposed the general diffusion of a knowledge of the hygienic laws among the people, because air, water, light, exercise, proper diet, etc., are too simple and too cheap; not "far-fetched" enough to gull the credulous, and induce them to pay large fees, nor to be doled out in minute and costly doses, corked up and sold for "only" one, two and "three dollars per bottle." But "Hygienic Law," the stone which for ages has been overlooked by the builders, and cast amongst the rubbish, is now assuming its proper place as the "corner-stone," not only for the prevention of disease, but in the restoration of health. For ages, the ignoring and overlooking of the hygienic laws has left an hiatus, a gap between the physical and moral nature of man, sometimes temporarily connected, frozen over by a bridge of ice, but melted at the first heat of passion, or at the first attack of disease and exhibition of drugs.

CHRISTIAN DUTY.—Trusting in and obeying God means something more than many are apt to suppose. It means that we should use our powers, given to us on probation, and study His laws, including not only the moral but the organic laws, the laws of our physical nature, and obey them. The duty we owe to our bodies is a plain and palpable one, which we cannot neglect, not only without violating our own nature, but sinning against God. When the bearings and inter-relations of physical and moral science become more generally understood, this fact will more plainly appear, that a violation of an organic law is a positive crime, although not in the same degree as a violation of the moral law. Thus, stealing is a violation of the moral law; and smoking or chewing tobacco, drinking alcoholic poisons, or hot drinks, tea, coffee, etc., which weaken the nerves and the stomach, rot the teeth; or depriving ourselves or families of proper ventilation or exercise; over-eating or eating unhealthy, rich, gross, or stimulating food; and the "thousand and one" other bad habits of

the day, are gross infringements of the organic laws,—laws ordained by God for our observance, and a violation of which incurs positive guilt, and as certain, though in a less degree, as the act of lying, blasphemy, stealing or murder.

Tobacco.—One monstrous and violation of hygienic law, in particular, yet flourishes comparatively unrebuked. I refer to the almost universal use of tobacco. In order to successfully expose this body-and-mind corrupting habit, and show it up in its true light, the subject must be agitated. Agitation and scientific investigation have done wonders in the Temperance cause, in placing alcohol upon its true basis; proving it to be a deadly poison, under any and all circumstances, whether used as a medicine or as a beverage. And agitation is now needed to lift the veil from the eyes of the advocates of the use of this destructive narcotic. Agitation is necessary to rouse up the dormant conscientiousness of the Southern planter and the Northern factor, who perpetuate the trade and pander to the diseased appetites of the people for this vile weed. I know of no more useful field than this for the lecturer. Agitation is needed to enlighten the people, to rouse them up to think, and to enable them to throw off their stupor, indifference and apathy in this matter. Agitation is necessary to properly mould public opinion, so that this subject may be viewed in its true light. There are needed at this day, five hundred lecturers to enlist themselves in this cause. "The harvest is great and the laborers are few." Agitation by the press and the pulpit is needed. Let the subject be properly agitated, and in a few years we may have a "Maine Law" against tobacco, "a consummation most devoutly to be prayed for" by every well-wisher of the race. Dr. Trall's Prize Essay pamphlet upon Tobacco is in my opinion the best, the most comprehensive and philosophical ever published upon the subject. It should have an extensive circulation. They should be given broadcast throughout the land. The price is a mere trifle, the cost of paper and printing,—\$2.50 per hundred, published by MESSRS. FOWLER AND WELLS. Every philanthropist should consider himself in duty bound to aid in extending the circulation of this useful little work, upon a subject so much neglected, and the information contained in which is now so much needed all over our tobacco-soaked and tobacco smoked nation, from the Atlantic to the Pacific. Every user of the "weed" should read this little work, and learn the nature and extent of the evil he is, perhaps semi-unconsciously, inflicting upon his body and mind,—not only injuring himself, but transmitting the tobacco diathesis to his posterity, to the third and fourth generations. The pamphlet referred to also describes the best manner of breaking off the habit. *[Cuyahoga Falls, Ohio.]*

CHILDREN.—Never suffer your children to receive any service from others which they can perform themselves. A strict observance of this rule will be of incalculable advantage to them through every period of life.

WATER.—Water constitutes about three-fourths of the entire bulk and weight of the human body. It forms a portion of all the tissues, and exists as a component part of every kind of vegetable. Only a very small quantity of water is necessary as a drink, provided our dietetic and other voluntary habits are physiologically correct. The vast quantity usually taken into the stomach is called for by the feverish and inflammatory state of the system produced by concentrated food, flesh, salt, spices, etc. But it is indispensable to perfect health that all the water drunk, and all that is employed in cooking, should be pure.—*Dr. Trall's Hydropathic Cook Book.*

"A LAWYER," said Lord Brougham, in a facetious mood, "is a learned gentleman who rescues your estate from your enemies and keeps it himself!"

Physiology.

CHILDREN'S TEETH.

BY DR. J. W. CLOWES.

I am fully conscious of my inability to do justice to the subject before me. Notwithstanding this honest confession, there are some, doubtless, who will conclude without consideration, that I am writing, and that they are of no very great consequence, any way. They come, and they pass away. They appear again, and again they vanish. That is all.

Oh, my soul! what a mountain of error lies here concealed by the flimsy veil of a false conclusion. Yes, they do come—these unvalued possessions called teeth. The infantile jaws of two years usually contain *twenty* of them. They are set in two neatly-arched rows, each occupying its assigned place, and each and all performing their appropriate functions. A beautiful as well as useful arrangement, are these full-dentured jaws of the little child! The teeth are not thus beautifully set there by chance or accident, but by a wise design.

I will call up a vision! A little girl of three summers appears before me. Happy is that household where one or more such visions pass out and in abidingly! I may almost call her fairy,—so light, so beautiful, so fairy-like she seems, in all she is—in all she does. Elasticity is in her step—the bloom of health is on her cheek—a joy is in her eye, and prattling words fall thick from sweet and innocent infantile lips. Throughout the day, this tiny medium between earth and heaven communicates to all around the kindly inducences of hope and gladness; and when the "curtains of the night are drawn around her," and she sleeps a pure, angelic sleep, what earnest prayers go up from trusting hearts, that such as she now is, in innocence and health, she may remain for ever!

And now another vision meets my view! Ay, I can call such visions up with the utmost readiness, because, to me, they have become scenes accustomed by daily viewing. Alas! that it should be so. Before me stands a child, in years some seven summers old, and by him stands his mother, (an earnest, watchful, trusting soul,) and sore she grieves that he, her only boy, should be so delicate in health, and thus goes on to tell how "Willie has no appetite. His sleep is never deep, nor sweet, nor restful; but ever, through the livelong night, he tosses restlessly upon his couch, and when the morning comes, it finds him not refreshed, but pale, and wan, and weary. And Willie, too, does never take delight, as other boys, in this or that diversion childish, such as hoop, or top, or kite or ball, but seems to cling more closely to me as his health grows worse. I shall I know his little life is ebbing rapidly."

She turns aside to drop some scolding tears—such tears as only come from deep, maternal founts, which have a meaning in them past the fathoming of sterner minds. "And little Willie's breath is bad—oh, very bad!" The room in which he sleeps is filled with most unpleasant effluvia, and a most sickening fetor is exhaled wherever he breathes. Oh, my poor boy! What dreadful evil has befallen him? What plague-spot is it that befalls him thus, converting the very air around him into contagion? My boy is nervous, too; so very nervous, that at times he seems possessed, almost, by some unconquerable desire to do himself a fatal mischief; and then a fit comes on—a dreadful type of epilepsy—and renders him almost unamiable. Come, Willie, let this gentleman now look into your mouth; you know how much your teeth have ached, how swollen your gums are, and what shocking pains have passed, of late, through all your face,

your ears, your eyes, and what a soreness is continually about your throat, making it so difficult to swallow even the little food you eat. Did not the doctor say that we must come here? Did he not say that skilful hands might do for you a service that would take away your pains, and, maybe, bring back the health which you have lost? Oh yes! He said that you, perchance, might be a hearty, happy boy, and grow to be a man! Jump, Willie, jump into this large arm-chair, and those wide, yet gentle, and yet that gentleman do whatever he thinks best. Ah, that's a man! I knew he would be. Never fear, my boy!

I have thus portrayed two very truthful scenes. They are copied (though imperfectly) from life. My eyes are daily witnesses to their reality. I have not, to this time, looked on in silence, nor remained inactive, in reference to this matter. There are those who know that I have not; who know that whatever of power I possess to keep unwarred the little charming picture first presented, has not been sparingly applied; that when, by parental thoughtlessness and neglect, that de-facement has occurred, to greater or less extent, I have stood forth proclaiming, hopefully, encouragement and relief.

What thus constitutes the little child of three years a type of happiness, of physical health, of mental ease? I answer, Health—perfect bodily health. In her month nature's gist-will is in good running order. Every cog, and hopper, and stone is working harmoniously. There is no dilapidation here—no falling into ruins, or crumbling at essential points—no disease. Behold, fond parents! You who have such a child, behold, and understand why she is such. Remember, upon the healthful condition of a child's teeth, and upon her ability to masticate well her food, depends the health of that child—the strength of her physical constitution, not only while she remains a child, but, especially so, when she is grown a woman. Keep, then, her teeth in good order, and all will be "well with the child." Let them go to ruin, and you will, ere long, seek in vain for the little, laughing, light-hearted girl, who fills your hours and heart with joy. The golden hour of life will be all but fruitlessly repine for a loss that has no repairing.

Two years ago, and previous to the enacting of scene second, the little boy of whom I have just spoken, came to my office accompanied by his mother. The mother's teeth had been but recently under my care, at which time I extracted several, plugged some fifteen cavities in those remaining, and inserted nearly a full upper set of artificial ones. Soon after this, her husband came with a still worse mouth, and I extracted nearly every tooth (decayed, of course) he had ever possessed. Neither of these persons was over thirty-five years of age, and almost toothless at that. Knowing these facts, when I looked in the boy's mouth, I expected to find a clear case of hereditary weakness in the teeth. I pointed out to his mother the various imperfections—cracks, crevices—*which such teeth always exhibit on the surfaces of their enamel.* I said to her:

"It was through such inlets that disease entered your teeth, and has swept them away; through such, the enemy has wrought still greater ruin in your husband's teeth; through such, the destroyer will find a fourfold facility of admission to the teeth of your child. Now, understand me. *Your teeth were weak; your husband's were still weaker than yours; your child's teeth, the inheritance you have transmitted, are, as a consequence, weaker than either.* Notwithstanding we have so much weakness to deal with, there is no real cause for discouragement. *You have but to close up, hermetically, those crevices while they are small, and apparently insignificant, and while a limit remains to their extent.* You have but to do this, and afterwards see to their appropriate daily cleansing, (who so capable to do this as a mother?) and you may defy disease in them.

I explained these things more fully than then

I wrote them now. I strove with earnest words to impress them upon her mind. But, alas! how many earnest words do daily find an utterance, and perish, as they fall, on heedless, unbelieving ears! So was it in this case. Though disease had been soon broadcast in all his teeth, *pain had not yet come.* Two years passed away—two short years! To that mother they brought mental agony. Oh, she had thought—and that thought was deeply impressed upon her mind (too many words are rendered inactive by a like impression)—that it was no matter if children's teeth did decay—if they were lost; more would come again, and all be well. Monstrous delusion! You who are hugging, with tenacious grip, the selfsame error, can you not discern the truth that *teeth have uses?* Does not the child need to eat as well as the adult? Is its little stomach proof against every abuse that may be practised upon it? Do you not see that, in its very budding, you blast, by this abuse, the strength which should bloom and ripen in the physical frame of full-grown manhood? God aud nature designed that not one childish tooth shall be lost until its set time has come. Ho, ye who are happy in the gift of children! see to it that you do not cast away, thus ruthlessly, the precious gifts of an Infinite bounty.

Two years had passed away, and that beautiful arrangement, intended to help, sustain, and strengthen the child, will become ruin—ruin—in even this young month, not one sound tooth was visible. Decay had set its seal on every one—on every one a change, a fearful change had passed. Disease had become substituted for health.

Willie's appetite was bad. What wonder that it should be so? The mouth that, in its healthful state, was wont desiringly to ops when food presented, and enjoyed, even in depletion, a natural delight, was now hideous, repulsive, of filth, where rotten bones, and ulcerous sores, and gangrened flesh, and pestilential vapors, produced a nausea and a loathing so intense, that food and sustenance found no acceptance, when offered in such company.

Ye who read this, and have around you (in your children) fac-similes of the Willie I have been describing, heed well what I say. Are their young lives bearing the burden of a continuous torture? Do they lack appetites? Are their breaths bad, gums swollen, throats diseased? Are they nervous, sickly, pale, lifeless? Look into their mouths, and see what ails them there! Behold the Pandora's box of innumerable ills! You may say flesh is heir to them. So it is; and the condition of things, as you find them there, fixes and confirms the inheritance. In conclusion, let me add, there was but one way to treat Willie's case, and that was, to remove the thing that was once a tooth from his mouth. The little fellow bore manfully an operation which left him as toothless as an old man. There was no alternative. His life depended on it. He was now partially recovered his health, but a youthful constitution, so long harassed by pain, can hardly be expected to recover wholly from a blow so stunning. Its baneful influences must needs be felt in all his coming years. Don't let your children's first teeth be lost. Upon their remaining in unbroken rows until the proper time for shedding, depends the quality of the set that is to follow. If the first set be allowed to decay, the second set (by contagion) will decay as a matter of course. If the first teeth decay, plug them—cleanse them. Preserve them, and you preserve the general health; preserve them, and you do the best thing you can to insure a regular and healthful second set. Upon this second set of teeth how many of the joys or woes of human life depend! They are "talents" given to our keeping, and they will curse or bless us, as we abuse or duly use them. A peach-pit falls into the earth, and by-and-by, a tiny little tree springs up, and grows vigorously. The careful gardener keeps a watchful eye upon it; he prunes it at the right time; he sees to its

straight growing; he looks after and destroys the worms at its root. You look upon such a tree admiringly, and exclaim: "Behold, what symmetry, what beauty, what healthful vigor!" By-and-by, what luscious fruitage crowns his boughs, and tempts and satisfies the longing appetite! O parents! do you not behold in this a likeness, such as may be, to the sons and daughters that rise up around you? Shall they grow in healthful beauty up to man and womanhood, unchecked in vigor and unmarred in form, or shall they, like the tree that's left to grow uncared for, fall into decay, and become pictures of unsightly deformity? [*J., Eighth Avenue, N. Y.*]

THE BEARD QUESTION.

THE BEARD QUESTION is becoming a serious matter. Theological divines decline the use of the razor, as did the Apostles of old, but, unlike their predecessors, they are not permitted to wear the beard in peace. The "followers" refuse to attend upon the ministrations of a man who is not shaved. Much scandal therefore arises, and unpleasant divisions in the church may be expected. Smooth-faced lady preachers may therefore supersede the bearded gender.

The following "Defence of the Beard" has been sent us:

Why don't you shave and cut off your long hair? Because I think whatever is natural is right, and unnatural wrong. God or Nature never makes mistakes. "If a man chooses to cut off his hair or beard, has he not a right to do so?" No, he has no right to injure himself unless he can do it without injuring others, and I reckon that would be difficult to prove.

Some eight or ten years since, I fell in love with "Dame Nature," and my love does not abate. I still admire her in all her spontaneous and imperative perfections. I do not like the looks of a cow with her ears and tail cut off, or a horse, or a cat, or a dog. I do not like the looks of a man with his face shaved and head shorn, for the same reason—I don't look natural, and it don't of course (to me) look pretty. No, it ain't all fancy. In the name of common sense, is there no standard of beauty, as well as justice, truth, etc. I seem to me there is; but blind men are poor judges of color.

Why do you shear and shave? Face the morals of a man now, and tell the truth. "Couldn't a soap, couldn't kiss the girls; wife would raise the old boy; so hot, couldn't move in the way."—Just as I thought; there isn't but about one in twenty of you that really does the true reason—that is, lack of moral courage. But, my brothers, screw up your courage; you can cultivate that as well as any thing else. Do right. Do right. DO RIGHT!

And here is something by another correspondent, on the other side of the question. We will only add: "Prove all things; hold fast that which is good."

It would appear that there is a certain class in the community who think that a "Broken Razor Society" would cure all the fish flesh is hid to. Happening to differ from them in regard to the healthfulness, comfortableness of moustaches and beards, I will briefly give the reasons "for the faith that is in me."

The argument advanced in favor of this beautiful appendage is, it acts as a kind of screen, or sieve, to sift the air, and prevent noxious dust from being drawn into the lungs and causing disease. That there may be situations in which the air becomes so filled with dust as to need sifting before it is fit for use, I do not deny. But I very much question the propriety of any person living in such a situation. Certainly no one who is not utterly regardless of his health could be induced to thus transgress the laws of his being.

My objection to moustaches is this: At the expiration of each breath they become charged with the noxious vapors which the breath is then laden. Then, when the next breath is inspired, "if it is true that they act as a sieve," the air, in passing through the moustache, becomes charged with this noxious vapor which the preceding breath deposited

upon them, and it is again drawn back into the lungs in spite of becoming instantly dissipated in the air, as it would, were they not interposed to prevent its instantly flying away. They have a tendency to suffocate a man by preventing the free egress and ingress of the air. They collect the heat of the expired breath, as well as the noxious vapor, and thereby increase the temperature of the fresh breath by imparting the same to it while passing through them in inspiration, acting very much like the sieves through which the air passes into and out of a calorific engine.

There are a sufficient quantity of minute hairs stationed in the nostrils to prevent the ingress of dust, without leaving the bottom of the nostril stuffed full of a thick mat of an inch or so in length. Let any one who has a heavy moustache shave it off in hot weather, and he will instantly discover the difference in the temperature of the breath. I know this by experience.

The idea that because the moustache and beard grow, they must be worn, amounts to just this, when carried out because mankind come into the world in a state of nudity, they must run around the world naked; because poor fruit grows naturally, mankind should eat it, and not resort to the necessity to produce their food for their support, but make the works of their Maker. This is a kind of reasoning which would place man on the level with the monkey and baboon, telling him that the Almighty made every thing just as it ought to be, and left nothing to be done by him.

That the moustache is not necessary to health, or was not designed to promote health, is evident from the fact that females and children are not supplied with it. If the reasoning of the "Broken Razor Society" is correct, we shall soon expect to see the shops filled up with dainty false moustaches for ladies and children. True, it would make it rather difficult to kiss their pouting ruby lips, but certainly there is no gentleman but would have gallantry enough to forego all such delicious pastime when the health of the sex depended on the self-denial! And now the thought strikes me, it is quite probable that the want of moustaches is the cause why most women are so sickly and effeminate. I would commend the subject to the especial attention of the "Broken Razor Society" at its next meeting. No doubt, some false moustaches would prove to be the *elixir vite* that would restore the rose to the sallow cheek of many a spiritless lady. Who will try the experiment, and merit the big reward of all women kind!

Kiddle aside, there is no period of life that would require moustaches more than childhood, were they essential to health. Children are much nearer the surface of the earth than men, and consequently much more liable to inhale dust than grown people. Can it be that the All-wise One has neglected to supply childhood with such a great preservative of health as it is contended moustaches are?

Who ever heard of a person becoming sick, or deranged circumstances, by breathing dust into the lungs? "But," say these philosophers, "it is the cutting off the beard and moustaches that is so injurious."

Let us see how that is. If there is so much injury done, certainly the part "cut off" so much will show it the most. Now then, will some of these philosophers tell us how much sooner a person's beard and moustache will become diseased and turn gray who shaves than that of one who belongs to the "Broken Razor Society"? My impression is, that it will not turn gray as soon. When the beard and moustache is kept shaved close, the skin is easily kept clean and vigorous, whereas, when the beard and moustache of hair, it is difficult cleansing the skin, it is but little ventilated, and soon becomes dry and diseased. Who ever saw a person's face become diseased by proper shaving? Now then, if the beard and moustache and skin of the face all retain their health and vigor when subjected to the barbarous operation of shaving, it must be the other parts of the system that it acts so injuriously upon. Other parts of the system can only be affected by sympathy with the afflicted part, and consequently, cannot be affected at all. It is proved, that the affliction that the face moustache and beard are afflicted with, is no affliction at all.

I next come to the argument that the beard is useful as a covering and protection to the neck, preventing exposure. That the neck frequently needs protection, I do not deny, but that it requires to be covered with a thick, almost impenetrable mat all the time, I do question. That it may frequently prevent the sunbeams in winter, after taking a pulpit seat, I readily admit. But that is not a final disposition of the subject. The question is, could not some artificial covering be afforded the neck under the circumstances that would answer the same purpose, without being necessarily attached to the neck all the time, and preventive all excess of heat to the throat, and thus, the temperature much higher than it would be if not muffled up with a heavy beard? It seems to me adequate care could provide for all such contingencies, without a person being sweltered and roasted through an impenetrable mat of beard forever around his neck and throat. G. W. E.

General Articles.

A LETTER TO THE PUBLIC.

GLEN HAVEN WATER-CURE,
Scott, Cortland Co. N. Y., Oct. 1, 1852.

TO MY FRIENDS AND THE PUBLIC:—We have had a fire at the Glen, which burned one of the eight buildings belonging or constituting our CURE. Through the want of forethought on the part of one of my patients, a report went out, through the press—and it has been copied into every journal, almost, in the land—that the Glen Haven Water-Cure is all burned up, or down,—the whole being a mass of ruins. I take the earliest opportunity open to me through the columns of this Journal, to correct the impression—an impression likely to result in incalculable injury to me, yet which I shall in time live down. Let me say in a plain, straight-forward way, so far from Glen Haven being all burned down, we have just as good, because just the same, accommodations for one hundred patients as we ever had, the fire destroying a building capable of the outside of lodging not more than thirty persons. Notwithstanding the loss, our inconvenience was slight, aside from the diminution of our accommodations as to numbers, owing to our having a large, well-furnished HOTEL, with ample kitchen, parlor, dining-rooms, and lodging-rooms, into which we immediately moved all our houseless ones; so that before noon of the next day, they were all as quiet as if no fire had happened,—not one of ninety persons leaving—not even the one whose statement, written under great excitement, has been the cause of so much misapprehension. Let me say, then, that any of you who may write to place yourselves under our medical care, need not hesitate to visit us. You will find us in every way equal in all our accommodations for one hundred people, that we were before the fire for one hundred and thirty to one hundred and forty in the summer season. You will find the same care, attention, devotion, skill, kindness, and readiness to do for you, as before our accident.

The question will naturally recur, What are you going to do? Our answer is: This winter take care of a hundred patients, if we can induce them to come to us; cure them, every one, if possible to do so, and by next June,—if Heaven blesses us, and raises up friends to help us—be able to accommodate, in connection with our present facilities, at least one hundred and fifty patients, and from that point proceed to stud our beautiful mountain slope with cottages, where the sick shall dwell till their feet become as hind's feet for swiftness, and their laugh for its music shall equal the outburst of the meadow-lark on a bright sunny morning.

You who have never seen our beautiful Home, as the sun lights it up at his rising in autumn, our woody foliage, resplendent in golden tints, our air clear and pure as ether, our lake in repose like a girl asleep in innocence, our birds with hardly getting out of one's way, as you wander through the forest, can form little idea how devotedly attached we are to Glen Haven. With such influences unceasingly operating on us to assist in shaping our characters, moulding our habits, modifying our ideas, stimulating the devotional within us, purifying our tastes, and, in connection with literature and religion, raising our aspirations, and causing us to feel that God is ever present with us—that Nature, as she wraps around us her great protection, is

A mistress gentle and holy—

nothing is wanting but to understand the laws of our being, and to honor them, to constitute us a people by ourselves; peculiar but not eccentric; simple in habit, yet not singular; natural in bearing and manners, yet not affected; and evolving in all our daily intercourse that hidden life-power

which all possess whose force, once free to act, puts death at bay, and lifts the feeble into strength.

Under such circumstances, and surrounded by such conditions, it is wonderful that we cure the sick; that our guests come to us from Minnesota to Maine, and from Mobile to Canada, hundreds on hundreds of them, wrecked, shattered, shivered to pieces by disease, as an old pine is shivered, when, in some grand thunder-gust, the lightning strikes it—broken down, ruined, drug-smitten, given over by science and art to die—and God, who is loving and good, and takes no pleasure in the death of him that dieth, has blessed us as we have gently laid them down in the lap of NATURE, who has watched and tended them, nursed and encouraged them, brooded and blessed them, like a mother her first-born? Is it wonderful that, whilst our life is as their lives, our blood as theirs, the strength of our hearts and the hope of our souls are for them, they should find our slightest suggestion having with them the weight of authority, inasmuch that men of culture, and women of refinement, those thoroughly disciplined, and those who have had their own way, the wealthy and poverty-stricken,—all, with one accord, fall into our ways, eating, sleeping, walking, talking, bathing, not bathing,—in fine, doing as *we would wish*? Is it wonderful? People say it is. Physicians say so, ministers say so, editors say so, it is common to say, "What wonderful power you have over your sick!" and to our guests, "You all seem to go one way. It is very wonderful!"

A distinguished medical man of New York city, formerly of the South, has visited us since our fire. He staid with us two days, and, with our permission, mingled and talked freely with our sick, learned their histories as far as they chose to communicate, and just before going, said, "One thing is evident. A very large majority of our patients, who are restored, and the influence you wield over them is wonderful!" Said an editor of western New York, one of the broadest and deepest thinkers in our midst, who left us yesterday morning—"I am confounded and made dumb at what I have seen at the Glen. It is wonderful, the results you produce." Said a woman of high character to us, "I came to see the Glen under deep prejudices. I want to say to you on parting, you have removed them all. It is wonderful! Now, in reality, there is nothing wonderful in our success, and that to them it is so, grows out of their estrangement from Nature. Their whole manhood is trained after false models, and bent to conformity with that which is fictitious and unsubstantial. They do not wonder that the pine shoots its head up to the clouds, or that the oak casts the shadow of its great limbs over an acre of earth. They do not wonder at the beauty of the violet, or the tints of the lily. They see nothing surprising in the soaring of the eagle, or the speed of a racer. The heavings of the sea, they lift their eyes up and behold them, and they see the flashings of the lightning, and hear the "live thunder"—but they wonder not. These magnificent and mighty exhibitions, they are prepared by daily observation and reflection to ascribe to nature. But in her greatest work, man, on whose fate all her other works for their glory and perpetuity depend, they give her no credit for interest, or attachment, or displays of power. They expect that the apple tree, or the bean plant, from its birth to its decay, will find its life sustained by her kind hand, forgetting that she upholds her creations by a force proportionate to their worth, and that to man she dispenses special protection. But these wonderful things, man can do, and they are surprised at his resurrection from a sick-bed, through agencies so simple as those of water-treatment. Yet we repeat, there is nothing wonderful in it; because the whole process is simply bringing one's activities into harmony with the springs of his life and

the forces of the external world. But we humbly submit, that the agencies described are rather elaborate, and derive their power from their intimate relation to another class, who find their home in our own bosoms. It is no small thing for a physician to believe what he does; to represent his inner convictions by his outward actions; to have his principles illustrated through a life of calm duty and heroic devotion. For a truth is aided in its way to triumph, by having its worshippers sincerely and truly trust in it. Now we do believe in the Water-Cure method of treating disease. We know it is true. We have demonstrated its superiority, in hundreds of cases, over all other methods; for where they have failed, this has again and again succeeded. Why should we not give to the Water-Cure our most unbounded confidence? As physicians, we are what its principle has made us. Our reputation belongs to it, for its great central idea has built it up. When we commenced our practice, neither of us had medical reputation. No herald blew trumpets to announce that we took our places in the ranks of Hydropathic physicians. We began unaided, unstimulated, and unassisted by any arm but God's. Not a patient in our house—not a promise of one; with prophecies of failure, with sneers at our audacity, with contemptuous smiles at our folly, with no capital but Faith,—we committed our way unto the Lord, and trusted in Him, that he would bring it to pass, and we have been amply what we believed. Establishment in the land has had better success, or to-day stands better in public esteem. We have treated 1,400 cases in four years, the guests having visited us from twenty-seven States and Canada. We have benefited or cured at least 1,300 of them. We have rejected as hopelessly incurable, and which we have declined to encourage coming to us, 1,075. We have made 2,016 prescriptions for home treatment, for which we neither asked nor received one penny, during the first three years of our practice; and the last year, with slight exceptions, have charged as advertised. We have seen no day since the 26th June, 1853, to this day, in which we have not had at least seventy patients, and during two months of this season had over one hundred and twenty.

We have helped the poor, honed the homeless, strengthened the weak, sustained the feeble, and in all things have tried to do as Jesus Christ would have us. We have written what we believed to be true, have spoken frankly what we thought worthy of utterance, have cherished towards our coworkers a manly, generous feeling, have rejoiced in their successes, and sorrowed for them in their trials. We have delivered lectures to our people on Hydropathy, on Literature, on History, the rise, progress and fall of nations, on Biography—taking for our texts such men as in their day and generation left the impress on the world. We have ourselves led lives of simplicity and truth, in all things commending our principles by our daily deeds to the calm and sober judgment of those under our care. We breathe pure air, drink pure soft water, eat simply-cooked food, dress with special reference to comfort and taste combined, and lie down at night in the shadow of a great mountain, without bolted door or barred gate in all our borders, and fall asleep with the Most High for our Shepherd. Reader, if you think that seeking health under such exposure has nothing of the recuperative in it, you are mistaken. There is a divine benignity which spreads itself over such life as this, as kindly and tenderly as an angel spreads his wings over a sleeping infant. And if you think of coming to the Glen to spend the winter with us, in the epitome we have given of what we do and what we are, you may gather somewhat of the life you will be likely to live.

We frankly say to you, that we do not wish to see you at the Glen, with the impression superimposed in your mind that we can and shall cure you, though you are frivolous and inert, fault-

finding and capricious; though you pay no respect to law nor the human constitution. Persons who are vigorous in the direction of wrong indulgence, who show marked energy to gratify appetite, who find time to waste in useless adornment, and leisure to debauch daily, but have neither vigor, nor energy, nor time, nor opportunity, to work for their restoration to health, we cannot cure. We want courage and hope, faith and patience, resolution and fortitude, to accompany you as ministering spirits, to sustain and uphold you and ourselves. We will spread no bait to catch you and draw you into our net, by representations of richly-furnished rooms, down beds, splendid table-service, and highly-seasoned food. Glen Haven is a Water-Cure, where the sick congregate, and our accommodations are neat, pleasant, and simple. Those, though sick, who find their lives to consist in false and shallow gratifications, to whom artificial and luxurious indulgence is an essential to existence, will not like us if they come. We feel ourselves impelled by the highest considerations to change the habits of such, and bring them into correspondence with a moral sense whose decisions are on the side of responsible character. The rich come to us, and like our ways. We cure them as we do the poor; but it is not in the use of all that is destructive which money can buy, that we educe the aid which works out their almost miraculous restoration. It is in rectifying that in their habits and that in their bodily state which is wrong, and so leading them step by step to the mountain's height, from whence they obtain a view of life so transcendently beautiful that they bless us as long as they live. In all that tends to promote health and make our sick ones happy, we shall not be found wanting this coming winter. What influence in shaping our destinies our calamity may have, we cannot now say. We belong to the cause of Water-Cure, and by God's blessing, shall live to succeed in commanding it to the confidence of those with whom we may have to do. We may have to work much harder than ever before, for it is given to some to endure rather than to enjoy; and to some, Success is the child of Struggle. She brings her babe to the birth in labor and sorrow, but she lives to see him a crowned king, whom millions admire. Leaving our future in the hands of Him with whom are the issues of life, we gather up strength for the work we have to do, and remain

Kindly and faithfully yours,

JAMES C. JACKSON,
LUCRETIA E. JACKSON,
HARRIET N. AUSTIN.

AN INCIDENT

IN THE ANNALS OF WATER-CURE.

BY OLIVIA OAKWOOD.

The dwellers in one of those forest-environed towns scattered profusely over the Valley of the Great West, and hitherto secure in a long memorized healthfulness of location, were recently appalled by the grim spectre of cholera appearing suddenly in their midst. Looking in at the door of one of their most valued citizens, he levelled him almost breathless, then scattering the blight of his scourging among the survivors of his household, strode onward with accelerated steps, leaving behind him legacies of desolation and silence, wailing and tears. Amid the hitherto busy streets and cheerful abodes, few were the healers of the sick; to many, ah! very many, "there was no balm in all their Gilead, no physician there." Then, the pure springs were gushing freely from the cool rocks, and the low stream mended gently over its bed of stones, but each were unheeded; none dreamed of the pana-

cea contained in their crystal depths. True, rumor had ascribed powers of healing to these every-day blessings, but, "after all, what virtue could be found in *just water* to heal diseases?" So, with a curl of the lip, and a sneer on the face, one and another turned away from the little Jordan which lavied their banks, and resorted to devices and poisons found only in the warehouse of drugs.

Death had been busy within one homestead. Of those who had welcomed together the coming of the rosy months, one after another had been stricken down by the Destroyer, until only the mother, low upon her bed in the agonies of preservative dissolution, and a daughter, stupefied with horror and grief, were all that remained. The feet of the few who were willing to convey her beloved dead to their narrow house had just parted from the threshold with their scanty funeral, and by her side remained her daughter and a kind and courageous neighbor. Her physicians had signified their inability to save her from impending death, and had turned their steps elsewhere. To them she had poured forth her piteous pleadings for water, cold water, to cool the fires that scorched her vitals. "Not one draught, as you value your life," had been the only response; and now she was alone with Death. "Give me but one drink, only one, Mr. —, and my watch shall be yours," said the agonized woman, pointing to a valuable gold repeater which had marked the moments for the administration of the nauseous and powerless drugs. Mr. — had listened with sorrow and indignation to the denials which had been made to her prayers, for he was a believer in Hydropathy, a mark often for the ridicule of the Regulars. Now that the field was left to him alone, he gladly presented the cooling draught to the parched lips of his suffering friend; and when "one more" was pleaded for, and "yet one more," it was not denied. Angel of mercy he seemed to her at that moment, and such he truly was. Owing to no knowledge or skill save what he had gleaned from Hydropathic books and observation of the workings of nature in her own domain, he yet possessed the faith that he could save his friend.

Proposing to her, then, to avail himself of all the knowledge he possessed of Water-Cure, as he could not surely injure her, how gladly she consented, how hope beamed from her sunken eyes! The Good Samaritan quickly surrounded her with his aids, in the forms of the wet sheet, plenty of cold water to drink, friction, &c., &c.; and when the bearers returned from the funeral, expecting to renew their mournful task before many hours, they found their friend in a natural sleep, with the dew of returning health issuing from every pore.

The gladness of his soul imparted a happy thrill to his frame that he would not have bartered for the most valuable watch in the country, nor would he have exchanged his position for that of the proudest Regular who boasted an M. D. to his name. The woman lives in the enjoyment of health. "A Water-Cure to the wise is sufficient." [New Lisbon, Ohio.

SOME HYDROPATHIC FACTS.

RECOLLECTING YOUR request, in some former number of the WATER-CURE JOURNAL, to the friends of Hydropathy, to relate any interesting facts in connection with the subject, and at the same time recalling to mind a recent obligation to order a brace of subscriptions to the Journal, I avail myself of this opportunity of complying with your request, by obligating my obligation.

During the four years of my agency for your publications, I have witnessed the rise and rapid progress of Hydropathy in some of the southern counties of Mississippi. Facts have meantime been developed within my own experience and observation which alone would be sufficient to fill quite a respectable volume. These, however, are scarcely equal in number to those that have

been related to me by others—all strongly illustrative of the astonishing efficacy of water and hygienic agencies in the cure of disease. I will as briefly as possible state two or three of these cases.

FIRST CASE.—A little girl had a dangerously severe fever, so as to excite the strongest apprehensions of an experienced nurse that she would not live half an hour. The mother having heard of the wet-sheet process, concluded to try it. In less than ten minutes favorable symptoms were noticed, and in half an hour the child was out of danger, and in two or three days was enjoying its childish sports as usual, quite well.

SECOND CASE.—A miss, perhaps thirteen or fourteen years old, was pronounced, by an Allopathic and Botanic physician, in consumption. She was fast declining, and her relatives thought she would scarcely live twelve months. Both her father and the Botanic physician had previously obtained Trall's Hydropathic Encyclopedia, and had acquired considerable confidence in the Water-Cure. So the doctor advised the application of the chest-wrapper, to be worn constantly, as recommended by Dr. Trall, together with daily bath, with friction, and other general hygienic agencies. She in a few days commenced expectorating an astonishing large amount of mucus, which symptom continued several days, when it gradually subsided, and with it her cough, pain in the breast, &c. Her strength, flesh, appetite, and color were regained, and in three weeks, through all of which time she wore the wrapper, she seemed entirely well and in fine spirits, and has been, I believe, ever since.

THIRD CASE.—Another young lady in her teens was violently attacked with bilious fever. After continuing several days, the crisis came, and she was supposed to be dying; was pulseless, senseless, helpless. A very successful Botanic physician had been attending her case, and now (on Sunday night) was called in haste, being told she was dying. During the next twenty-four hours all his skill and experience was exhausted upon her without producing any change. No one thought she could be raised, the doctor himself saying she was beyond the reach of human aid. In this extremity, the mother, who had heard of the wonderful efficacy of the wet-sheet pack, suggested its application. The doctor consented, and she was packed according to rule. In less than half an hour she moved in the pack, appearing slightly restless, when she was taken out, rubbed with a dry towel, and put into a dry bed to rest. This process was repeated twice during the night. On the first repetition she recovered her senses, and on the second her speech, while in the pack; after which she rapidly improved under the application of wet bandages, sitz-baths two or three times a day, with water-drinking and fasting, so that in ten days she was in the enjoyment of her usual good health, which she retains till the present.

Water-Cure is now firmly established in the confidence of hundreds of the people of Illinois and Copiah counties, and the door effectually opened for the location of a skillful Hydropathic physician in both these counties. Indeed, this is now the greatest want of these communities, which I hope an early future period will see supplied.

J. F. D.

FROM C. H. L.—Your Journals are raising a stir out in Illinois. One good dame in particular is perfectly infatuated with their teachings. Last fall she said: "Husband, I will abandon the use of tea and coffee, if you will abandon the use of tobacco." Husband consented after being "labored" with, for he was reluctant to part with the luxury he had enjoyed for many long years. He was afraid it would kill him, or at least injure his health; but, strange to say, it has not produced either of these effects, and to my personal knowledge and experience, he is becoming more fleshy, healthful, and ere long will be what you would call a half-way decent man.

REVIEWS.

UTERINE DISEASES AND DISPLACEMENTS. By R. T. TRALL, M. D. Published by FOWLER and WELLS, New York. [Price, prepaid by mail—colored edition, \$5; plain, \$3.]

This work treats of an extensive range of maladies which have long been but poorly understood by the medical profession, and which have been treated by the majority of physicians on entirely erroneous principles. No pen can well exaggerate the mischief which has resulted from the ordinary calomelizing, leeching, bleeding and blistering practice in diseases of the uterus and its appendages; nor can we find language to express the ruinous consequences of the common methods of treating malpositions of the uterus by pessaries, and other similar mechanical contrivances. In the work before us, the author has most convincingly demonstrated the fallacy and inevitably injurious results of all attempts to cure on such principles: whilst he has in an equally clear and conclusive manner pointed out the true methods of successful treatment.

Like all the writings of its industrious author, it is sufficiently scientific to be a text book for students and physicians, whilst it is intelligible to the non-professional reader.

Of late years, (so miserably maltreated and so notoriously unsuccessful have ordinary physicians been in their management,) these complaints have been made a specialty by certain physicians, who have discovered a more successful method of treating them than the usual drug-and-pessary plan. The advantages and applicability of the newly-discovered hygienic resources, the author has plainly set forth: and whilst he has refuted the various false notions which prevail on the subject, he has preserved and explained the proper surgical management of such cases as actually require the knife, the caustic, or the ligature.

The most striking feature, and probably the most valuable part of the work, is that which relates to the various displacements of the uterus. This subject has long been almost as a sealed book to those females who have suffered miseries that no pen can exaggerate in consequence of them; and what has aggravated the wretchedness of the sufferers, nearly all the attempts which have been made to relieve them by their professional advisers have only made a bad matter worse. Thousands of females all over the country will find here the knowledge they so much need. They will be enabled to see and understand for themselves the exact nature of their difficulties and disabilities, and thereby be enabled to judge for themselves of the propriety of any suggested course of treatment, before going through, as has too often been the case, months or years of profitless or ruinous experimentation.

The illustrative plates, many of which are from original designs, are colored, to render the subject more easily comprehended, and for the especial benefit of lecturers and teachers; and are entirely unlike any thing which has ever before been given to the profession or the public on the same subject.

Let it get into the hands of all the females of our country who are laboring under uterine disease, debility, or displacements of any kind, and they can hardly fail to find in it the information which will enable them to recover health by means of home-treatment, or, in a difficult case, to seek assistance in a proper direction.

S. R. Big Rock, Iowa.—The good which your Journals are doing in this country is incalculable. Where, three years ago, the Journals and Hydrophy are alike unknown, nearly thirty copies of the two Journals are now taken. Pork and its kindred are giving place to wholesome fruits, and sickness is much less common. The value of the Journals is better felt than told; and for one I shall ever swell me from the ex-stomach's grave, but because of their immense riches in wisdom and thought, and their value to posterity.

Dietetics.

It is proposed to devote a portion of our space to the discussion of Dietetics. Contributions will be received from the leading writers, and published—in other departments—under their own names.

NOTICE.

The *American Vegetarian*, formerly published in Philadelphia, has been discontinued, and the subscription list is to be transferred to the *WATER-CURE JOURNAL*.

Members of the Vegetarian Society—among whom are some of our leading Hydropathic practitioners and writers—will communicate with the public through this Journal.

Mr. HENRY S. CLUBE has been appointed by the Society to superintend the Vegetarian Department for them.

VEGETARIANISM.

BY HENRY S. CLUBE.

The position which we take in the inquiry in reference to the great question of human aliment is:

I. That man is created with faculties for becoming free to select his own food, just as he is to adopt his own principles of morality and religion.

II. That notwithstanding this freedom of choice, man is best adapted for food of a certain character, and food of a certain character is best adapted for him; just as there are certain principles of morality and religion which best promote his interests.

III. That to inquire into the nature of man, in order to discover the description of food which is best adapted for him, and adopting in practice the convictions resulting from such inquiry, are the only means by which the power of FREEDOM OF CHOICE can become developed; just as moral freedom is enjoyed only in proportion as correct morality is observed.

We do not declare that man is already free, either in dietetics or morality. He is enslaved by appetite and habit. "I cannot live without my tobacco," says one. "I must have my glass of brandy," says another. "I should die, if I did not eat meat," says a third. "I should sink, if I did not take my cup of tea," says a fourth. Now whoever heard a person say, "I cannot live without my apple;" "I must have my bunch of grapes;" "I should die, if I did not eat my potato;" "I should sink, if I did not get my tomato;" No, these are all simple and wholesome, and consequently enslaving to the appetite, and can be as well supplied by almost any other simple and wholesome production of the vegetable kingdom, while the other articles are so many links in the chain by which the

great enemy has bound men through the medium of their appetites. It is a good test by which to know if a food is natural; does it enliven the appetite? Can it be given up at any moment and substituted by another, equally wholesome, without a feeling of craving? The way to enjoy this dietetic freedom, therefore, is to be determined to take nothing which enslaves the appetite. When a person tells us, "I cannot do without my snuff, or my meat, or my alcohol," we reply: that is the delusion which taking these things has created, and the strongest possible reason for giving them up:—be a man—declare your independence—serve God and his truth—fall down to no idol—be no longer a slave—and though it may require a struggle at first, you will enjoy a glorious liberty, "the liberty of the children of light."

It will be seen from these remarks that if we do not regard this question as one of morality and religion, we regard it as closely analogous thereto and indissolubly connected therewith.

Freedom is the question which is paramount to all others in the progress of the world, as without it nothing can ever be achieved, either individually or collectively. There could be no development of the faculties, no resistance of evil, no embracing of truth, without freedom of choice. The question therefore with which Vegetarians are frequently met, "For what purpose were animals created, if not to be eaten?" is answered by the great law of human freedom. Unless these creatures were created, there could be no choice: man would have been a vegetarian from necessity, not from conviction—not from the decisions of a matured judgment or a cultivated heart.

How great and glorious therefore is the destiny of man! He is not to be a mere creature of passion or impulse, of instinct or of uncontrollable fatality, but he is to grow into all the proportions of a dignified human being, using faculties which have become matured by experience in battling with error and in overcoming evil; possessing a strength for good and useful purposes which a mere thing of necessity could never enjoy.

All we ask is a fair and candid investigation of the various phases of this question, which will be presented by the different minds who will present in detail their reasons for adopting vegetarian diet, their experience before and since, and their convictions resulting from such experience.

Our space this month will be mainly occupied with a verbatim report of a highly interesting address, delivered by the Father of Vegetarianism in this country, who is now as active at the age of sixty-six as many men are at forty-six. It was received with marked attention and deep interest, and the simple but forcible narration of facts will long be remembered by all who heard it.

In succeeding numbers we hope to present a greater variety of articles, and shall look to be sustained in our efforts by men and women whose originality of conception and vivacity of thought will bring ample light to bear on the great subject—the daily want of our bodies—which will be shown to exercise a great influence on our minds.

ADDRESS

BY REV. W. METCALFE, M. D., IN NEW YORK.

The Vegetarians of New York had for some time been anticipating the pleasure of the visit of the father of Vegetarianism in this country, the Rev. W. Metcalfe, of Philadelphia; and on Monday, the 11th of September, that gentleman arrived in New York.

The next evening, a numerous meeting of the New York Vegetarian Society took place at the Laight Street Lyceum, when Dr. TRALL presided, and, after some preliminary remarks, introduced the

Rev. Wm. METCALFE, who said: The subject of Vegetarianism is one to which my attention was directed at the age of twenty years, when I gave up the use of animal food, and from that period to the present time, I have not tasted fish, flesh, or fowl. This occurred in the year 1839—forty-six years ago. During the whole of that period I have been sustained without the use of flesh-food. The influence which operated upon my mind at the time was of a moral nature. I thought it wrong to sacrifice the life of animals in order to sustain my life. My friends and acquaintances were all opposed to my persevering in this way. They looked upon it as not only eccentric, but as likely to be destructive to my life. They told me I was sinking into a state of consumption—that there was a probability that I should not continue to exist more than five or six months, if I persevered in this mode of life. Notwithstanding all that was said about the danger of my going into a state of consumption, instead of going into such state, I entered into the matrimonial state. [Cheers and laughter.] For forty-three years I lived in that condition, and myself both living according to Vegetarian principles. During the whole of that period we never purchased a single pound of butcher's meat, and never had it in the house. The rest of the family, consisting of five children, never tasted meat. They are all married, and are all fathers and mothers, with families. I am not only father and grandfather, but great-grandfather; one of my grandchildren being married, and is the father of two children; so that Vegetarianism in this respect seems to have spread and increased. We have not only been blessed in this way, but our children, while they were children, were exempt in a great measure from most of those diseases which are common to childhood.

In 1817, I emigrated to this country; thirty-seven years ago, this past spring. During the passage we had some difficulties in always obtaining what was necessary in the way of vegetarian diet; still, our own family succeeded in living without partaking of any thing that had had life. There were a number of other families on board professing to be Vegetarians, but life on ship-board is a time to try people's faith in principles. Although when we left Liverpool there were something like forty who professed to be believers in Vegetarian principles, when reaching the city of Philadelphia, there were probably few who could say they had passed the ocean without partaking of this kind of diet.

In that year I commenced teaching school in the city of Philadelphia. The following summer, yellow fever broke out in the immediate neighborhood. The neighbors removed from the vicinity under the influence of fear. I continued with my family to reside in that neighborhood. We made no alterations in our diet or in our habits in any way; and although thus placed, we were entirely exempt from that disease. A like occurrence took place in the following year; though my school was closed for nearly three months, both of these years, on account of the existence of that disease in the vicinity, yet we

continued as a family to reside there and to enjoy health.

In 1832, when cholera made its appearance in the city, I was frequently called upon, as teacher of religion, to make prayer for those who were about to separate for eternity. I never refused to do my duty in that respect, and yet I escaped from any effects of the disease. My family in like manner escaped, and so did some other families with whom I am acquainted, who lived on vegetarian diet at Philadelphia at that time. The like was the case also in 1849.

I consider it not only a system of diet calculated to promote health of body, clearness of intellect and purity of moral feelings, but it is also essentially beneficial in the promotion of every kind of mental improvement. A sound mind is only to be found where the body is sound. Living according to the rules of Vegetarianism, living according to the order of the Creator as impressed upon our minds, we shall be blessed,—blessed with health, blessed with intellectual enjoyment, and with whatever tends to elevate human nature.

Some have thought that Vegetarianism will do very well for people of sedentary habits, but that it would not answer where laborious occupation is followed. But we have in our society at Philadelphia a member who is eighty-three years of age, and who has been a Vegetarian forty-five years. He is laboring every day, the same as any other hand, in a large dyeing establishment. He at this day continues so to labor with young men, and performs the same amount of work as they do about the premises, and receives the same amount of remuneration.

For more than thirty-seven years I have preached twice every Sabbath day, and have not missed more than nine Sabbaths during the whole time, and then generally from being absent from home. In the course of this period I have connected with a printing establishment. Some of you perhaps are aware of the nature of the labor of a pressman. I frequently undertook to work the press. I have worked the large double-medium Washington press, and turned off seven or eight tokens of letter-press printing in a day. If there are any printers here, they will know what kind of work that is. It is an amount of work that few men could endure. I mention these things not in any spirit of egotism, but simply to show you that it is possible for human nature to be sustained and perform the most laborious occupations under that peculiar kind of diet prescribed by Infinite Wisdom itself.

My own impression is, that the system of Vegetarianism is best adapted for the promotion of human happiness, for the elevation of human nature, and to bring man most effectually to that condition from which, through transgression and the gratification of improper habits, he has fallen.

Much has been said on the subject of the Bible argument. Many have thought that the testimony of the Bible is against entertaining an idea favorable to Vegetarianism. The Bible however needs only to be examined impartially, and it will produce the conviction that there is much more to be met with even in the literal expressions of Sacred Scripture in favor of vegetarian diet than is to be found in favor of eating flesh. The very first law or injunction given to man was as to what he should eat: "Behold, I have given you every herb for food, and every tree in the which is the fruit of a tree yielding seed: to you it shall be for meat." (Gen. i. 29.) This was the law of the Creator given to man from the commencement. We have nowhere reason to believe, from what is presented to us in the Bible, that Infinite Wisdom is subjected unto change. If that Wisdom saw such food to be necessary for the happiness of man, to be best adapted to his well-being, there can be no reason for concluding that He afterwards altered his opinion, or, as some have thought proper to tell us, that the fall of man—the influence, the inauspicious condition in which he was placed—called forth the necessity for a different kind of diet,

and hence man was permitted to eat flesh. That he was permitted to eat it is not disputed, but that he was commanded so to do is altogether a different matter. We were permitted to do many things that we know to be wrong. We are permitted to transgress many of those laws which we know to be calculated to promote both our spiritual and physical well-being. But it does not follow that because we are permitted to do these things, it is right for us to do them. There was a time when the Jews, you will remember, were permitted by a law of divorce to put away their wives; "but," said Jesus Christ, "in the beginning it was not so; Moses, because of the hardness of your hearts, permitted you to do these things." So in relation to flesh-eating: it was a habit superinduced in consequence of the perversion of man's freedom. He had presented before him good and evil for a choice. He chose to adopt a habit which was contrary to his physical well-being, and calculated to deprive him of much enjoyment.

We have only to contemplate the human system, and we shall see that the wisdom manifested by the first law given to human nature is manifested also in the organization of our body. We have but to compare the whole digestive apparatus with that of other animals, to be satisfied, that man by creation was obviously intended to sustain his physical powers by the productions of the vegetable kingdom. We believe that religion, physiology, anatomy, and history also will bear out the principle as being in accordance with the best interests of human nature. Under these considerations we have adopted this practice. We have lived in accordance with these principles forty-six years, and you see the result before you. I am sixty-six years of age. I presume there are few persons of that age who can endure more fatigue of almost any character than I can—few who have gone through such variety of changes as I have experienced. I attribute the health I have enjoyed, the happiness I have experienced in my family, the good of my children since they have heads of families, and the family of my grandson, principally to the adoption of this kind of diet; and I have very good reason to believe that if the principles became more universal, the prophecy would be realized, that man would "neither hurt nor destroy in all the holy mountain of the Lord;"—that man would cease to take the life of any of God's creatures, believing that they have an equal right to enjoy life with himself.

Religion teaches us that the time is to come when there will be a kind of heaven upon earth, or the "Millennium," as it is commonly called. Can you suppose that a man under the influence of pure Christianity, a man governed by the strictest laws which God has revealed for his well-being, would intrude his hands in the blood of His creatures merely for the purpose of gratifying an appetite that he must know to be contrary to the will of his Creator? For my own part, I am satisfied that the more a man tries the system for himself, the more fully he can be satisfied with its excellency. [Applause.]

A gentleman present inquired in relation to the health of his children, grandchildren, and great-grandchildren.

Dr. METCALFE replied that the children were in the enjoyment of good health, and had never been subject to the cholera, or yellow fever, or small-pox, although the disease had raged around them.

Mr. HENRY S. CLUBB corroborated the statement in relation to the health of Dr. Metcalfe's grandchildren, they being remarkable for the solidity and plumpness of their muscular system.

CHAS. H. DE WOLFE, of Philadelphia, a gentleman of large muscular proportions, with a fine black beard flowing over a broad, expansive chest, said he thought there might be some difficulty in deciding whether Father Metcalfe could

attribute his hale and hearty old age to Vegetarianism or to matrimony, having gone into both at about the same time. He then proceeded to argue the question in a philosophical aspect, and stated it as his opinion that Vegetarianism had been mainly instrumental in producing this result.

After remarks from other speakers: Mr. CLUBB said it had been estimated that the flesh of animals consumed in this country cost \$263,903,250, annually. Nutriment obtained from flesh cost, at the lowest computation, fifty cents a pound; because, if flesh could be bought at twelve and a half cents per lb., it would require four lbs. to produce one lb. of nutriment, because seventy-five per cent. of flesh was simply water. The quantity of nutriment, then, which this large sum purchased, could be set down at \$27,806,500 lbs. This same amount of nutriment obtained from various kinds of fruit, vegetables, and farinaceous food, could be purchased for \$65,975,812.50, and this deducted from the sum expended in flesh, would leave a balance of \$197,927,437.50, which large amount would be saved annually, by taking food at first-hand from the vegetable kingdom, free from disease, instead of second-hand from the animal kingdom, when it had become subject to the numerous diseases of animals, to which men had also become subject. This, then, as a question of political, social, and domestic economy, was of far greater importance than the extension of slavery, or any of the great questions which have agitated the country for the last thirty years.

After an interesting debate, the meeting adjourned until the first Tuesday in the following month.

Miscellany.

REMARKABLE CASE OF EPILEPSY.—Dr. Wm. A. Alcott sends us the particulars of a recent case treated by him:

The predisposing cause of the patient's disease—epilepsy—appeared to be two-fold, viz: an unfavorable combination of temperaments, and a severe beating on the head by an Irish boy, some four or five years before. Of late years, however, the paroxysms were excited by improper and irregular indulgence of the appetite. He had also been injured by repeated medical treatments, both of the Eclectic and Old School forms. The winter was severe, and there was danger that the old diseased action would resume its sway. I determined to make an effort to save him.

In view of the connection between the stomach and the cerebral system, I told Henry what must be done to save him, and what was the only true cure. I set before him health, and life, and happiness on the one hand, and death and on the other. I told him plainly, and positively, and clearly—he was intelligent—the price of the former, and the cost of the latter.

He was convinced—determined. He pledged himself to follow my directions in every point, implicitly and unconditionally. He was in the winter season expected to stand by night and day, as much so, almost as if he had been a babe. In general, he followed my directions, and he had his reward. Not a paroxysm occurred, not has one occurred since—now about five months. And if he continues "under law," not another will ever recur. Prospectively, he is cured. I did not leave him wholly for about three months—but the cure was effected essentially in about two.

I have not room for details. Suffice it to say, that the remedial agencies were as follows: 1. One hour in bed, which was very great indeed. 2. Determination to live. 3. Diet rigidly and unequivocally vegetarian. Only two meals—at 12 and 6. No drink with meals, and only water between them. Diet simple, small quantity, each half hour. 4. Pure air applied both naturally and artificially. 5. Hand-rubbing and dry packing. 6. Proper clothing, &c., both night and day. 7. Proper exercise. 8. Bathing. 9. No medicine.

About the fifth day he walked with me ten miles without injury. Never walked over six miles in one, which is his life. It is now on a farm in Woodbury, Conn. Not only has he had no more paroxysms, but no more vertigo, to which he was before subject. The water-cure is one of the most wonderful cures ever seen or read of.

If epilepsy can be cured by hygiene, what disease cannot be? And if the stimulating high-vegetarian system be so good a curative agent, how much better as a preventive!

[For a more elaborate statement of the causes, prevention, and full Water-Cure treatment of Epilepsy, see The Hydropathic Encyclopaedia, p. 206, vol. 2, and Hydropathic Family Physician, p. 196.—Eds.]

THE RATTLESAKE QUESTION.—In the June number of this periodical, I see much ado made about whiskey in rattlesake bites. Now this subject meets the Water-Cure physician at every step, and is put by the rum-whiskey-punch-paregoric-paths as a settler; but when we ask these expounders to relate that for whiskey-bites and rum-bites, wisecracks what is the cure for whiskey-bites and rum-bites, some, they are always put to the blush. I have a little experience to relate that I think will interest and instruct brethren in defending the great Water—or, more properly, Nature's Cure. After lecturing one evening in a small village not far from this town, they of druggapathy, as usual, tried to get up an idea that there were some cases in which medicine or poison ought to be used. They hit upon *snake-bites* as a desperate case, in which I would certainly fly from my positions. In the morning they made free to put it at me, while in a store. I told them that Gen. Stewart, of Xenia, had told me that the region of Virginia whence he came was much infested with vipers and other deadly-poisonous reptiles, and the best thing that they had ever found for a cure when any one was bitten was to stand in a stream of running water. I had scarcely made this remark, when a young man who was standing by remarked, that he didn't know any thing about Water-Cure, but he had a fine horse bit by a rattlesake in the leg, and to all appearance the horse was lost. He tried "every thing," as usual, but the limb continued to swell and become extremely painful. He said he thought he would try to alleviate the pain by riding him into the water. He did so, and in a few hours he came out well; he was saved. Some time during the same season, he had an ox bit on the nose, and his head began to swell terribly; again he tried "every thing," but to no purpose. Finally, he thought of the other case; but how to get the head in the water was the rub. He drove him into the water, pressed his head into it, and the animal, feeling the cooling effect, continued to immerse his own head in the pond till he was completely restored. "Now," says he, "these are facts, though I don't know any thing about your Water-Cure." It would have taken a glass of whiskey to have made these same druggapathists ask any more questions. What is Nature's common-sense cure, and in all such cases, all the human organism needs is plenty of it to assist in diluting and expelling the morbid matter. R. L.

Xenia, Ohio.

SCIENTIFIC.—Not long since, a young lady called upon an Allopathic physician of my acquaintance, to have one or two offending teeth extracted, which accordingly were removed, with some difficulty; and then, to "tone up" her feelings, a "dose" of camphor was administered, which proved very troublesome to the lady, by a spasmodic resistance of the stomach and bowels. Upon this, he said, "Here's a powder for you to take, for I am afraid that of all your teeth upon that side will necrotic, but *this will certainly prevent them!*" Wonder how!

The same scientist was called to see a boy that had injured his arm, and pronouncing it broken, accordingly applied the splints; but, for some cause not known to me, not appearing in two days to be broken limb, the boy applied to another physician for advice, the fourth day after it was purported to have been set; whereupon, he carefully removed the bandages and splints, and asking some one to give the boy some candy, which was done, he seized it and readily put it to his mouth and ate thereof, without any detriment to the supposed broken arm!

I need not add, that he went home without *epitims*—nor has he as yet needed any.

I have now a patient under my care, though just from her sixth physician, "old school," and she says they all told her "that she would not live twenty-four hours, if she did go to the Cold-Water treatment! But, alas! they could not agree as to what to call her disease, nor the treatment; neither could they hold out any hope of help, with one exception, after a trial,—perhaps, for the want of a name!

But let these suffice, as examples of the regular practice, for this time; though they might be continued *ad infinitum*. I selected these because they came to my knowledge in one week. Yours in Reform, O. W. T., M. D.

HOW TO GET UP A "NIGHT-MARK."—Fifteen minutes before bed-time, cut up one dozen of cold boiled potatoes; add a few slices of cold boiled cabbage, with five or six pickled cucumbers. Eat heartily, and wash down with a pint of brown stout. Undress and jump into bed. Lie flat on your back, and in about half an hour, or thereabouts, you will dream that the Devil is sitting on your chest with Denker Hill Monument in his lap.

BREAD.—The Rhode Island Society for the Promotion of Industry gave the first premium for domestic flour to the Water-Cure, Providence. The following is Mrs. Hill's recipe for making the bread exhibited by her:

For two loaves of the ordinary size, take two potatoes; pare them, slice very thin, and boil quick until quite soft; then wash to a fine pulp, and add, little by little, two quarts of boiling water, stirring until a starch is formed; let this cool, and then add one-third of a cup of yeast. This forms the "sponge," which should be ready in a moderately warm place for ten or twelve hours, or "over night," until it becomes very light and frothy; even if a little sour, it is of no consequence when the "sponges" is ready, and flour, and work it in until you have formed a stiff firm mass. The longer you do more firmly this is kneaded, the better the bread.

Let the kneaded mass remain for a half to three-quarters of an hour to rise, then divide into pans, where it should remain say fifteen minutes, care being taken that it does not rise too much and crack; then put the loaves into a quick oven and bake, say three-quarters of an hour. If the oven is not hot enough, the bread will rise and crack; if too hot, the surface will harden too rapidly and confine the loaf.

The above plan of bread-making, so far as health is concerned, (which, by-the-way, Industrial and Agricultural Societies seldom think much about,) can be considerably improved. The sponge should *not* be allowed to become "a little sour," for although such bread may be shorter or more tender, it is, in one sense, like putrid meat, as much less healthful as it is more tender. Again, it is important to have a proper ferment. A "cup of yeast" is too vague; for if brewers' yeast were used, the bread would certainly turn out a poor article. And yet again, unfermented bread, if properly made, is still better than any raised bread can be. The *Hydrographic Cook Book* gives recipes for making this, as well as the best kinds of raised and fermented breads.

TO VEGETARIANS.—I too am a *theoretical* vegetarian; for man does not naturally, instinctively, eat flesh. Scatter around a little dirt seeded on the ground with chickens, toads, and snails, and apples, pears, and peaches, which would it instinctively eat, and which reject?

Whatever is natural must be right, and unnatural, wrong. I wish to live in a neighborhood or community where the people think and feel as I do—

"Birds of a feather

Flock together!"—

those whose temperaments or organizations are similar to my own. Like is attracted to like, throughout sensitive nature, in obedience to this law I wish to live.

I would like a home in Virginia, or some of the South-western States, where it is temperate, healthy, and sublimely beautiful; and among a people who will treat me and each other as they would be treated.

Vegetarians, do you know of such a place and such a people? If so, tell us briefly through the Journal. R.

TO PRACTICAL VEGETARIANS.—I am one of those who would enter into that proposed project, noticed under the head of A Good Suggestion, in the September number of the WATER-CURE JOURNAL, provided they would settle in a land as cheap and abundant, in some new State or Territory of the West. To make a beginning in this project, those that are desirous of entering into it should be put in correspondence with each other. If no one else has consented to be a medium for this, by addressing me, I will undertake it.—H. VOORHEES, Lodi, Seneca co., N. Y.

COLD WATER IN TURKEY.—Omer Pasha, the Turkish general, is proving himself an able commander. Some wonder how he accomplishes the immense amount of work which devolves upon him, but the secret all lies in the virtues of cold water. A correspondent of an English journal says—

"His constitution is so hardened by exposure, that there is no wearing him out. He is seldom or never ill; cold water is his panacea for every thing, and no Hydropathist ever need it so successfully. Several pails of cold water are thrown over him when he rises in the morning, before he commences the important operations of the toilette."

NETUMES ARE POISONOUS! all kinds of spices and peppers are injurious to health; so are tea, coffee, and all hot food and drink. Live on coarse, plain food; drink pure cold water; keep the head cool and the feet warm; live on sixpence a day and earn twenty pence; never be angry; keep a clear conscience; read the WATER-CURE JOURNAL, and

practise what you find in it that is good, and you may live long and do good.

AN ERROR.(?)—In the *Christian Advocate and Journal*, organ of the M-sthold denomination of this city, edited by Thomas E. Bond, M.D., we find the following:

THE HYDROPATHIC FAMILY PHYSICIAN a ready prescriber and hygienic adviser, &c. By JOSE SNOW, M.D., &c. Illustrated by nearly three hundred engravings. New York: FOWLER AND WELLS. It is certainly most preposterously small for a popular text-book to the profession, or any thing else, when they are assured that cold water, which costs nothing, will cure every thing, and even prevent all diseases.

Now we protest against such misrepresentation. It has never been pretended by the author of the *Hydrographic Family Physician* that "cold water" would either "cure all diseases" or "prevent all diseases." But it has been proved over and over again, that water, air, exercise, diet, rest, and other *Hydrographic and Hygienic agencies*, when properly applied, are a far more potent for both the prevention and the cure of disease than drug-medication. But Dr. Bond belongs to the "old school" Allopathic class, and looks upon the Water-Cure through glasses which colored with prejudice, bigotry, and jealousy; so much so, indeed, that he, having the present control, by appointment of the *Christian Advocate and Journal*, has given orders to his clerks not to publish even a *Hydrographic* or Water-Cure advertisement! and at the same time publishing in that paper several columns of miscellaneous advertisements, including "liquor and tobacco," yet excluding *Hydrography!* But we have this thought to console us, that while opposed by Thomas E. Bond, M.D., the Water-Cure is sustained and approved by thousands among the most intelligent Methodists. Clergymen all over the country practise it themselves, and recommend it to their people; and we have reason to believe that the course pursued by Dr. Bond is condemned by his own constituents. In the notice above quoted, it will be plainly seen that prejudice and bigotry, and not candor or judgment, dictated the false, wicked, and base insinuation. "We can afford to be charitable and magnanimous, having the right and truth on our side, while error, ignorance, and prejudice, will find their ignominious doom."

WATER-CURE vs. CALOMEL.—The house of Wm. H. Moody, of Standish, Cumberland county, Maine, was struck by lightning on the evening of the 14th ult. At the time, Mr. Moody, his wife and three children were sitting in one of the rooms. The lightning struck one of his daughters, six years old, upon the back of the neck, passing down her back side, and leg to her foot, leaving a discolored mark half an inch in width the whole distance, breaking the skin in places and scattering them in every direction, and making a perfect wreck of the house. Mr. Moody caught up in his arms the apparently lifeless body of his child, and made for a neighbor's house, followed by the rest of the family in a driving storm. Arrived there, *she was applied to by a doctor, and she was brought to.* The correspondent of the Portland Argus says that it is thought the girl will recover.—Bangor Courier.

When not struck quite dead, there is probably no other remedy equal to that of WATER, to restore the life of a patient. It has been tried repeatedly, and always, so far as we have heard, with success. What effect, think you, would a dose of calomel have in such an emergency?

ABSOLUTE HEALTH.—A writer in the *Hydrographic Quarterly* writes in a letter to the editor, "I would not blow his nose once a year; and a healthy man never snits." Not disputing this statement, we should add to it that an entirely healthy man is always the necessity of continual water ablutions to keep himself clean. The Arabs of the desert are noted for longevity, and yet have no use whatever of water as an outside Hydrographic agent.—*The Creator.*

We consent to the Arabian part of your argument, neighbor *Circular*, but would suggest that *with* the people become generally healthy, "water as an outside Hydrographic agent" had better be continued.

AN IMPORTANT FACT.—A farmer in Connecticut who recently took up a fence after it had been standing fourteen years, found all those posts solid which had been inverted from the way they originally grow, while all those which had been set in the ground, and were now set at the bottom. Heads down, therefore, seems a specific against decay.

When posts and stakes are thus set "little end down," the pores through which the sap circulates when growing are closed, which prevents the water from entering, and consequently prevents so rapid a decay.



THE MAN OF FASHION.



THE MAN OF SENSE.

COSTUMES CONTRASTED.

II. MALE COSTUME.

MANY of the gentlemen have already shown their good sense and proved themselves true philosophers by discarding the dress-coat and "stove-pipe" hat, and we begin to hope there are enough wise ones to save the city; but there are yet entirely too many who follow in the old beaten path, and we can only trust that their number will become "small by degrees, and beautifully less."

How any one can see any beauty or grace in a dress-coat, is beyond my comprehension; for its chief merit seems to consist in fitting the form without a wrinkle, and there are too few gentlemen who can bear so severe a test. Even the finest form looks better in easy drapery, while the majority would only thus appear well. A sack-coat for business, and a loose half circular for travelling, seems to us the most comfortable style.

We think neck-ties, especially in summer, both uncomfortable and dangerous to the health, inducing bronchitis. Why cannot a gentleman's collar be made with a handsome wide band, fastened to the shirt by a button, or, if they please, a diamond stud? Dressed in this way, with a loose coat buttoned partly together, he may in summer dispense with the vest, and thus be much more comfortable.

As for the "stove-pipe," it is of no more use and hardly so ornamental as the ladies' *petite bonnets*. A "wide-awake" is more useful. A cane seems unnecessary to a young man, unless, like our model above, he is on a pedestrian excursion. And tight boots are, for either sex, not only unbecoming and exceedingly uncomfortable, but also cause the foot to appear ill-shaped and never a bit smaller. But I have said enough; "a word to the wise," etc.

E. D. H.

A FRIENDLY WORD TO LADIES.—We are no advocates of airs and attitudes practised before the glass, but if the ladies will raise their dresses in the streets—as it is evident they will—it is important that they should do it skillfully, daintily, and in such a manner as to display neither more nor less than is intended. As a modest man, therefore, we would have them perfect themselves in the practice at home. A day or two since, we saw a divinity transformed to a dowdy for neglecting to do this. In walking from Rockwood's to State street with her dress raised to about the standard altitude, instead of displaying a pretty foot and ankle, immaculate nose and snowy dimity, as she evidently intended, she displayed merely a hand's-breadth of yellow flannel.—*Springfield Republican*.

To which Mrs. Swisshelm, of Pittsburg, adds: We are glad to see this ridiculous custom thus plainly reformed. This gratuitous holding up of skirts is positively disgusting—a silly imitation of Parisian grisettes which ought not to be practised or countenanced by women of self-respect.

We like reasonably long skirts, and it is sometimes necessary in crossing a gutter to hold them up. This can be done without any indelicate displays; for there is no indelicacy in revealing the ankles, to avoid contact with mud, but it is a very different matter to go on ordinarily clean pavements with one side of the dress held up, in the finger and thumb, until folks can give a pretty shrewd guess at the color of the hose-confiner, while at the other side the dress is sweeping the pavement.

Ladies ought to be careful that they do not appear to make an intentional display of ankles and embroidered skirts. The habit may suit Parisian grisettes, but is not becoming in women who aspire to dignity of character.

Ah, Mrs. Swisshelm, why won't you don the "Bloomer?" "Reasonably long skirts" come no

lower than the knee; then nice snug pants, with protection boots, and the rig would be all right. No street-sweeping with silk and satin; no improper display of *under* dry goods; no cold, wet feet, with fettering trammels; no—well, we might extend the subject, but enough. Sensible women will dress and act sensibly, and foolish women foolishly.

THE SHORT DRESS IN THE GARDEN.—IRENE, a correspondent of the *Ohio Cultivator*, says:

I agree with Rosella about short dresses. When I have been, on a wet morning, to help my husband milk, or set out a few tomato or cabbage plants in the garden, or any such little work which no one else can do as well, it is then I fully appreciate the value of a short dress. Why, the worst thing I could wish to have any man endure, would be to have both hands occupied with work, and then see a number of long skirts dragging in the mud at his feet.

Good! hit them again!

DRESS REFORM IN IOWA.—A lady writes from Westville, Iowa, as follows:

The dress reform meets with considerable opposition among the "old fogies," but still there are a few who continue to wear the Bloomer dress in spite of all opposition. Having worn the short dress for more than a year, I feel that I cannot be too enthusiastic in praise of its utility. When will American women learn to think and act for themselves? when will they have broken the bonds which foreign fashions have thrown around them, and boldly declare their rights to dress as becomes true women, and in accordance with the laws of health?

MESSES. ENTOMBE.—The sweet and sad poem, "She went in the morning," in the *Water-Cure Journal* for October, suggested the following lines, which are at your disposal.

A BRIGHT HUMAN REALITY.

BY HORACE A. RUSSEY.

SHE arose in the morning,
While Sol was adorning
The Orient with light,
And hied to the fountain;
Then, brisk up the mountain
She walked with delight.

With joy heaved her bosom,
And like a peach-blossom
Was blooming her cheek:
The language of flowers
And what teach the show-ers,
To her were not Greek.

She saw in each feature
Of all-loving Nature
The impress of God;
And trusting, confiding,
In His great laws abiding,
Life's pathway she trod.

With pleasure's cup brimming,
All the day she went hymning
As blithe as the bee;
When descended night's shadows
O'er woodland and meadows,
How sweetly slept she!

Crowned with years a ripe number,
She'll sink, in death's slumber,
To wake on that shore
Where sorrow comes never,
Where peace like a river
Shall flow evermore.

Elvira Water-Cure, N. Y.

The Month.

NEW YORK, NOVEMBER, 1854.

"HYPOCRISY IS NOT A REFORM, NOR AN IMPROVEMENT, BUT A REVOLUTION."

Dr. TRALL.

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

NOVEMBER NOTES.

BY R. T. TRALL, M. D.

BABIES.—Never did the "spirit of the press" exhibit a greater diversity of sentiment than in relation to the recent "Baby Convention," whereat some one hundred and twenty babies were congregated, at Springfield, Ohio. Unmeasured has been the ridicule which some of the newspapers have felt called upon to heap upon the "anxious mothers" of the dear little squallers, whilst others have treated the "exhibition" as highly commendable and interesting. The following extracts, clipped at random from the current editorials on the subject, will show the views entertained by the presiding spirits of the newspapers:

THE BABY PREMIUMS.—The following extract from the *San Francisco Chronicle* embodies our views on the subject of the "baby premiums" of the State Agricultural Society. When the State Legislature incorporated that institution, it was for the purpose of fostering and bringing into notice the agricultural capabilities of the State, and not with the intention that a few old grannies should meet and offer premiums that make it the laughing-stock of the community. "A hundred dollars for the best baby, and seventy dollars for the second-best one." Are the children required to be legitimate, or may the brazen prostitute stand by the virtuous wife, and with the fruits of crime contend for the prize against the innocent babe of a pure mother?

The *Chronicle* says:

"We do not wish the acquaintance of a father, would not acknowledge that of a mother, who would take their places in a cattle-show, to contest for a prize with their baby, just as the owner of a very large pig would do. It is an insult to offer a premium for such an exhibition. What lady, what woman, would subject herself to the billingsgate attempts at jokes and obscene intimations which her appearance there for such a purpose would be sure to elicit? Could any thing be more disagreeable to either father or mother, than to know and to hear the low remarks made, the smutty things suggested, by such a base-born ambition?"

"The spectacle would be worse, if possible, than that of a beautiful woman hiring out her beauty as a show-case behind a bar, or at a window, to attract custom. And the fact that such things have been done in other places, does not make the show, and the motives for it, respectable. Custom cannot atone for the want of delicacy implied in the practice. The privacy of domestic life is profaned by the proposition, and modesty rejects it."

A BABY CONVENTION.—The height of the ridiculous in the way of conventions has been attained in Springfield, Ohio, where they advertise a National Baby Convention, and offer premiums of \$500 for the three best specimens of infant humanity. Perhaps it is a hoax. It is stupid enough at that, but inexpressibly so if it is real.

So much for one side; now for 't'other!"

We see neither stupidity nor ridiculousness in such a convention. If County and State Con-

ventions to improve the breed of horses, sheep, and swine, are the useful instrumentalities they have claimed to be, why not employ them as the means of improving the breed of men and women? It is a fact, settled beyond dispute, that one-half the children born are sent "into this breathing world but half made up, and that so lamely," that they die before they are two years old, while of the other half scarcely one in a thousand possesses that perfect physical organization so essential to a proper and harmonious development of their intellectual and moral natures. If Baby Conventions will awaken among the people an interest in the study of human physiology, and induce them to conform their practices to the great laws of that science, then by all means encourage the Baby Conventions; and it may be that such meetings will be as beneficial to the race of men as similar gatherings have been to the different species of domestic animals.

Not long since, we attended the State and National Agricultural Fair at Hamilton Square, in this city. There were hogs, weltering in their own adipose rottenness, by the hundred; pigs of all ages, and sizes, and breeds, and bloods, and characters, by the thousand; there were goats and sheep innumerable; there were ducks, and rabbits, and shanghais, and gobblers, beyond computation; there were horses high-blooded and fleet, and horses stalwart, and horses symmetrical; proud, arch-necked prancers, the fastest kind of trotters, and the most exquisitely fanciful of ponies; there were mules and asses of rare pedigree and astonishing strength; there were cows gentle, amiable, kind-featured, and full of the purest of blood and best of milk; there were great, famous, bonest-faced oxen, whose health and physical development had been the occasion of watchful days and almost sleepless nights on the part of their owners; and there were bulls, big, stout, powerful—the very impersonation of a "sound mind in a sound body."

And we saw hundreds of men and women (and many of those had babies) looking at all these beautiful and well-cared-for specimens of the brute creation, and they seemed to enjoy the sight. They appeared, one and all, to be pleased with the exhibition of such good-looking and well-conditioned animals. And why not?

■ We could not help contrasting (it was impertinent, but who could have helped it?) the fine healthy condition of the animals with the extremely unhealthy appearance of nearly all the humans on the ground. And we thought the women appeared worse in this respect than the men. Pardon us, gentle dames and mesdames; we do not mean to insinuate that you were not good-looking in a certain sense. We could see traces that you were naturally handsome, but we could see, too, that you were artificially unhealthy. And then the babies! God pity them, and forgive their mothers, but *punish* their fathers, who can devote a whole life to the cultivation of the bodily constitution of the hog, and will not give a single moment's attention to the proper development of that bodily tenement in which an immortal spirit is to be developed. One of our city papers declared, in relation to the *scrofulous* part—"scrofula, a sow"—(we mean the swinish part of our great exhibition,) that the "cultivation of hogs has been carried almost to perfection." But what of the babies? *We saw but a single healthy-looking one on the ground.*

We should have said *not one*, but on second-thought it seemed imprudent. It would have destroyed all the moral force of the lesson we wish to convey. We would have had the whole army of mothers down upon us, more anxious to chastise our impudence than to educate properly their own darlings. But now, thanks be to discretion, that better part of valor sometimes, each mother will regard this single exception as her own baby, and so apply our argument to all the rest, and we shall continue on speaking terms with the whole.

We say, then, as a general rule, as contrasted with the *other* animals, the babies were miserably unhealthy. And we desire to go a little farther, and say that, so far as our observation extends, mothers do not generally know what children are healthy, and what are not healthy. They have no intelligent idea of the conditions or appearances of health.

We have been in a company where were several mothers, each in possession of a baby. On one occasion there were some half-dozen of the little ones, among whom was one which differed materially from all the rest. It was thin, pale, rather small, yet of firm muscle, strong, remarkably bright and active, and far more talkative than all the rest. The others were all plump, round-faced, fat, and dull, and much less inclined to run, walk, play, or talk. Now it so happened that all the mothers present, except one, took pity on and expressed compassion for this "small, puny, and feeble-looking child," whilst this excepted mother considered her own as incomparably the best entitled to a "premium," and regarded all the others as "plump, fat, and sickly."

It does not become us to say which was right; in fact, this is none of the reader's business. Our purpose is to show that mothers are ignorant of the way and manner of rearing healthy children; and the moral we wish to draw is, that they should understand this department of "domestic industry" just as well as their husbands understand the way to train, educate, and develop healthy horses, and cattle, and sheep, and hogs. We hope "Baby Conventions" will be a part of the order of the seasons, until all the premiums for the best specimens shall be awarded to the best babies, to the speedy exclusion of all pigs from the fairs of towns, counties, States, or nations, and their final extermination from the face of all the earth.

THE MORAL OF THE CHOLERA.—So long as the general habits of the people are disease-producing; so long as they live ignorantly or recklessly in violation of all the laws of health, so long will pestilences of some sort ever and anon sweep over the world. In the middle ages, when the people of England, France, Germany, and Italy, and of other nations, lived almost as riotously, sensually, and recklessly, in relation to hygienic conditions, as it is possible for a nation to live, the most awful and desolating diseases ravaged again and again. Every few years some devastating scourge swept off the people as the consuming fire rages among the dead and withered leaves of the forest. The plague, or black death, the sweating-sickness,

the influenza, the dancing mania, &c., destroyed, in one or two centuries, many and many millions of the human race. They taught a terrible yet a salutary lesson, and yet physicians and people alike understood it not, or heeded it not. Then, as now, they were studying everywhere except in the right place, for the causes of their affliction. They turned their attention to the weather and the crops, to winds and waves, to inundations and droughts, to falling stars and earthquakes, to comets with "fiery tails," and mists and fogs, and thunders and lightnings, to ascertain the sources of the "epidemic diathesis," but did not think to examine the state of their own stomachs, and bowels, and skins, and livers, for a solution to the problem.

Nor are our doctors or our people much wiser in these enlightened than they were in those darkened ages. They are pursuing the same profitless method of ascertaining the nature of the cholera. We have often intimated that choleras, as well as all other pestilences, afflictive as the dispensations seem, are really God-sends to the human race. They are "necessary evils" to consume the rottenness and purify the race, so that *all* will not become extinct. In proof of this, we may refer to the fact that, after a year of pestilence, there is always, for a longer or shorter period of years, a greatly diminished rate of mortality. The following extract, from the pen of Dr. Granville, in the *Medical Times*, is in point:

It appears that the total number of deaths in the cholera year, (1849,) for all England and Wales, was 410,833, but in 1850 the number of deaths fell to 508,995, being not only 71,844 less than in the cholera year, but even less than the number of deaths of the year preceding that of the cholera, by as many as 30,833. . . . If we take the deaths of the two years together which preceded the cholera, and strike the mean, and treat the year of the cholera, and the compensating year that follows, in the same manner, we shall find that the four years present nearly the same average. . . . So that, in reality, it is found, when the aggregate of the four years is taken, either for the whole of England, or for the metropolis only, that no greater number of people died in those years because of the cholera intervening, than if the cholera had not visited us.

FIRE AT GLEN HAVEN.—The central building of the group of houses constituting the "Water-Cure" of Dr. Jackson, was destroyed by the "devouring element" recently. We sympathize with the loss he has sustained, or rather the inconvenience it has caused himself and his large family of patients, for we are aware that the loss will soon be made up by a little additional expenditure of that "tact, talent, and energy" with which he seems to be so bountifully supplied. He has still accommodations, we learn, for nearly a hundred patients; and none were obliged to leave on account of the fire. "The Glen" has become too celebrated as a retreat and a "city of refuge" for sick and suffering humanity, to be permanently embarrassed by a conflagration; and though it should level all its tenements with the ground, far larger and better would soon rise from their ashes. The Doctor is not one of the sort to be extinguished by any one element; unless it be an earthquake, and a pretty large one at that: and we doubt not he would form a match for all the elements of Hippocrates,

the Father of Medicine—fire, air, earth, and water—or even those of Paracelsus, the Father of Quackery—mercury, salt, and sulphur; and taking him on his own ground at Glen Haven, we would not fear, for him and his household, an assault from all the elements of the Allopathic Materia Medica, marshalled on by calomel, antimony, bleeding and blistering. There is a "natural necessity" in the case, and Glen Haven is bound to "go ahead." The world needs and will have just such a place.

THE DISCUSSION WITH DR. CURTIS.—This will formally commence as soon as Dr. Curtis has completed the article commenced in the August number of his *Physio-Medical Recorder*, published in December of January. We have received the *Recorder* for September, and do not find this article concluded nor continued in it. Should he attend to the matter in his October number, we will commence our side of the argument in December. At all events, we shall only await his motion. The public and Dr. C. may rest assured that there will be no delay on our part to meet every point in issue promptly and distinctly.

NEXT YEAR begins on the FIRST OF JANUARY, 1855, so does a new volume of the WATER-CURE JOURNAL! One number more completes the present volume. Already new clubs are forming, and the prospect for the advancement of our glorious cause the coming year is greater and better than ever before. The year 1855 will see the Water-Cure philosophy adopted and practised by thousands who now suffer for the want of its renovating power. The sooner clubs are renewed, and new ones formed, the better. The publishers will know better how many to print, if subscriptions are sent in early. The TERMS will remain at the same liberal rates as now: namely, single copy, one year, one dollar; five copies, four dollars; ten copies, seven dollars; and twenty copies, ten dollars; and any additional number of copies at the same rate, which is *very near* the cost of the beautiful white paper on which the JOURNAL is printed.

With how many renewals, and how many new subscribers, shall we begin the new year? If each *present* subscriber would send one additional name, we should have the largest subscription list in the United States, and the good which would grow out of it would be in the same proportion! But some zealous friends will send in twenty, fifty, a hundred, or more. Some will spend a day or a week, and some more, to introduce the JOURNAL where it has never yet been seen; but we cheerfully leave the matter in the hands of our readers—of those who have been benefited, instructed, and entertained. They will furnish readers, we will furnish Journals. Together, we can "move the world," that is to say, the *opinions of the people*, who will see, acknowledge, and adopt a truth, when properly presented, if it promises to be useful. Here we rest our case. If the WATER-CURE JOURNAL is wanted, its friends will see to it that it called for before it is too late.

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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.

SALT.—A. D. N. In the first series of essays on the Dietetic Reform, "BY A VEGETARIAN," he says: "Instance the article of salt. Millions of capital, thousands of men and horses, and hundreds of ships and vessels, are constantly engaged in manufacturing, buying, selling, packing, hauling, transporting and shipping this useless article to and from all parts of the world. As an article of food, although generally taken for granted to be indispensable, yet all the evidence for and against, which I have been able to gather from reading, observation and experience, constrains me to believe that it is an unnecessary, irritating, poisonous stimulant." The author then proceeds to pork-packing, meat-eating, tea, coffee, tobacco, breweries, distilleries, grog-sipping, condiment-packets, wine, mustard, &c.; and his remarks thereon are very proper. But if he were to apply the test he has prescribed for these articles to salt, it seems to me it must be a wholesome article. His test is, that "nature has given us, as well as the lower animals, a guide in the instinct of taste, which, when in a healthy state of purity, and not depraved or perverted by previous bad habits of ourselves or parents, is our guide as to what is and what is not healthy food." Very true. Now we would refer to this guide of instinct in the deer. What does the "roaring, clattering and rattling" of the pioneer settlers of this country teach? Why, that deer are extremely fond of salt; that there are places, frequently called "salt-leeks," or "deer-leeks," from the habit of deer resorting to these places to lick the briny seepings of salt; and that deer-hunters frequently take advantage of this propensity, and lie in wait to ambush and kill these unoffending and innocent creatures; and further, that where these leeks do not exist within convenient distance, the hunters make artificial leeks. On my own deer-hunts, I have never seen a deer have salt in any way, nor any deer so there was a great deal of deer-hunting done in this vicinity—used to take many a noble antler by first making one of these leeks, and luring the deer to resort to them through this guide of instinct of salt. Then what does this test tend to prove?—that salt is beneficial in the animal economy of the deer, and that God has implanted the instinct in the taste for it, that it shall seek it for the good of its economy. And from analogy, that this instinct pertains to other undomesticated animals, and as well to the domesticated, and also to man. The fact that men or cattle will thrive upon good feed, either with or without salt, or will grow poor upon thin feed, either with or without salt, avails but little to show that salt is either wholesome or unwholesome, more than might be said of wheat, bran, or sugar, or a hundred other materials, if the same quantity had been used in lieu of salt. And if it be said that the chemical elements of salt exist in sufficient abundance in our food, without extra additions from the hand of art, it avails but little to prove that that which is added is in its nature "unnecessary, irritating and poisonous," when we recall that the instinct of the deer seeks an extra addition to its food, by resorting to the salt-leeks to which we have alluded.

I like the general principles of the Vegetarian reform, as taught in Dr. Trall's Hydropathic Cook Book; but am rather in favor of a *fully* vegetarianism, in my own mind, than I am in favor of this. I would have called attention to the above article soon after its publication, had I received the number of the Journal containing it sooner. Still, it is not too late to invite readers to give their reasons as to the propriety of using salt.

[Lansing, Michigan.]

REMARKS BY DR. TRALL.

Accompanying the above article was a note, and in the note the following sentence: "I send the enclosed for publication, hoping you will not deem it unanswerable and deny it publication." We are reminded by the above that communications have been denied publication in this Journal, not because they were deemed unanswerable, but because there was nothing in them to answer, unless it was questions we had already answered before.

Now, as to the salt question, we have answered all the positions assumed by the above writer, time and again. We will find our side of the question fully explained in various books which are easily obtained by one who has an earnest disposition to be well informed on the subject.

In brief rejoinder, however, we will here suggest for the examination of Dr. N. these facts: 1. In many "salt-leeks," as they are called, to which deer are in the habit of resorting, the water is *entirely fresh*. 2. Where the salt-leek is really salt, it is only so in relation to them in stated seasons, and then when insects and vermin are most troublesome. 3. Ordinary vegetable foods do not contain salt, as is

generally supposed. And 4. If the Creator intended salt to be a constituent in our food, or a dietetic article, why did he not put just enough of it in the food, as he has of all other ingredients? Why should salt be the only element in creation the Creator has made a great blunder about?

ALCOHOL AND THE HEAD.—A. S., Philadelphia.

"Will washing the head with alcohol, or whiskey, prevent the hair from falling out, or dying off? Will head-oil, used once a week, be good for the hair? What will be the best? I am a man of 35. I am healthy, live very regular, but my hair is dying off, or coming out; have been advised to use the above." Alcohol, oil, or whiskey, will only make a bad matter worse. Wet your head with cold water morning and evening, and "shampoo" it moderately.

TEA IN LEADEN CHESTS.—J. C. W., Oregon.

"Will you please inform your numerous readers whether tea which is shipped as it now usually is, in *leaden* caddies, is injured thereby? Lead is poisonous, and I should like to know whether the tea does not become infected, by coming in contact for so great a length of time with the lead." Tea is liable to be more or less poisoned in this manner, especially if the weather be very damp, or if much water get into the hold of the ship.

DROPSY.—H. S. N. Our opinion is asked of the curability of a case presenting the following symptoms:

"A married lady, aged 54, has had dropsy of the abdomen of about four months' standing; has been pretty well drugged through life; has had the operation of tapping performed three times, with but temporary relief; the urine is dark and sandy." Probably she is curable; but she would have to submit to a very strict regimen, especially in diet, which, by the way, such patients usually do not like.

WATER-CURE BOOKS.—S. W. F., Georgetown, Ky.

"Is the 'Water-Cure Library' the best collection for a family to purchase, who can get no doctoring but Allopathic? We have already the Journal, the Cook Book, and Dr. Trall's Encyclopaedia." The Library contains much valuable information. You would do well to get it; and also Dr. Shew's late works, "Family Physician," "Diseases of Females," and "Diseases of Children."

PNEUMONIA.—S. W. T. "What is the best treatment for pneumonia, especially the typhoid form?"

Sponging the body with tepid water frequently when hot; or if the heat be great over the *whole* surface, the pack may be employed. The chest warmer if the general heat be great; and occasional warm fomentations when attended with chilliness. Warm hip-baths and foot-baths are useful when there is oppression of the lungs, as indicated by very difficult breathing.

SOAP.—W. H. B., Plymouth. "Is it injurious to the skin or the system, in any particular, to make use of soap?"

We regard the use of soap on a clear skin as unphysiological, hence injurious. However, when the pores are obstructed with dirt, grease, bad bile, or other dead or excrementitious particles, its use is the least of two evils—relatively a good thing.

TOBACCO.—J. M. S., Meadville, Pa. "Please tell me what can be done in order to cure one's trouble when he quits using tobacco?"

Bear it like a Christian, or a man determined to be decent again. The Tobacco Essays will give you valuable information on the subject.

ACHING TOOTH.—J. B. S., Ohio. "What shall we do with aching teeth; stop their aching, or extract them?"

Stop their aching by *fasting* and bathing; and prevent their aching afterwards by correct habits of eating and drinking. If badly decayed, it is best to have them extracted.

FLESHY EXCRESCENCE.—M. M. M., Ohio. It is

impossible from your description, and, indeed, without personal examination, to decide as to the character of the tumor you denominate "excrecence." Probably it is a polypus, or fibrous tumor, which may be easily removed by a ligature. We have cured similar cases in a week, (by removing the tumor,) for which the patient had taken "mongrel" water-treatment for years.

DEAFNESS.—J. G. F., Reindeer, O. Your deafness, which is the sequel of scarlet fever you had in childhood, is probably curable. What you case requires a rigidly abstemious dietary system, with as much wet-sheet packing as the temperature of the body will bear. Whether the disease will grow better or worse as age advances, will depend entirely upon your habits of life.

POULTICES.—E. W., Salisbury, Ct. "Will you

in your next issue explain the benefits of poultices, and tell the different virtues of flax-seed, Indian milk, bread and milk, hops, slippery elm, &c.—articles used for poultices?" There are no "different virtues" to explain. All the benefits of all kinds of poultices are due to their warmth and moisture; hence the bread-and-milk poultice is a perfect substitute for all the poultices that ever were or ever can be; and in most cases a wet rag is just as beneficial as the bread and milk.

PRACTICAL VEGETARIANISM.—H. V., Lodi, N. Y.

"Can vegetarians in theory be so successfully and with benefit to themselves in practice, when they are compelled to live with and eat at the tables of others? Is a diet completely exclusive of wheat—barley, bread, fruits and vegetables, without any butter or animal food superior to the mixed diet in general use?" 1st question: It depends very much on what they find at those tables. In the great majority of cases, they can, by selecting the best vegetable food they can find on ordinary tables, do much better without the flesh than with it. 2d question, Yes.

FEVER AND AGE.—F. P. E., Baltimore, asks

"How that dreadful disease, fever and ague, is to be cured?" wants us to give the treatment in detail, and suggests that, by answering such questions in a practical manner, we would do a great deal of good, &c. Our books treat of this subject in detail; and it is not long since this Journal treated of it in detail. We cannot, however, have the same snippet at length in every number, and in this place we can only answer questions.

WEAK EYES.—J. C., Indianapolis. "I have

found very salt water to be a temporary benefit in clearing the eye and making it feel rather pleasant after the washing. I have doubts as to the permanency of the benefit. Is it only a stimulating benefit? Answer in the WATER-CURE JOURNAL, next number, and oblige." Almost every irritant in the world, such as salt, alum, brandy, capsicum, &c., will provoke excessive secretion, and produce a temporary feeling of benefit. But they are all followed, sooner or later, by permanent debility.

OLD CHEESE AND FRUITS.—A. B., Massachusetts.

"Is it hurtful to eat old cheese that smells very strong? Is it hurtful to eat fruit after a full meal?" Yes, to both questions. It is hurtful to eat *old* cheese at all; but when it is old and rotten, so that it smells very bad, it is not only hurtful, but a very dirty and unclean practice to eat it. Fruit should be taken as a part of a full meal, not after it.

L. D. A. Fulton Centre, Illinois.—Husks for

mattresses are hatched, slightly dampened, twisted into ropes, and allowed to remain so until entirely dry. They keep in curl well, and make good beds.

SPERMATORRHEA.—Several correspondents will

find the desired information in the book on Sexual Diseases, price \$1.25. The management must be varied to suit the circumstances of each case.

F. S. II., Oregon City, ordering Journals, says:

I am an advocate of the new system, and am trying to practise the same. I owe my life to it; a world of light is open to me. *The whole world is sick*, and drugged almost to death. I am thirty years old, and have been through the whole drug system. We are all wrongly educated. There are a few here in Oregon that are endeavoring to live temperately, but it is really astonishing to think how the masses live. And when one begins to talk on the subject, they cannot or will not comprehend your meaning; thus, I say, we have all to be educated over.

Talk and Topics.

A SLANDERER REBUKED.—The *Saratoga Whig* says:—One of the editors of the *New York Observer*, who was in this village at the time of the Anti-Nebraska and Temperance Conventions, in a letter to his paper, indulges in some very contemptible and unmanly lines; the women who spoke at the St. Nicholas Hall the day and evening after the conventions were held. It strikes us, if he had kept in mind the advice of the Apostle, "to prove all things and hold fast that which is good," and heard the addresses, he would not have written this. Many who were apparently attracted by the novelty of hearing speakers, came forward at the close of the meeting and contributed funds to aid the movements, seemingly convinced that they asked nothing more than simple justice.

Be it remembered, that the *old Observer* is "stone blind" to all new lights. It can see nothing with clearness, so completely bedazzled with bigotry are its worn-out, foggy glasses. But no matter: let it chafe, fret and scold to the end. The children will "consider where it comes from."

A PEACH TREE IN A TANSY BED.—A subscriber of ours has a yard full of peach trees. One orchard is located in the midst of a bed of tansy. This tree is by far the most thrifty in the yard, being full of fruit, green and healthy in appearance, while the others are decaying or suffering from the attacks of the peach-worm or grub. We know any one who know that tansy has the effect of preventing the attack of the peach-worm?—*Michigan Farmer.*

What say our chemists? is tansy good to kill worms? It was formerly used for a different purpose, before the Maine Law was talked of. But if it will preserve peach trees, let us use it. But how or why does it protect them?

A WORD TO CORRESPONDENTS.—We are always happy to receive communications from intelligent men (and women too) when they have any thing to say. But don't write merely for the sake of writing; and above all, don't presume to use our grindstone for the purpose of sharpening your own axes. And, finally, don't indulge the popular delusion that an editor is ever at a loss for "something to fill up his columns."—*New York Freeman.*

What in the world can the *Mirror* mean? "Any thing to say." "Grinding axes." "Something to fill up." This needs an interpreter; perhaps some "medium" can explain, or shed a ray of light from the spheres on the point.

A DOCTOR KILLED BY HIS OWN MEDICINE.—Dr. George Buchanan, of Hillsdale, killed himself the other day by an overdose of morphine, while suffering from an attack of cholera morbus. It would seem that he was a little inclined to give large doses of that medicine, as he had a short time before been arrested for malpractice in causing the death of a child by it.—*The Ohio Northwest.*

Comment is unnecessary. Though we cannot refrain from adding, that it is a source of regret that the doctor did not live to see the folly of his wicked practice, and of our congratulation that he did not live to practise his art upon others.

THE RIGHT SPIRIT.—One of our "regular" friends writes as follows: "We wish all his brethren were as liberal. We have hopes of you men. They already see "men as trees walking," and will soon see clearly things as they are."

Although I am an Allopath, and have a pretty large practice, I would not like to be deprived of the Journal, because I find many good things, as well as good ideas; for there must be good *heads*—not "dead-heads"—thinking for us through its columns.

An old lady nearly dead having kept a hired man on liver down a month, said to him one day, "Why, John, I don't thank you like river." "Oh, yes," said John, "I like it very well for fifty or sixty miles, but I don't think I'd like it as a steady diet." The old lady coughed something else for the next meal.

John had probably heard of the *new Eclectic* *Cooking Book*, but had not yet read it. Under the circumstances, it is not surprising that John showed symptoms of the *liver-complaint*.

FRANKFURT, Wis., Feb. 1855.—This Establishment, under the management of Dr. Charles Barker, is flourishing finely. While at *Frankfurt*, a few days since, we called there and took a look at the arrangements, which appear to be well adapted to secure the comfort of patients. The rooms are airy and well ventilated; the grounds tastefully laid out; baths in good order, and amply supplied with the very best of water. We cheerfully commend the Establishment as being worthy of patronage.—*Greenland (Cottaragus Co.) Chronicle.*

AN ARMY OF DOCTORS.—There are in the United States 40,554 physicians; 191 surgeons; 6,139 apothecaries; 456 chemists; 2,923 dentists; 10 oculists; and 59 patent medicine-makers. In the State of New York there are 5,050 physicians; 34 surgeons; 1,082 apothecaries; 8 oculists; 563 dentists; and 29 patent medicine-makers.

To feed and clothe all these non-producing doctors, requires the services of hundreds of farmers and mechanics. What a pity that any supposed necessity exists for so many bleeders, physickers, and patent medicine swindlers! But the *WATER-CURE JOURNAL* is "after them" with a long hose; and if they don't get a *sousing*, then charge it to the "terrible drought." We are determined these folks shall acknowledge the virtues of *WATER*.

Business.

PRIZES AND PREMIUMS.

THE PUBLISHERS OF LIFE ILLUSTRATED will pay Two Hundred Dollars in Prizes, in any of their own publications—at regular retail prices—to persons sending the largest list of subscribers, previous to February 1st, 1855, as follows:

For the first, or largest list, - - -	\$100 00
For the second largest list, - - -	50 00
For the third largest list, - - -	35 00
For the fourth, - - - - -	20 00

SUBSCRIBERS may be obtained in all the States and Territories, the Canadas and Provinces, and sent in any time previous to the first of February next. Subscriptions will commence when names are sent in.

The Publishers will mail the paper, singly or in clubs, to one or to several post-offices, as may be desired, on receipt of the order.

When a large amount is forwarded, it should be sent in a check or draft on New York, Boston, or Philadelphia, properly endorsed, and made payable to FOWLERS AND WELLS. We pay cost of exchange.

CANADA SUBSCRIBERS will pay at the rate of 25 cents a year extra, to prepay United States postage to the lines. [We hope new postal arrangements will soon be made, by which this restriction will be abolished.]

LIFE ILLUSTRATED will be issued promptly every Saturday, commencing the first week in November. [Number One is now ready.]

All letters containing remittances should be postpaid, and directed to FOWLERS AND WELLS, 308 Broadway, New York.

OUR THREE JOURNALS.—For THREE DOLLARS, remitted in advance, a copy of LIFE ILLUSTRATED, THE PNEUMOLOGICAL JOURNAL, and the WATER-CURE JOURNAL, will be sent a year to one address.

FROM NEW YORK TO BOSTON.—The Fall River Steamboat Line, which, in connection with the Fall River and Old Colony Railroads, forms a communication between New York and Boston, is, on the whole, the best, safest, and most comfortable route of travel between the two cities. An advantage of this route, and of one of no small importance, is, that a good night's rest is secured on board the boat, while the passenger is still enabled to reach Boston, or New York, as the case may be, at an early hour in the morning. The steamers of the Fall River Line are of the first class, and of great strength and speed, and are fitted up in the most elegant and comfortable manner. Their officers are experienced and efficient, gentlemanly and obliging, and the safety and comfort of the passengers is in every respect well provided for. The boats leave No. 3, North River, daily, (Sundays excepted.) Fare \$4. Wm. Borden, Esq., 7 West Street, is Agent.

NEW CATALOGUES OF FRUIT TREES, FLOWERS, SHRUBS, &c., etc. have been received from
B. M. WATSON, Fruit Grower,
Wm. R. PRINCE, Fruit Grower,
Wm. H. OGIN & Co., Penn Yan, N. Y.
THOMAS SMITH, HANCOCK, & Co., SYRACUSE, N. Y.
DELL AND COLLIER, Fruit Growers, Genoa, N. Y.
JAMES W. GRAY, Balls Pond, Fairfield Co., Ct.

We copy the following from the catalogue of Messrs. OGIN & Co.

DIRECTIONS FOR TRANSPLANTING.—The Season.—Cultivators of trees do not agree as to the best time for transplanting trees, though it is pretty generally conceded that the autumn is the most favorable—all things considered. As we are from our own experience here, we regard the planting as decidedly preferable, for all hardy deciduous trees—not evergreens. Much more, however, depends upon the manner of planting than upon the season. It is of little use to plant trees unless it is properly done.

The preparation of the soil is a matter that is little attended to. The soil should be dry, deep, and in fine tilth. It should be thoroughly and repeatedly ploughed, and it to fine and deep; and if it is not dry and free from stagnant water beneath the surface, it must be thoroughly drained, and the water run off. If the ground cannot be ploughed, it should be thoroughly worked up with the spade, a space at least six feet in diameter, and twelve or fifteen inches deep, so that there will be no more water in the soil to grow in. The holes in any ground should be large enough so that the roots will lie in their natural position. Great care should be taken in the selection of the trees, and deeper than they stood in the nursery. No names, or chips, or any thing of the kind, should be put in, so as to prevent an immediate contact with the roots, for it will certainly injure them. If the soil is clayey, it would be a good plan to fill around the roots with fine loam, if it can be got, as it will favor the striking of fibrous roots.

The roots of the tree should be buried before planting, which will cause the dirt to adhere more perfectly to them; and if the ground is very dry, it will be well to dash in a pail of water, when the hole is partly filled, to settle the dirt on the earth about the roots; and special care should be taken that no cavities are left, but let the earth be packed close. This can only be done, when the soil is hard, by taking the fingers to it. All the bruised ends and broken roots should be cut off smoothly, with a sharp knife, and enough of the top to put it in balance with the root—generally about one-half—on peaches at least three-fourths.

After the planting is finished, the ground, for two or three feet around the trees, should be covered five or six inches with coarse straw, or any other material, which will prevent the ground from drying, and altogether obviate the necessity of watering the roots except in cases of very excessive drying. This watering is really necessary, the mulching should be removed and a part of the earth and the water poured on. After the water has settled down, replace the earth and the mulching. Water should never be poured on the top of the tree, but on the roots of the plants, for it causes the surface to bake, and renders it impervious to air and light, but the surface should be removed as before stated; but that means it does not mean that the water is brought into more immediate contact with the roots.

If trees are planted in the fall, a bank of earth should be made around them at least a foot high, which will protect them from ice and severe freezing, and from being loosened by the spring, the bank of earth should be removed, but the mulching should remain. If the trees are very large, they should be kept staked for a year or two. If the leaves do not start when they should, the body of the tree and branches should be sprinkled every evening, which will greatly benefit the growth.

The grass or grain crops ought to be raised in a young orchard for at least five years after it is planted, but the ground should be cultivated with low, broad crops. A peach orchard ought to be sown with grass, for a peach tree will not flourish in a turf any way. If the ground cannot be ploughed, it should be kept dug around the trees, and mulched with tan-bark, if it can be got, as it is a good mulch, and clean.

In cultivating roses and other flowering plants, charcoal dust is an excellent application, as it adds greatly to their beauty and brilliancy of color.

The apple borer attacks apple, quince, and mountain ash trees, near the ground, and frequently cuts the tree almost entirely in two, and never penetrates the wood, but works the small holes near the ground. If taken in time, it is easily destroyed. It should be dug out, at all hazards, or killed by means of a barbed wire. Trees should be examined every spring and fall. An excellent application for the tree is made as follows:

One pint sulphur, one gallon soft-soap, and strong tobacco-water, sufficient to render the paste as thick as putty. This is exceedingly offensive to the insect, and frequently prevents their depositing their larva on the tree.

The peach borer never penetrates the wood, but works between bark and wood. It prescno may be discovered by the gum at the gum. The best preventive is a small quantity of slaked lime, piled up around the body of the tree; half a pint is sufficient for a small tree. A few ounces of hot water or soap-suds, applied to the tree occasionally, has proved an excellent preventive. All these, and any other preventive, will be of no use, unless the trees are constantly examining the trees, if one would be perfectly secure against them.

When peaches should be set so deep that the stock is entirely buried beneath the surface. The soil around it must be kept well cultivated, and receive a dressing of manure every fall. For full directions for cultivating peaches, as well as other trees, consult the "Fruit Garden," by P. Barry.

LECTURES IN CARLTON, Orleans Co., N. Y. by Dr. Knapp.—A correspondent (D. W. H.) sends us the following preamble and resolutions, which were unanimously adopted at the close of a course of lectures in Carlton, by Dr. Knapp, which were so thronged, that the church in which they were delivered, though spacious, could not accommodate the multitude.

Whereas, The spirit of free discussion and inquiry is abroad, and an earnest disposition for information on all subjects, especially in regard to the laws of health and life, is manifested by the people in all parts of the country; and whereas, we believe there is no better means of meeting this growing want than by encouraging and securing public lectures on Physiology, Phrenology, Anatomy, Hydropathy, and Hygiene, and whereas, we have been privileged with a course of lectures on these subjects, by Dr. Knapp, of Lockport, N. Y., with whose matter and manner we have been highly entertained and instructed—therefore

Resolved, That we tender Dr. Knapp our sincere thanks for the able and fearless manner in which he exposed the errors and absurdities of the "old-school" system of medication, and vindicated the laws of health and life, as brought to light by Hydropathy.

Resolved, That he has shown himself not only master of the subjects on which he treats, but a profound and eloquent reasoner; and hence we cheerfully recommend him to the public as an able and interesting lecturer.

Resolved, That these resolutions be sent to the WATER-CURE JOURNAL for publication. [Carlton, Oct. 10th, 1854.]

The list of Hydropathic Physicians, as published in the October number of the Journal, was necessarily incomplete. We shall publish a supplement in a future number, and will be obliged if our neglected friends will give us their address.

CHANGE OF HOUR.—The boats for Boston, via Fall River, now leave at four o'clock instead of five, as during the summer.

PERSONS desirous of "eating to live," are referred to the advertisement of a vegetarian boarding-house, in another column.

Literary Notices.

THE POSITIVE PHILOSOPHY OF AUGUSTE COMTE. Translated and condensed by Harriet Martineau. New York: For sale by FOWLER AND WELLS. [1 vol. octavo, 588 pages; price, prepaid by mail, \$3.]

This is undoubtedly one of the greatest books of the age. Even those to whom its doctrines are most repugnant, will admit this. It is the work of a great, free, earnest thinker, with whom the truth is above all things else, and who admits nothing on authority, requiring proof—demonstration—at every step. It is not the place, in a brief notice, to discuss M. Comte's philosophical doctrines. Such persons as are attracted to the study of his book—and we are sure the number will not be small in this country—should be abundantly capable of judging for themselves in regard to the real soundness of his views. Let one but honest, candid, truth-seeking man and woman read the book. If there is any thing in the world of thought or fact that you dare not investigate, if you have any petted dogma or theory which you are not willing to give up for absolute truth, never open Comte's book; but if you are really willing to "prove all things," and "hold fast" only "that which is good" or true, read it, by all means. Among the laws it establishes, that of human progress is conspicuous. Without endorsing all its doctrines, we are glad to call attention to it, and hope to see it widely circulated. The *Evening Post* pronounces it "one of the most remarkable productions of the human intellect which has appeared in the last half century." This is the first American edition, and is handsomely got up.

PROGRESS AND PREJUDICE. By Mrs. Gore. New York: Dewitt & Davenport. 1854. [Price, prepaid by mail, \$1.]

A story of much merit, and one which will add to the well-established reputation of its author. The *Country Gentleman* thus speaks of it: "It is a tale of family estrange-

ment; of misfortunes nobly borne; of reconciliations; of passion and prejudice infusing unhappiness in the life of years, and of passion and prejudice finally laid aside or forgotten. The heroine is from the pen of a pure woman's heart, and the other characters, in their diversity as well as their resemblances, show a knowledge of the workings of human nature.

THE WISCONSIN HOME is the title of a new reformatory semi-monthly journal, published at \$1 a year in Janesville, by William M. Doty, editor and proprietor.

A handsome eight-page quarterly, with an inviting exterior, and a useful, interesting interior. The editor has the following sentiment for a motto: "Perfect health and pure religion are indispensably necessary to true happiness; and for what else should we live?" Mr. Doty is a pioneer in the right direction. He has always been a strenuous advocate of temperance, education, and all the reforms. We can make the "Wisconsin Home" gladden the hearts of all his patrons. We wish him great success.

MUSIC.

FIRTH, POND & COMPANY, No. 1 Franklin Square, New York, publish, "I pray for the loved ones at home," a beautiful song, by G. M. Traver, "The Sapphire Polka," by Henry Kleber; "El Canayo," (The Cuckoo,) a celebrated Havana *contra dance*, arranged for the piano, by G. W. Webber; "Mary Gray," a song and chorus, sung at the concert of the Buckley Serenaders, by J. R. Thomas; "Far Away," a romance by J. R. Thomas, as sung by Mr. Perival at Buckley's Ethiopian Opera House; "Come with thy sweet voice again," one of Stephen C. Foster's popular melodies; "The Gazelle Schottisch," by Henry Kleber, and many other excellent pieces. See their advertisement, in the present number of this Journal.

SCHOOL BOOKS.

DANIEL BURGESS & COMPANY, New York, have sent us the revised and enlarged edition of Roswell C. Smith's well-known and popular "Geography on the Productive System, for Schools and Families." It is a good work. The Atlas accompanying it is one of the most beautiful of its kind published in this country.

FROM IVISON & PHINNEY, New York, extensive publishers of educational works, we have "Thomson's Arithmetic Analysis." It is an advanced mental arithmetic, and seems to be excellent both in plan and execution. Messrs. Ivison & Phinney issue a handsome catalogue of their works, which they will send, prepaid, on application.

FROM Columbus, Wis.—We have taken the WATER-CURE JOURNAL one year and a half, which is quite long enough to make Hydropaths of any reasonable thinking persons. We are thorough believers in its doctrines, and have reason to believe its teachings saved a dear child from the grave.

This believing in the agencies of the Water-Cure, we cannot long do without so important a work as the Hydropatic Cook Book. All that has ever been written can hardly give you an idea of the excitement and jealousies that prevail among some of the people. Indeed, it is often amusing to hear the remarks that are made upon this subject. A few days since, one of our Allopaths had a case in which a child died of enlargement of the liver, and the doctor actually laid it to the mother's bathing; but, as usual, could give no reason why, although one of the "first" and "best read" physicians in the country. Although we live in the West, we can see that this great *living reform* is surely and rapidly progressing, notwithstanding the opposition it meets. Few persons can long doubt the arguments and reasoning contained in the Journal, if they will but read it seriously. I was pleased, not long since, at the apparent surprise of a young gentleman, (not a young man loafer, but a real gentleman) who, after reading a few pages in my Journal looked up very earnestly, and exclaimed, "Why, there is a good deal of sensible reading in these Journals" (the first he had ever seen); he had not expected to have found any thing so instructive and interesting in pamphlet form. He had, I believe, thought of making *medicina* a profession; but he is now, I hope, in a fair way to study something more reasonable. Thus it is these little messengers do and will make friends wherever they go.

W. S., the proprietor of an Iowa paper, says: I have been a subscriber to your WATER-CURE JOURNAL, and a pretty stubborn believer in its doctrines. I received through it a circular of the "Hydropathic Family Physician," which I desire to obtain. I have such an insatiable antipathy to colic, that I have made up a resolute mind that I shall follow the Water-Cure treatment or none at all, and thereby be enabled to enjoy a consolation in the hour of my final dissolution which few mortals in this fast age are permitted to enjoy on a death-bed: to wit, that of dying a natural death.

Matrimony.

COMMUNICATIONS deemed by us suitable for this department will be inserted on the following conditions: They must be carefully and legibly written, must be accompanied by the true name and address of the writer, (not for publication), and an IRRETRACTABLE stamp, at the rate of 10 for one hundred words. Unless all these conditions are strictly complied with, no attention will be paid to them. The name and address of each writer will be registered in a private ledger, and will in no case be divulged except to persons whom we believe duly authorized, according to the terms of the communication, to receive them.

Any person applying for the name of a writer, must give his or her own true name and address, and enclose a prepaid envelope or a three-cent postage-stamp. The number of the communication referred to should always be carefully stated; also whether Old or New Series, and the number of the Journal in which it appeared. Candidates becoming "engaged," or declining for any reason further introductions, will do well to notify us (prepaid) to that effect, that we may refuse their name and address to later applicants.

As we may receive more communications for a given number of the JOURNAL than we can find space for, even in this small type, we shall adopt and strictly adhere to the rule of "First come, first served." Those desiring the privileges of this department will therefore do well to send in their favors as early a day as possible.

MATRIMONIAL CORRESPONDENCE.

NEW SERIES.

NO. XXXV. HOWARD wants a wife—a rugged American lass, nearly his height, which is five feet five inches, having predominant blond hair, full moral and intellectual facilities, and full domestic affections. She must be a good singer, have a fair education, and live a Vegetarian, without using any stimulants. Age, from seventeen to twenty. He thinks he shall make a good husband, having large Adhesiveness, Amableness, and Philoprogenitiveness. Is a master-cueballer, a good temperant, with black eyes and a Roman nose. Uses no kind of stimulants, and is a member of the Episcopal Church and of a Vegetarian and Hydropath. Age, twenty-four.

NO. XXXVI. JACK wishes to form the acquaintance of a girl from fifteen to eighteen years of age, of the following described Phrenology: Conscientiousness, Secretiveness, Individuality, and Eventuality, large, or very large; strength of System, Vital Temperament, Philoprogenitiveness, Adhesiveness, Inhabitativeness, Conscientiousness, Sublimity, Firmness, Sensibility, Will, Color, Order, Time, and Human Nature, large. Motive and Mental Temperament, feeble. Intellectuals, Secretiveness, Firmness, Self-Esteem, Firmness, Benevolence, Conscientiousness, Ideality, Individuality, Calculation, Time, Language, and Agreeableness, full, to large. Amableness, Vitality, Combustiveness, Cautionness, Approbativeness, Hope, Malvolousness, Misdiffidence, Locality, Causality, and Firmness, small.

Jack's Phrenology, as given by O. S. Fowler: Active or Mental Temperament, Restfulness of Temperament, Cautionness, Approbativeness, Conscientiousness, Initiation, Benevolence, and Conscientiousness, very full. Peculiar Love, Adhesiveness, Inhabitativeness, Conscientiousness, Vitality, Combustiveness, Altruism, Firmness, Acquisitiveness, Firmness, Hope, Ideality, Sensibility, Misdiffidence, Calculation, Firmness, Causality, Human Nature, and Agreeableness, *small*. Constitution, Size of Head, Amableness, Spontaneity, Veneration, Locality, and Language, poor. Power, or Motive Temperament; Present State, Distractiveness, and Calculation, average. Ideal Temperament, Secretiveness, Self-Esteem, Individuality, Eventuality and Time, *small*.

Is a practical Hydropath and a partial Vegetarian, and between twenty and twenty-one years of age.

NO. XXXVII. WANTED—To enter into an alliance, *divine and divine*, with a young lady between eighteen and twenty years of age, dark or black hair, red nose (not apply) strong constitution, not overly frigid, with a strong, but not a full, frame enough to follow her reason and judgment rather than fashion, a low of music, good voice, does not consider it degrading to take care of her own person, nor feel the want of a husband in a period provided for herself the qualifications necessary to make him a man.

Does not consider it as an advantage, a Prize of this world's goods, twenty in a good business, and not ashamed to work in an ordinary way. Is a member, with a fair principle and practice, natural disposition agreeable, and would make a good wife, cheerful with the smiles and affections of a living wife.

CANDIDATE No. XXXVIII. Mrs. Mary FOWLER & WELLS, W.

CANDIDATE NO. XXXIX., October number, is a LAWYER, and not a SURVEYOR, as there misprinted.

NEW YORK

HYDROPATHIC AND PHYSIOLOGICAL SCHOOL.

The third Lecture Term of this School—a department of the Hydropathic and Hygienic Institute, 15 Leight-street—will commence November 1st, 1854, and continue Six Months.

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

FACULTY.

R. T. TRALL, M. D., Institutes of Medicine, Materia Medica, and Female Disease.

G. H. TAYLOR, M. D., Chemistry, Surgery, and Obstetrics.

JAMES HAMBLETON, M. D., Anatomy, Physiology, and Hygiene.

J. E. SNODGRASS, M. D., Medical Jurisprudence.

ASA CHRISTIE, M. D., Medical and Special Gynaecology.

H. F. BRIDGES, M. D., Full copy of Voice and Speech.

L. N. FOWLER, A. M., Phrenology 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 educate 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 departments 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; and being allowed to visit the clinics and hospitals of the other schools in the city. Many of them will become proficient in diagnosis—the most important element in a physician's education; and will be enabled to see the differential points between the different systems of medicine; in other words, to witness the effects of water-treatment in contrast with the various modifications of drug-treatment.

PROGRAMME OF EDUCATIONAL EXERCISES.—Usually, there will be four Lectures daily, of one hour each. Half an hour morning and evening, will be devoted to gymnastic and electro-gymnastic exercises; and several portions of each day will be allotted to private study, and to conversation in the class. A disputation will be held every Friday afternoon, and on Saturdays the students will visit the hospitals and public institutions, where a great variety of surgical operations are performed, and where almost every phase of diseased and deformed humanity can be seen.

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, for board in the city, \$18; Fire and Light, \$10; private rooms will be an extra charge; but the lecture-room will always be kept lighted and warmed for the use of students. No charge. Those who do not choose to purchase text-books from the publishers of the School and Office Libraries during the term for \$1. No matriculating or graduating fees will be required. The Medical Science School 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 TESTS.—At the Summer Term of six months, from May 1st to November 1st, with occasional lectures and clinics for the students as time allows to remain in year-round. Tuition, \$50; 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 their merits, their embryo, 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.

R. T. TRALL, M. D., Principal, 15 Leight St. New York.

GLEN HAVEN.

In four years, during which we have been the Physicians of this Establishment, we have treated over 1100 cases of disease. Our patients have come from every State in the Union, also, and from Canada, and have been afflicted with twenty-four of the most fatal and most numerous diseases, that from being able to accommodate twenty-five, we grew to be able to take and make comfortable 130 patients; and for a year-end half have been no day in which we did not have under treatment at least twenty, till on the 1st inst. of a sort of what having gone out, that we were all hurried down, when we were indeed to go elsewhere. We have outlived that joy, however, and now have fifty-five patients, with numerous applications, and can usually take and give good accommodations to ninety persons; so that those who would like to visit us this winter may come.

That it may be seen what we do in the way of curing the most common diseases, I will note book of the current year, a schedule of cases:

1. L. Lady—Sore Eyes for long time, tried distinguished remedies, but being unable to get the eyes, steady in motion, recovered her sight, and is well.

2. Lady—Scrophulous Anasarca on the thigh, delicate, thin in flesh, tried all the best remedies of the body and throat; given up by her doctor; stated she would not be cured, but was expected to die; flesh, night-swells; Her Disease; doctors said she would die in three weeks, but she is now called Bess, is quite healthy and taced, though still eiphib.

3. Young Man—CHRONIC INFLAMMATION OF THE EYES, weighed 120 lbs, had a violent four months at least on one eye, but in ten days to the diet, half four months; had sore eyes, and health good.

4. Man, tall build—SCROFULOUS SORE LEGS; hard nodes all irregular in his legs; doctors could not cure him; every thing, took treatment eight weeks, legs became smooth; lost a great deal of flesh, but is now well.

5. Man—Scrophulous Salt Rheum Eruptions; tall, muscular, stout, red face, thin in flesh, worked hard, slept in a hayrick; terrible sight; took all the best remedies, but in ten days to the diet, he came to us, had three months, and was well.

6. Woman—CHRONIC INFLAMMATION OF THE STOMACH, Dropsy, Inflammation of the Uterus; had case, treated twenty-two months, we had, and not much perceptible improvement, at which time we were referred to this bureau all over the trunk and neck, and the neck, picked blackberries, rowed back, and was cured in ten days, but in ten days to the diet, to procure the value of Water-Cure to her sex she who knew, or had left the Glen, a wonder to all who know.

7. Woman—Had been Principal of a large seminary in the West, broke down, with a severe cold, cough, hoarse, nervous, sleepless, female dithematics; took treatment and was cured in ten days, was better; left the Cure, saying, "that no man could cure me, but, believe, which is no more than I saw, that it was possible for a human being to be made, in three months, to feel as much better as she does."

8. Old Man, 66—PARALYTIC; a very bad case, intellect never recovered; if you could see him, you would see with us about eight months; recovered his mind, his speech, and could walk up and down stairs, and anywhere, without help. His friends thought we would almost a miracle; but he is now well.

9. PROLAPSE UTERI.—Will simply say that we have treated all forms of uterine disease with great success; that those who would like to be put in communication with ladies all over the Union, who have been under our care, and who will corroborate our statements in fact, and who will testify that their curement alone. In four years we have treated over 600 cases of this disease of marked character.

10. Woman—CHRONIC INFLAMMATION OF THE BLADDER, and of the Uterus; had a very bad case, and was cured in ten days, and is now well.

11. Woman—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

12. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

13. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

14. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

15. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

16. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

17. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

18. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

ated with pulmonary consumption, provided the patient gave us time.

19. Woman—NEURALGIC SORE MOUTH; very long standing; tried all sorts of remedies, grew discouraged, disheartened, and almost abandoned, and threatened with gangrenous; came, staid some months, had a severe colic attack, recovered, and is now well.

20. Man—COSMOPOLITAN; very long standing; tried all sorts of remedies, grew discouraged, disheartened, and almost abandoned, and threatened with gangrenous; came, staid some months, had a severe colic attack, recovered, and is now well.

21. Woman—COSMOPOLITAN; very long standing; tried all sorts of remedies, grew discouraged, disheartened, and almost abandoned, and threatened with gangrenous; came, staid some months, had a severe colic attack, recovered, and is now well.

22. Woman—FEROUS DISEASE; doctors could not tell what ailed her, gave her up, left this, that, and the other thing; we happened to visit the Glen, dependent, despondent, weak, feeble, pale, poor in flesh, and doctored to die; Put her under treatment, staid one year, and what we had been, but her health, and has not had a sick day since.

23. Girl—SCROFULOUS and incipient consumption; had breast cancered till the mucous membrane was dead; came, took treatment one year, and came completely recovered her health, as her friends will vouch for, and is now well.

24. Woman—CHRONIC INFLAMMATION OF THE STOMACH, Dropsy, Inflammation of the Uterus; had case, treated twenty-two months, we had, and not much perceptible improvement, at which time we were referred to this bureau all over the trunk and neck, and the neck, picked blackberries, rowed back, and was cured in ten days, but in ten days to the diet, to procure the value of Water-Cure to her sex she who knew, or had left the Glen, a wonder to all who know.

25. Woman—Had been Principal of a large seminary in the West, broke down, with a severe cold, cough, hoarse, nervous, sleepless, female dithematics; took treatment and was cured in ten days, was better; left the Cure, saying, "that no man could cure me, but, believe, which is no more than I saw, that it was possible for a human being to be made, in three months, to feel as much better as she does."

26. Old Man, 66—PARALYTIC; a very bad case, intellect never recovered; if you could see him, you would see with us about eight months; recovered his mind, his speech, and could walk up and down stairs, and anywhere, without help. His friends thought we would almost a miracle; but he is now well.

27. PROLAPSE UTERI.—Will simply say that we have treated all forms of uterine disease with great success; that those who would like to be put in communication with ladies all over the Union, who have been under our care, and who will corroborate our statements in fact, and who will testify that their curement alone. In four years we have treated over 600 cases of this disease of marked character.

28. Woman—CHRONIC INFLAMMATION OF THE BLADDER, and of the Uterus; had a very bad case, and was cured in ten days, and is now well.

29. Woman—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

30. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

31. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

32. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

33. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

34. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

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38. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

39. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

40. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

41. Man—COSMOPOLITAN; abandoned by the doctor, and was cured in ten days, and is now well.

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17. Old Fiddler at Home.
18. Farewell, my Lily Dear.
19. Mass' n' the Cool Ground.
20. My Old Kentucky Home, Good-night.
21. Old Doris Day.
22. Old Mammy.
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24. Ellen Burns.
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For the Quarter ending 31st July, 1854.

OFFICE, TRINITY BUILDING, 111 BROADWAY, NEW YORK.

Assets on hand January 31st, 1854, as per last report, - - - - - \$2,595,809 85

Received for premiums, - - - - - 813,712 35

Interest on annuities and bills payable, - - - - - 50,277 64

1,859,800 00

\$2,145,100 91

Disbursements for Quarter.

Paid expenses, including rent, salaries, medicines, commissions, advertising, exchange, postage, State and city taxes, - - - - - \$21,900 54

Claims by death and additions to same, - - - - - 15,790 10

Surplus dividend policies and dividends, reduction of premiums and annuities, - - - - - 11,384 35

Bills payable, and bond and mortgage, - - - - - 65,740 00

165,754 57

\$2,610,345 24

Assets.

Cash on hand, in bank, and Trust Company, - - - - - \$ 15,447 11

Advance on policies, - - - - - 4,900 00

Bonds and mortgages, - - - - - 2,472,114 72

Debit of premium account, - - - - - 21,292 25

Deferred to meet taxes and fire insurance accounts, - - - - - 4,482 16

Interest, - - - - - 23,140 21

Due from agents, - - - - - 49,509 73

\$2,610,345 24

Losses unpaid, \$27,500.

Amount at risk, 1st May, 1854, - - - - - \$20,465,577 84

1st August, 1854, - - - - - 21,100,427 84

Increase for quarter in amount at risk, - - - - - \$629,850 00

Number of policies running 1st May, 1854, - - - - - 7,623

1st August, 1854, - - - - - 7,254

Increase for quarter in policies, - - - - - 369

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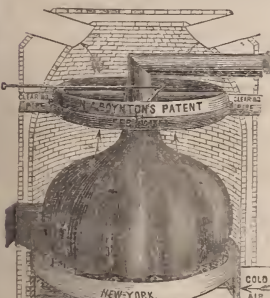
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VACCINE VIRUS—Letters addressed to J. M. YULANT, M. D., at No 139 Seventh st., Cincinnati, Ohio, enclosing \$1, will be answered by return mail, with ten quills charged with French Vaccine Lymph, sent for that sum, (with full directions how to use,) and more at the same rate. May 17

WEBER'S ANATOMICAL ATLAS OF THE ADULT HUMAN BODY, lithographed and published by ROBERT & CO., No 29 Beekman street, New York, for the German edition by Prof. M. J. WEBER, consisting of eleven entire figures, colored, and with a comprehensive explanation. For sale, in sheets, or mounted. Sets in sheets, \$12. Mounted, \$15. May 17

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Travel. **TRAVELLERS' DIRECTORY.**

FOR THE NORTH. ALBANY—Hudson River Railroad—Chambers St. (Express Trains) . . . 6 A.M. and 4.30 P.M. Return . . . 4.45, 7, 11 A.M., 4 and 4.15 P.M. ALBANY—Hudson River Railway—Way Trains. 8 A.M. and 12 M. Return . . . 5.45 & 10.45 A.M.; & 6 P.M. Poughkeepsie—Hudson River R.R., Chambers St. . . 7, 9, 10, 11 A.M. 12 M., 2, 3, 4, 5, 6 P.M. TARRYTOWN . . . 7.10, 10 A.M. 2, 4, 5.30, 10.30 P.M. PEEKSKILL . . . 4, 7, 10, 10 A.M., 12 M., 2, 3, 4, 6.30 P.M.

FOR THE EAST. BOSTON via STONINGTON—Steamers C. Vanderbilt and Commodore—Pier 2, N. E., 4 P. M. BOSTON via FALL RIVER—Steamers Empire State, and Bay State—Pier 3, N. E., 4 P. M. BOSTON via NORWICH—Steamers Worcester and Kutehacker—Cortlandt St., 4 P. M. BOSTON—New Haven Railroad—Canal Street, 8 A.M. & 4 P.M. SPRINGFIELD—New Haven Railroad—Canal St., 9, 11.30 A.M. & 4 P.M. HARTFORD—New Haven Railroad—Canal St., 9, 11.30 A.M. & 4 P. M.

Steamers City of Hartford and Granite State—Pier 5th. NEW HAVEN—New Haven Railroad—Canal Street, 7, 9, 11.30 A.M. & 3, 4 P.M. Return, 5.30, 6.45, 9.35 A.M. & 11.10, 9.25 P.M. PORT CHESTER—New Haven Railroad—Canal St., 7, 9, 11.30 A.M. & 5 P.M.

FOR THE SOUTH. PHILADELPHIA—Amboy Railroad—Pier 1, N. E., 1 & 4 P. M. PHILADELPHIA—New Jersey Railroad—Foot of Liberty Street, 7, 9, 11 A.M. & 4, 5.30 P. M. Return, 1.20, 5, 9 A.M. & 4.15, 5.50 P. M. EASTON—Morris and Essex Railroad—Foot of Liberty Street, 8.30 A. M. ORANGE—Morris and Essex Railroad—Foot of Cortlandt Street, 12 M. DOVER—Morris and Essex Railroad—Foot of Cortlandt Street, 8.30 A.M., 5.30 P. M. MORRISTOWN—Morris and Essex Railroad—Foot of Cortlandt St., 8.30 A.M., 4, 5.30 P. M. NORFOLK, PETERSBURG AND RICHMOND—Steamer Jamestown—Pier 13, N. E., Saturday, 3 P. M.

FOR THE WEST. BUFFALO—Erie Railroad—Express Train—Foot of Duane Street, 6 A.M., 5.30 P. M. CHICAGO—Erie Railroad—Express Train—Foot of Duane Street, 6 P. M. DENRIK—Erie Railroad—Moll Train—Foot of Duane Street, 3.15 A.M. DENRIK—Erie Railroad—Express Train—Foot of Duane Street, 6 A.M. & 5.30 P. M.

Hudson River Railroad. NEW ARRANGEMENT—Trains leave Chambers street daily for Albany and Troy. On and after Monday August 14, 1854 the Trains will run as follows: Express Train, 6 A.M. though in four hours from 11st street, connecting with Southern and Western Trains, Mill Train, 6 A.M. Through Way Train, 12 M. Express Train, 4.30 P. M. Accommodation Train, 6.30 P. M. For Poughkeepsie—Way Passenger Train, 6.30 P. M. For 9 A.M. and Way Freight and Passenger Train, at 1 P. M. For Peekskill—at 9 A.M., 3.30 P. M., and 5.30 P. M. The Peekskill and Poughkeepsie Trains stop at all the Way Stations. Passengers taken at Chambers Canal, Christianburgh, and at 14th streets. SUNDAY MAIL TRAINS at 9 A. M. from Canal street for Albany, stopping at all Way Stations. OLIVER H. LEE, Vice-President.

Home Voices.

FROM A. F. V. POMEROY, O.—We now enjoy the pleasure of sending to you our fourth list of subscribers for your Journals. One year ago, my husband and I began to act as your voluntary agents in this place. We have since that time sent fifty-eight names; in procuring which, we have spent much time, and had to stem the tide of public sentiment, as we are but obscure individuals in a flourishing county-seat on the Ohio river. We are urged on in this work by the thought that, under a kind Providence, we owe the life of our only child to our knowledge of the Water-Cure. When an infant of four months old, he was taken with erysipelas of the head and face. We did not call a physician, but applied cold water to the head, wet bandages to the chest, and general abutions, which kept the fever down till nature performed the cure. There was a copious discharge of matter from the top of the head and about the ears, but the hair never fell off and the child was not inwardly sick after we commenced the treatment. He is now a healthy, thrifty boy of six years old, that knows not the taste of tea, coffee, flesh, fish, or fowl. Our town is quite backward in medical and dietetic reform; we have a perfect swarm of Allopathic physicians in this vicinity, and it is easy to trace the footprints of their cruel system of practice. We see lovely babes wither in their bloom and die of slow poison; our middle-aged have chronic diseases and pale faces; but we hope for brighter days to come. The good seeds of health reform have been sown here, and though we have seen with deep sorrow that many have fallen on stony places, we know that some have taken root in good ground; for we now get assistance in making up our clubs from a few who have been blessed by the teachings of the WATER-CURE JOURNAL.

We believe every person should do something for the good of mankind, so we mean to labor on for the spread of your publications. We have bought, lent, and given away as many WATER-CURE JOURNALS as our limited means would permit. I am making this letter too long; and wishing you all health, happiness and increasing success in your labors of love, I remain your humble co-worker for the spread of truth.

FROM N. Y., Otsego county, N. Y.—Dear Sirs: It is with warm feelings of gratitude that I announce to you that I am a Hydropathist in principle; you can easily guess why when you peruse my letter. In the year 1849 I was residing at P——, Otsego county, in the State of New York, when I was attacked with typhus fever; it originated from a bad cold. I was advised to call the physician of that place, an Allopathic M.D., he soon obeyed the summons: blue pills, calomel, and the lancet, had their respective turns in quick succession; besides a dozen other pills and powders, which no one but the famous pill pedlar knew any thing about; but, strange to say, I was not cured, but quite the reverse: I grew worse every hour. After being bled and purged, steamed and bled, that I should not recover was more than the doctor could account for; and after trying everything he could think of, he finally despaired, and said he could not help me. But I was not to be Allopathized out of the world yet: I tried the Water-Cure, and was restored to health. The pack, followed by the dripping-sheet, soon subdued the fever. In seventeen days I was able to ride home—sixteen miles; and in a few days longer I was well, and have enjoyed good health ever since.

We have a little girl, sixteen months old; an only child. In the month of November she was severely attacked with chicken-pox. We applied the pack once, with frequent washing, under which treatment she recovered in three or four days. These are "home truths for home consumption," which may be of some use to those who are beginning to open their eyes to this great health reform.

FROM Mrs. A. B., Cummington, Mass.—We have no physician of the right kind nearer than twenty-five miles, and we were obliged to take charge of our sick. We have cured typhus fever, lung fever, and obstinate cases of dysentery, many of them, with nothing but pure water.

We want a Water-Cure doctor very much. Public sentiment is all right on this point. In my ride of forty miles or more, I heard but one family express any opposition, and they were unread and ignorant people.

FROM D. McC., Fort Madison.—You will find enclosed a list of subscribers, on one of your printed lists; those on the Phrenological side for that Journal, and those for the WATER-CURE JOURNAL on the other side.

The cause of Hydropathy gains slowly here, but where we can prevail on people to subscribe and read, we do not fear the result. We have had a number of subscribers who have taken the Journal the last year, who say they have not time to read it, and of course they, poor souls! must be left to Doctor Allopathy, who will read and think for them. We have likewise a number of Puritans, or the descendants of Puritans, who think your writingsavor of "infidelity!"

I shall keep up the club and increase it if possible. Some of our Doctor Allopathies think your doctrine not worth notice, although they practise the sponge-bath every morning themselves; but it would not be good for their patients, poor souls!

We shall be glad to hear that disension. Success to Phrenology, Water-Cure, Hunger-Cure, and last, though not least, Bloomerism! Down with tobacco, whiskey, and drugs!

J. W. S., California, Mo., says: In 1852 I was the only person in the county that took either of your Journals; but now almost all the folks think it will do to seek for some further light, and they can nowhere get so much, so cheap, as by taking the Journals. I think I can send you about one hundred subscribers for the next volume.

FROM WYONOA, MINNESOTA. M. D. S. says: I have been a laborer in the cause of Hydropathy for ten years, and you may count on me as a "life subscriber for the WATER-CURE JOURNAL."

T. F., Spring Ridge, Miss., writes as follows: I use the water-treatment on my plantation entirely, with success in all cases. You may consider me a lifetime subscriber to your paper.

THE HYDROPATHIC REVIEW.—This great work is completed. No. 4 contains an Index to the volume. It may now be bound and placed in the library of the Hydropathic student and the practitioner. It is full of fact and philosophy. Its pages contain scientific articles by our best writers. But the Review was not "popular;" it was profrigidus was designed to fill vacant places in our Hydropathic literature. That place has now been filled, and the Review brought to a close. Each and every one of our Journal readers would do well to procure a copy of that work. It is invaluable, containing, as it does valuable thoughts and information, not to be found elsewhere. It will be sent, prepaid, by mail, in paper covers for \$2; substantially bound, \$2 50. Address the publishers of this Journal.

COLD WATER SONG.

BY HORACE S. RUMSEY.

The joyous bird, whose glad song is heard
When morning opens her eye,
Laves her sweet throat when, all aloft,
Her music fills the sky:
Then cold water bring from the bubbling spring,
From the fountain gushing free;
For who would be strong and his days prolong,
A true temperance man must be.

Each gint tree in the forest free
Sips of the dew and the showers;
And the lotus that laves its lips in the waves
Is the most beautiful of flowers:
Then, yo maidens wan, go forth with the can
Unto the bubbling spring,
And never more tea and coffee pour,
As they every nerve unstring.

Oh! never sup of the fiery cup;
The serpent of the still,
With venom'd fang and many a pang,
Doth soul and body kill;
But the rosy blush his cheek shall flush,
Who quaffs of the sparkling dew,
And every day, as it rolls away,
Shall yield him pleasures new.

Kanona, Steuben Co., N. Y.

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This is, unquestionably, the most popular Health Journal in the world.—Evening Post.

THE AMERICAN PHRENOLOGICAL JOURNAL. A Repository of Science, Literature, and General Intelligence; devoted to Phrenology, Education, Magnetism, Psychology, Mechanism, Architecture, and to all those Progressive Measures which are calculated to Reform, Elevate, and Improve Mankind. Illustrated with numerous portraits and other engravings. A beautiful Quarto, suitable for binding. Published monthly, at One Dollar a Year in advance.

It may be termed the standard authority in all matters pertaining to Phrenology, while the beautiful typography of the Journal, and the superior character of the numerous illustrations, are not exceeded in any work with which we are acquainted.—American Courier.

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