

THE WATER-CURE JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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THE

Water-Cure Journal

FOR 1855.

HEALTH is man's greatest requisition; health is LIFE, and our only means of happiness, while its absence is death.

It consists in the *normal* and *vigorous* exercise of all the bodily organs. To promote it, by obeying the health laws, increases life, and all its blessings, while to impair it, deadens every power and pleasure of our being.

Then, what knowledge as valuable as that of *health*, the LAWS, CONDITIONS, and restoration of *health*—of diseases, their causes and cure? What is money in comparison with increased LIFE, or relief from weakness and suffering?

Medicine has done its all to eradicate disease, yet failed—how utterly; how fatally! How sad the ever-increasing list of lively infants and blooming youth, strong men, and public benefactors, perpetually dying under its most skillful hands! Has nature no other restoratives less fatal and more efficacious? SHE HAS. And they abound always, everywhere, and are easily applied by sufferers themselves and their uneducated friends. WATER, air, and exercise, nature's best electric conductors, restore it to equilibrium, and thereby, life to vigor.

WATER, by bursting open myriads of closed skin-pores, casts out morbid matter through each.

PURE WATER cleanses the entire body, within, without, and quickens every organ and function to renewed sensation and action.

WATER, applied warm, cold, or tepid, inter-

nally or externally, is nature's great restorative agent. How TO APPLY IT, then, embodies most important knowledge, and will be shown in all its forms in the HEALTH-promoting pages of our WATER-CURE JOURNAL.

ITS HOME practice—how to apply it IN THE FAMILY and in emergencies—self-cure of chronic and acute diseases; details of cases, and how many now helpless and prostrate, it can cure; the management of sick children, and universal health reform, will be popularly presented and practically treated in our pages, and all sorts of inquiries and objections answered.

PREVENTION, too—the most important of all—by right diet, exercise, cleanliness, ventilation, clothing, occupations, education, amusements, social relations, and whatever else any way affects that complete function, LIFE, and its prolongation; and how to secure those physical conditions which confer the highest order of MENTAL vigor and moral perfection, will all receive the attention their importance demands. Our platform, how broad! Our plan, how comprehensive! Let our past course endorse our promise to render EVERY SUCCEEDING NUMBER THE BEST YET. Then SUBSCRIBE, ye parents who would dispense with drug-medication by not needing it. SUBSCRIBE, ye invalids, who have spent all on "regulars" and quacks, without avail, but would learn how to RESTORE YOURSELVES without money. SUBSCRIBE, ye who are well, and would know how to continue so.

SUBSCRIBE, YOUNG MEN AND WOMEN, that yourselves and prospective families may escape those terrible scourges, sickness and premature death. Subscribe, progressives, all classes, and you will obtain the value of your money MANY HUNDRED-FOLD.

ESSAYS.

HERE each Contributor presents freely his or her own Opinions, and is alone responsible for them. We do not necessarily endorse all that we print, but desire our readers to "Judge All Things" and to "Hold Fast" only "that Good."

TYPHOID FEVER.

BY HENRY J. HOLMES, JR., M.D.

I HAVE observed that many Hydropathic writers seem to consider a distinction among fevers immaterial and unprofitable, supposing the treatment of one class sufficient for all. This I look upon as being a mistake, a serious and unfortunate mistake, resulting too frequently in seriousness and unpardonable mischief. For I consider fever, in almost every instance, a mere symptom, and the treatment of symptoms is but palliative, for the radical removal of which we must treat the disease. Thus, we would not be satisfied with relieving the fever in bilious fever. We would wish the derangement of the liver corrected. The fever in scarlet fever is but a symptom of a peculiar exanthema. The fever in gastric fever is but a symptom of an inflammation of the stomach, to which we should direct our treatment. So, also, with typhoid fever. We should do injustice to our patient, and bring discredit upon our cause, if we relied upon merely keeping down the pulse and the abnormal heat, and not endeavoring to reduce the inflammation of Peyer's Glands. For that, to my mind, is clearly the pathology of that disease, as evinced not only by the investigations and post-mortem examinations of many truth-loving philanthropists, but by many of the symptoms, as, tenderness from pressure upon the abdomen, abnormal heat thereof, tympanitis, &c.

I would say a word concerning the nomenclature, which is perplexing and inappropriate. It is sometimes termed nervous fever, slow fever, continued fever, and has a number of other names, none of which give an idea of the nature of the disease, or suggest the proper treatment. And the name of a disease should suggest its nature. Why, then, not call it inflammation of Peyer's Glands? Professor Wood, in styling it enteric fever, gives it a far more appropriate name than typhoid fever, for we then know the disease is located among the bowels, and know to what region to direct our treatment. I do not wish to enter into a lengthened article on typhoid fever, but merely to publish, if deemed worthy, my mode of treatment in more than twenty-five cases, in all of which success crowned my efforts.

Scientific Allopathists are widely at variance as to the appropriate treatment of this disease. While Dr. Wood, Professor in the University of Pennsylvania, advocates bleeding and mercury, Dr. Mitchell, of the Jefferson College, rejects them, and reposes reliance upon the use of nitrate of silver. Dr. John Atlee urges the use of acetate of lead, while in France it has been repudiated, the treatment there consisting in the free administration of alum, mercury, and chloride of sodium. A diversity of treatment, but with a uniform result—a fatality of about 33 per cent.

My treatment is very different—my success much more satisfactory. When the surface is hot and pungent, I sponge freely or use a tepid full-bath, with cold affusions to the head, if there be much heat and pain thereof. This is but palliative, my radical treatment being a tepid sitz-bath, followed by one small cold enema every two hours. Simple yet how effective! The tepid full-bath mitigates the heat, reduces the pulse, and is pleasant to the patient; the affusions upon the head banish pain, and obviate coma and delirium. The tepid sitz-baths and cold injections abstract the abnormal heat from the bowels, dissipate the inflammation, and save

the patient. I will close, after reporting one case in illustration.

On the 1st of August I was called to see a negro boy, aged fifteen years, who had been confined eight days. Found him in the following condition: Eyes congested; tongue furred, with red tip and edges, and pointed; bowels loose,—the discharges being black and fetid; abdomen tympanitic, and tender upon pressure; skin hot and pungent, and pulse weak, frequent, and irregular, beating about 120 per minute. I ordered him to take a full-bath, temperature F. 85°, for five minutes, which relieved him of much of the abnormal heat, and reduced his pulse to ninety-five. He went to sleep in a few minutes, for the first time for two days. I left with the direction that he should take a sitz-bath, temperature F. 80°, every two hours, followed by one small cold enema. Aug. 2d, 3 P. M., pulse 90, discharges less frequent and fetid. Some abnormal heat of the head; abdomen still tympanitic, and tender upon pressure. Ordered cold affusions upon the head, and treatment as above. Aug. 3d, 5 P. M., no marked change, except in the discharges, which were reduced to three a day, with much less fetor; treatment the same. Aug. 4th, 5 P. M.; decided improvement: had slept several hours night before; pulse down to 85; tongue almost natural; no tympanitis of the abdomen; bowels nearly regular; treatment still the same. Aug. 6th, rapidly improving; has some appetite. Treatment the same; total abstinence enjoined for two days more.

I might here say that I am an enthusiastic advocate for the hunger-cure, particularly where the stomach, or any part of the alimentary canal, is implicated. One of my typhoid patients ate nothing for eighteen days, and recovered. What think Allopathists of that? On the 18th of August, the boy was sitting up, free from any disease, demonstrating that the disease can be cut short, in contradistinction to the opinion of many practitioners. I believe myself that, under a treatment by medicine, the disease will run its course, and *madly*, too; whereas, if it be promptly attacked by appropriate water-treatment, within five or eight days it can be checked.

Spring Ridge, Miss.

"THE GOOD TIME COMING."

BY HORACE A. RUMSEY.

On the wings of the wind hoary Time sweeps along

The sorrows and sighs of to-day,

Yes, ruthless oppression, shame, insult, each wrong

Must all pass for ever away—

Thank God,

Are passing for ever away.

Though the world to the millions appears to stand still,

Yet Galileo seeth it move,

And knows its high destiny time will fulfil,

And that all shall be governed by love—

Thank God,

That all shall be governed by love.

Two cycles have passed, and the third rolls away,

Yet Freedom shall rise from the tomb;

Despair not, ye nations; for come will the day

When earth a paradise bloom—

Thank God,

That earth shall a paradise bloom.

Elmira Water-Cure, N. Y., July, 1854.

"FATHER SAWYER," a Congregational clergyman, of Maine, now in the one hundredth year of his age, preached recently at Oxford, N. H. He was ordained in Oxford, 1787, and after remaining for some years in his first charge, he removed to Maine, where he has been preaching for over fifty years. He is now on a visit to his old friends in Oxford, accompanied by a man seventy-five years of age. His voice continues strong, and he seems to retain all his faculties, both of body and mind.

PURIFICATION.

BY DR. W. M. STEPHENS.

THERE is no quality of objects, whether material or immaterial, more highly prized by men than *purity*. The desire for it is instinctively planted in the human mind, although often perverted by false conditions and false culture. There is a pure religion, a pure morality, and a pure science. The truth preserves and is instinctively prized by men, and is called pure; whilst error perverts, destroys, corrupts, and, when mixed with truth, renders it impure. Thus we see that *error* in the region of thought and intellect bears an analogy to corruption and decay in the region of matter and the body.

In recent times much has been said of *pure air*, *pure water*, *pure diet*, and a *pure body*, by those who prize health, life, vigor, and enjoyment. Persons who believe and practise this kind of purity may be called *physical Puritans*, as our old New England ancestors were called Puritans for believing in a purer religion and a holier church than that of the times of Charles I. and II. It is our theme at present to speak of a *PURE BODY*—a body free from all foreign and unassimilable substances—a body washed and cleansed from all corruption and putrefaction.

That the human body may become impure both externally and internally, is a truth appreciable by our grosser senses. We smell the putridity in the breath exhaled. We discover it in every sick-room we enter. We see it when it comes to the surface in the shape of ulcers, tumors, boils, cancers, rotten teeth, rotten linings, and rotten gums. We perceive it in the diseases to which men are liable. In all eruptive diseases, in scrofula, consumption, &c., we perceive the putrefactive diseased matter. We see many who upon the surface seem fair and beautiful, and are within filled with all manner of uncleanness. The lungs are decaying piecemeal; or the stomach is acid and cankerous; or the bowels are clogged with impurities, or the blood circulating a dark and poisonous stream, by which the life is corrupted at the fountain, and the seeds of death sent through the system at every pulsation.

That the human body becomes corrupt and impure is demonstrable by science. The matter of the body is continually decaying. Each particle of matter is endowed with a vitality which is soon spent, and the matter must be removed from the system by the excreting organs, or it remains a source of corruption, obstruction, and disease. It is the function of the absorbent system to remove these particles after their life has been spent, and they have performed all they are capable of doing in the body. They are then carried into the general circulation, and thrown off by the bowels, the kidneys, the skin, and the lungs. Now, if the skin is not cleansed by a daily bath, if the bowels are clogged with a thick, hard paste, and its function is destroyed, if the stomach is continually supplied with food too concentrated and too nutritious, the bowels become inactive, and this depurating agent is cut off. If the lungs are not supplied with strong fresh air, pure, and highly oxygenized, they cannot perform their office of eliminating carbonic acid, and changing the blood from dark to red. In these various ways, and without actually taking any decayed or diseased matter into the system, it may and does become corrupt and impure.

Again, the body may be rendered impure by introducing into it foreign, unassimilable, and impure substances. These will enter the body through the medium of the lungs, the skin, and the stomach. Substances in a fluid state, placed in contact with the skin, will be absorbed and drawn into the circulation. All theicles in the atmosphere we breathe are taken into the lungs. The stomach is the usual reservoir for the receipt of all kinds of poisons and impure substances which the ingenuity of man has been able to devise with the vain hope of curing disease. All

substances are impure to the body which cannot be digested and assimilated into its own nature, so as to form bone, muscle, nerve, brain, &c. Almost all agents used as medicines are unassimilable, and therefore impure and poisonous. When thrown into the stomach and intestines, they are generally absorbed, and pass directly into the circulation. They are then deposited upon some of the tissues, or lodged in the small capillary extremities of the bloodvessels, obstructing its circulation, and becoming a source of irritation and disease.

Being satisfied of the impurity of our bodies, and that this impurity renders us more liable to all diseases, and causes various aches, pains, disquietudes, and derangements, it becomes a question of great importance to the *purist*, how he shall purify his body. How am I to get clear of this humor which circulates in my blood? these poisons which have deposited themselves upon the solid parts of the body? these obstructions which stop the circulation of the nerves as well as of the blood?

Lover of TRUTH and PURITY! turn to Nature, and learn from her how to wash away the consequences of thy physical sins. Observe that water is the universal cleansing agent of all things upon the surface of the earth. It is water that cleanses the atmosphere of noxious gases and poisonous exhalations. It is water in our brooks and rivers that carries off impurities from the surface of the earth, to be neutralized and purified in the great ocean. The air and earth are purified by water, and the water itself is again purified by the earth, the air, and the ocean. It is rendered pure when filtered by running through the earth for a long distance. It is purified when taken up by evaporation in the clouds. It is by water then that Nature cleanses the earth, and it is by water that she has intended that man—a planet thrown off from her bosom—should also be cleansed and purified. But how shall it be done? you inquire. Can it be possible that simply the washing of the surface of the body will cleanse the interior? If you have deviated far from nature it may require much art in the application of nature's remedy to restore you; but bathing the surface will in time entirely cleanse the whole body, inside as well as out. We will look at this last proposition a little, and see how well it is based upon fact.

It is asserted that water, when properly used, will purify the human body of foreign substances, obstructions, or *materies morbi*. In proof of this, we will first endeavor to show how water acts in producing this effect.

In the first place, it must be remembered that it is estimated that four-fifths of the entire body and nine-tenths of the blood are water. It is in water that every particle of matter in the body is carried and deposited. It is in water that it is again taken up and removed from the body. It is in water the red globules of the blood are circulated, and it is by water as a menstruum that almost all the processes of life are carried on. This water which circulates through our veins and arteries, carrying the particles which are to nourish the various tissues of the body, also holds in solution all the impurities in the body not yet deposited or deputed. This water then we will suppose to be impure, unclean, dirty, filthy. How is it to be purified? In the first place, we prevent any more impurities from entering the body; we cut off the supply, and attempt to remove what is already accumulated.

We will now endeavor to illustrate how the blood may be washed and cleansed by bathing the surface. It is well known that the blood is continually passing from the arteries to the veins by means of a set of intermediate vessels called capillaries. These capillaries are distributed upon the surface of the body. Here then is a very thin membrane between the water of the blood, containing impurities, and the pure water upon the surface, so thin indeed that a constant interchange takes place between the two. The water in the body passes out whilst that in the bath supplies

its place. This exchange and circulation will continue to go on until both are equally impure.

To illustrate again: the body is of the nature of a sponge filled with impure water. Take this sponge and dip it in pure water, and a portion of its impurities pass out to the water. This will continue in the same case as often as the sponge is dipped in pure water, and this will continue to take place until the water in the sponge becomes as pure as that into which it is dipped. Now it may be said that the body is not a sponge, but it resembles it very much in this respect. None of the tissues of the body are water-proof, for water will penetrate any of them almost as easily as it will a sponge. Water taken into the stomach immediately passes through its walls into the blood. Water in contact with the surface of the body is also soon taken up and enters the circulation. If medicines or other matters of disease are still contained in the blood, they will either pass out with the serum in which they are held in solution, or be lodged upon the surface immediately under the skin, to be removed by some eruption, as a rash or a boil. Some impurities are removed by a fever, which appears to be of the nature of a fire kindled by the vital force, to burn up impurities and rubbish in the system which cannot be disposed of in any other way. When the impurities are thrown upon the bowels, they are removed by a diarrhoea or by a copious discharge of urine.

The blood once cleansed, those impurities which were previously deposited upon some of the more solid tissues are again taken up by the absorbents and thrown into the circulation, from which they are removed in the manner we have mentioned. This fact accounts for many things we witness every day in water-treatment. Sometimes patients will complain of feeling the effects of medicines which were taken many years previously. These symptoms would last until the medicine again thrown into the circulation had passed from the body or been deposited upon the surface. I have had patients complain of feeling all the effects of quinine which was taken for intermittent fever many years before. I have had them to exhibit all the effects of mercurialization. Sometimes, under treatment, there will be an apparent aggravation of the disease, and all the symptoms will appear to be worse. If individuals do not understand the action of water, they will, of course, become frightened, abandon its use, declaring that they have tried water and found it did not suit their case, when, if they had persevered for a short time longer, or until the impurities could have been removed from the circulation, they would have had an entire and complete cure. All these things it is necessary for patients who undertake a course of water-treatment to understand, or they will fail in their endeavor to regain health. The impurities thus removed from the body can often be discovered by the bandage and packing-sheets, and always detected in the odor of the packing-iron immediately after that process.

Copious water-drinking, followed by much exercise, or the blanket-pack, is another mode of removing impurities from the system; but as this mode is very powerful, and taxes the vital energies to some extent, there are but few cases in which it can be safely employed.

Having now shown that water properly used will remove impurities from the body, we desire to direct the attention of the reader for a few moments to the difference between water-treatment and drug-treatment. The contrast is so great that it can easily be drawn. They are as different as light and darkness; as good and evil; as right and wrong. The one introduces a drug, the other removes it; the one endeavors to cure the body by filling it with impure and unassimilable substances, the other removes all such substances from the entire system; the one endeavors to cure by subduing the efforts of the vital force to eradicate *materies morbi*, the other acts with and aids the vital force in overcoming disease. The Water-Cure is the reverse of all that has been commonly taught and believed in

medicine. It is not a reform; it does not lop off the branches of the old system and leave the tree still standing; it is a revolution, which undermines the basis and digs the tree up by the roots. It is from this fact that so few can at once comprehend Water-Cure. It is too far removed from all their common opinions in regard to medicine and curative agents. They have been educated to believe that it is the pill dropped into the stomach which has some mysterious property to charm away disease. They cannot comprehend that all our past education in medicine has been false—as false as Egyptian astrology—as false as the charms and devices by which witches, sorcerers, and fortune-tellers have deceived an ignorant and superstitious populace. It is not easy to make so great a revolution in a mode of thinking and manner of belief, yet steadily and surely is the Water-Cure gaining ground, and will continue to gain ground with all intelligent and investigating people, for it is based upon the immutable principles of truth, and carries with it the blessings of Health, Temperance, and Purity.

Dansville Model Water-Cure, N. Y.

THE WET BANDAGE.

BY JOEL SHEW, M. D.

The simplicity of the water-treatment, its safety, its efficacy, and its applicability as a *home* remedy, I have often insisted upon. The object of the present article is to explain briefly and in a familiar way the mode of application, and the effects of what is denominated in Hydroopathic parlance the *wet bandage*—a very simple application, and one of the best.

The body bandage—wet girdle or Neptune's girdle, as some one has called it—is commonly made in the following manner: Take two and a half or three yards of good toweling, not too heavy or harsh, but of good material; hem one end, and turn down and sew the corners of the other end, as may be seen in the cut; then sew a tape or tapes upon this pointed end, long enough to pass around the body two or three times and tie. If there is any peculiarity of form, or if it is desirable to make a very perfect fit, the toweling or linen may be narrower and lighter, and long enough to pass three or four times around the body. Some, too, are in the habit of making the body bandage of two or three thicknesses, and with *gores*; but in general it will be found best to use the plain form; it is much more easily made, and will, as a general thing, be found the best.

In applying the wet girdle, one half of it usually is wet. Thus, if it is two and a half yards long, one half—the end having no tapes—is wrung out of water, and then, when wound round the body, beginning at one side and passing round in front, there come two thickness of wet upon the abdomen, one upon the back, and a thickness of dry all around the body, which prevents the bandage from becoming too cold and the clothing too damp. This is the way in which the wet girdle or body-bandage was used at Graefenberg; and every patient, male and female, young and old, wear it constantly, both night and day, and with the best of results. And the effect of thus persevering with this invaluable application was, in almost every instance, to bring eruptions out, and the like upon the body, but which, however, cured themselves readily enough, as the patient became well. The bandage used in this way, be it remembered, cannot cause eruptions upon a pure and healthy body; it is only the diseased and sickly that experience these effects.

In this connection I must protest strongly—



indeed I have often before done—against the use of oiled silk and other air-tight coverings upon all wet exposures of this kind. Do we not know that the skin is naturally a breathing organ, and that if we varnish over the body, or in any way prevent the air coming to its surface, life is destroyed in a very short time? How inconsistent then is it to adopt such a practice, even upon a small scale, when we have the most indubitable evidence of its evil effects? This was one of several pernicious practices which had crept into the Water-Cure, even years before its great founder had passed away; it was one which Priessnitz protested against in the strongest terms; and he assuredly would not have acknowledged any man a competent practitioner of his system, who would deliberately persist in it.

The wet giridle, then, rightly employed, is useful in a great variety of ailments, and in almost every conceivable form of disease. It should be changed or re-wet every three or four hours during the day, and once or twice during the night. Thus it is used in chronic disease; but in acute, it may be necessary to re-wet it every fifteen, thirty, or sixty minutes, according to the nature of the case. In all forms of bowel-complaint, diarrhoea, cholera morbus, cholera and dysentery, the wet giridle is peculiarly applicable, although, in some extreme cases of weakness it may be better, for convenience of application, simply to lay wet compresses upon the front of the body.

In extremely hot weather and in hot climates the giridle is liable to abuse from its soon becoming too warm. In some extreme cases, indeed, it may be advisable to substitute for it frequent washings of the surface. At all events, we must be very careful that it does not become too hot. In such case it does more harm than good.

I cannot close these remarks without recommending most earnestly to the studious and all who are troubled with sleeplessness, a trial of this favorite remedy. For the object of procuring sleep, it may be used only at night; and in cold weather it is easily managed so as not to produce a chill. Even flannel may be put over the giridle, if necessary; but yet we should remember we are always most liable to be harmed by heat. Put the giridle on, if you choose, when you go to rest; or if you are only sleepless towards morning, put it on then, and see if pleasant dreams and refreshing sleep do not result. Try it, I say, and then tell me if we do not all of us owe Priessnitz a debt of gratitude for giving us a remedy so good!

TO A YOUNG MAN.—HINTS ON BUSINESS.—How to Prosper.—The way to get credit is to be punctual! The way to preserve it is not to use it much. Settle often, have short accounts.

Trust no man's appearance, unless it corresponds with his phenomenal developments—they are deceptive—perhaps assumed for the purpose of obtaining credit. Beware of gaudy exteriors. Rogues are usually dressy. The wise, honest, and judicious are plain men. Trust him, if any one, who carries but little on his back. Never trust him who files into a passion on being requested to pay an honest bill; make him pay quickly. An upright man will not require incessant warning;—the patronage of he who does it is not worth having.

Be well satisfied before you give a credit, that those to whom you give it are safe men to be trusted. Sell your goods at a small advance, and never misrepresent them; for those whom you once deceive will beware of you the second time. Deal uprightly with all men, and they will repose confidence in you.

Beware of him who is an office-seeker. Men do not usually want an office when they have any thing to do. A man's affairs are rather low, who asks you for support. Agree beforehand with every man about to do a job; and, if large, put it into writing. If any decline this, quit or be cheated.

Though you want a job ever so much, make all sure at the onset; and in a case at all doubtful, make sure of a guaranty. Be not afraid to ask it; it is the best test of responsibility; for, if offence be taken, you have escaped a loss.—*Malthus in Pareo.*

General Articles.

THE DISCUSSION.

DR. CURTIS TO DR. TRALL No. 2.

DR. TRALL.—DEAR SIR: In accordance with your request in the WATER-CURE JOURNAL, page 85, we will tell you precisely what we mean by the terms "drugs," "poisons," "remedies," "hygienic agencies," "medicines," "food," "drink," &c, and by such phrases as "remedies that agree with the constitution," "innocent medicines," "medicines which are in their nature inimical to the human constitution," "medicinal agents," &c.

1st. *Drugs*: a popular name for every thing that is or has been given in the treatment of disease.

2d. *Poisons*: articles whose chemical affinities, war against organic integrity; as bichloride of mercury, (ratsbane), rhubarb, croton-cation, (poison sumach), cantharides, (Spanish flies).

2. Articles which, being decomposed in the system, generate a gas that causes swelling and consequent mechanical obstruction to vital action, as the cause of milk-sickness.

3. Articles which deprive an organ of the power to perform its functions without producing lesion, as prussic acid, opium, and other narcotics.

3d. *Remedies*: articles or agencies which invite or incite the organs to physiological action without injury to the tissue or its functions; as pure air, water, ginger, raspberry leaves, lobelia, assaem, catnip, spearmint, bayberry, vapor bath, caloric, electricity, magnetism, exercise, &c.; any and every thing that directly aids the vital force in producing the natural action of the organs.

4th. *Hygienic Agencies*.—See remedies of the imponderable class, as caloric, electricity, magnetism, and even gravity and chemical affinity, exercise, cheerfulness, &c.

5th. *Food*: those articles which, in quantities just sufficient to distend the vascular system to its proper dimensions, contain nutritive matter enough to sustain it, and irritative matter enough to excite the organs to a normal action and no more; and yet possess nothing in their nature inimical to the organs or their functions. See our Lectures on Medical Science, page 97.

6th. *Drink*: fluids which simply distend the vascular system to its normal dimensions, without containing either poisonous or irritating matter, as water. This article loosens tissue and thus removes irritation, dilutes and dissolves substances and conducts them to their places of destination. I am not sure that any other fluid than distilled water at the animal temperature deserves this definition.

7th. *Remedies* that agree with the constitution are those that excite the organs of the body to the regular performance of their functions, without injuring their integrity or their capacity for action; as catnip tea, ginger, lobelia, &c.

8th. *Innocent medicines* are those that do the body no harm, as the above.

9th. *Medicines* which are in their nature inimical to the human constitution are those which unite with and decompose its tissue, atom by atom, and thus commit depletions on the tissue; as the bichloride of mercury; or whose power dispossesses the available vital force without destroying the organic structure; as narcotics.

10th. *Medicinal Agencies* are the forces, as caloric, electricity, chemical affinity, &c., as distinguished from solid substances. It is not, however, material to use the word agencies at all; agents will do as well for all, and we have used them sometimes indifferently, the one for the other.

Having given you the definitions you requested, we respectfully ask why you wish us to finish all we have to say before you reply? We finish each article as we go, and see not why you do not reply

to each. Is there not something in our first article, page 106 to 108 of our journal, worth your careful attention? Are not our positions very plainly stated on page 108? Possibly you have not noticed that article. We commend it to your attention, and would like to see how you refute its arguments. You simply state, on page 82, that drugs do not act remedially to the animal economy; but that "the system acts against the drug, contemplating its expulsion." You give us no proof of the correctness of this statement, but go on, "this being true," which is to be proved, as we deny it; "it follows that all drugs—remedies—the lobelia and cayenne of the Physiopaths, as well as the calomel and opium of the Allopaths," (and you might as well have added "the cold or hot water and all the food of the Hydropaths")—are absolutely poisonous." You say this principle is either true or false; you think the former. We say the latter, and we think that we fully proved it, pages 106 to 108 and 113 to 116, by facts and arguments which you have not attempted to answer. You say (page 86) we are to prove that our articles are innocent. If a man is to be considered innocent till he is proved guilty, why not a medicine? Do you require us to prove a negative? We declare that we never knew our remedies to do any harm when rightly applied—you say they are "absolute poisons." But whom do you devolve the *onus probandi*? But we can prove even the negative. We have taken them and given them to others for twenty years, and we are sure that they have not injured either us or our patients. They have always relieved ours of sickness, and made us feel better than before we took them. Is not this proof that they are "innocent"? Will you give us demonstrative proof that they are "absolute poisons"? Mere "opinions" will not do for science. That you need not be at a loss for our positions, we here state them in brief, and refer you to our article in the "Life Illustrated" for further particulars.

1st. We agree with you that the organism acts (in some way) on all substances introduced into its domain.

2d. We affirm that all substances thus introduced act upon the organism. Here we are at issue.

3d. We believe that different substances act very differently on the organism.

We shall prove our assertion—1st. By your own testimony for it, which is as good as the same evidence against it.

2d. By vital, chemical, and mechanical demonstrations—the only admissible evidences in science.

The first proof we have given, page 106 to 108. If that is not satisfactory, you shall have more.

This article being already long enough, we shall adduce the second proof in another. Meanwhile we wish it to be understood that we do not attach so much importance to the decision of the question whether medicine acts upon the body or the body on it, or both, (which is true), as our friend Dr. Trall does. For, if this were settled, there would still remain several other questions: viz., How does it act on the body or the body on it, and why do different medicines excite different actions and taste? and, most important of all, What is the rule which will enable us to distinguish what articles are "agencies" or "remedies" or "medicines" or "remedial means," and what are not? This last question will call up the "error of errors" of the faculty, in which we are sorry to say that Dr. Trall will find himself equally involved with them; and we beg him to rest assured that we shall neither "back out," "skulk," nor "dodge," till we shall have brought him "square up" at this point. These we will talk about the question whether the Hydrothy or the Physio-medical system shall surrender, or whether the former shall fly into the arms of the latter, as her best friend, support, and protector. See *Life Illustrated*, No. 2.

Yours truly,

A. CURTIS, M. D.

DR. TRALL TO DR. CURTIS. NO. 2.

Dr. A. CURTIS—Dear Sir:—The only reason I waited for you to finish your article in review of my positions, was, that I might understand precisely the whole ground you would occupy in this debate, and be enabled thereby to come at once to "close quarters," without wasting any of our wordy ammunition in fruitless skirmishes.

It is with great pleasure I acknowledge, that I do find matter in your articles so far worthy of careful attention, and careful attention they shall have in due time.

Your definitions seem to involve a wide range of problems, all of which are properly matters of discussion; but I am sorry you could not shape your definitions in some way that would not beg the question. In defining poisons and remedies, for example, you say of poisons, "articles whose chemical affinities war against organic integrity, as bichloride of mercury;" and of remedies you say, "articles which invite or excite the organs to physiological action, as lobelia." Do you not see that you herein *assume* the very thing to be proved? Why lug in your opponent's drug-medicine on the side of poisons, and place your own on the side of remedies? A proper explanation of poisons and remedies, I respectfully submit, would define those terms without reference to corrosive sublimate or lobelia. I leave these articles to come in afterward, under whichever head they may belong.

I apprehended, when I called for your definitions, that I should be obliged to dissent from them in the main. I am not disappointed. I do differ with you radically as to the correct or philosophical definition of the terms "poison," "remedy," "food," and "drink;" and I think that whenever you can meet these definitions on a satisfactory basis, we shall find our discussion very nearly concluded.

I assume, and shall hereafter prove, that both bichloride of mercury and lobelia are inimical to the organic integrity; and I deny your position that lobelia "invites or excites the organs to physiological action, without injury to the tissue or its functions." I think I have no number of difficulties in demonstrating my position here conclusively; but, as you have assumed your whole side of the question under cover of the definition of a word, I must first contest the definition itself.

I will now state my definitions of all the terms which are essential to this discussion, so that we can perfectly understand each other.

1. *Poisons* are those articles or agencies which are not, in any form or quantity, convertible into any of the structures of the living body, nor employed by the organism in the performance of any of its functions. I neither include nor except corrosive sublimate, nor lobelia, nor water. The definition, I insist, is true in itself. Let these articles take care of themselves. I could go farther, and say (and, indeed, my definition implies it) that poisons are chemically incompatible with the structures, and physiologically incompatible with the functions of the living organism. All these things, I say, are poisons, no matter what becomes of mineral medicines, nor vegetable remedies, nor vapors, nor wet-sheet packs, nor bread, nor water.

2. *Remedies* are those agents or influences which supply favorable conditions, or remove impediments to the operation of the vital powers inherent in the living organism, without being chemically or physiologically incompatible. This definition is also true in itself, let asarum, cod-liver oil, ginger, or gin-schnapps, cold water, or hot water, be what they may.

3. *Food* includes all those substances whose elements are convertible into, and do form, the constituent matters of the tissues. This is true in itself. We may take too much or too little of it. We may abuse it; but we can use it. Your definition implies that alimentary articles are only food when they produce a certain degree of vascular distension, and contain "irritative [?]

matter" enough to excite the organs to a normal action, and no more. Here, again, your definition assumes several affirmatives, each of which I deny. I deny that food has any thing to do with the quantity eaten. That is a question of use or abuse; not of the abstract quality of the thing itself. I deny, too, that food necessarily contains any "irritative matter;" I deny that food does irritate the organs in the least. Finally, I deny that food excites, or irritates, or acts upon the stomach, or the system, in any manner whatever. My position is, (and I will try and not forget it,) that the stomach and the system act upon the food. If the food acts on the stomach, please tell us what the result is. What does the food do to the stomach? What changes does the stomach undergo? I cannot understand how there should be an action on the stomach, and yet the stomach be the same all the time. These must be some effect. Pray tell us what it is.

If you ask me the same questions, on my theory I can answer them. Perhaps you will ask, what effect the stomach has on the food. I will just hint to you now, what I am going to demonstrate to your full satisfaction by-and-by. The stomach *does* act on the food; all the vital powers act upon it. They masticate, dissolve, decompose, elaborate, use and appropriate it. The food is gone; it disappears. The food is changed; it is acted on,—and not the stomach, but *by* "manner of means."

Now apply your own dear lobelia to this principle, to this principle to lobelia. You say it acts on the stomach. Not so; the stomach acts on or against it. Let us see. What effect does the lobelia have on the stomach? You say it irritates or excites the stomach to the regular performance of its functions. Well,—that in effect is nausea and vomiting—sometimes very severe, too. Is vomiting the "regular performance of its functions?" I rather guess not; I think we shall find that it is the stomach all the while that does the acting. And what does the stomach do to the lobelia? It ejects it; it expels it; it throws it out of the system; it changes its place from within the body, where it has no business, to without the body, where it naturally belongs. If the lobelia acted on the stomach, the stomach would be changed, or expelled, perhaps. Probably you will cut this gordian knot by saying the action is reciprocal,—that the lobelia acts on the stomach, and the stomach on the lobelia. If so, I have only to remark—Prove it.

4. *Drink* I define to be *pure water*; not just enough to distend the vascular system, nor to dilute any thing, nor carry on nor carry off any thing. I define drink to be water alone, without any reference to quantity,—without any regard to use or abuse. You commence your definition by saying "*fluids*," which do so and so, and end your definition by expressing a doubt of the correctness of its commencement. That will hardly do for a scientific employment of technical terms. If there is no fluid except water deserving the name of drink, will you be kind enough to enlighten us a little, as to wherein the medicinal virtues of your *medicated fluids* reside—your tinctures, your infusions, your decoctions, your beers and solutions, &c., &c.?

All these are grave questions, and, as you well suggest, their discussion is predicated on the primary question, "*How* do these things affect the living organism?" What is the rationale of their modus operandi?

After hearing from you again, I will copy your former articles, published in your Physico-Medical Recorder, and reply to them several positions you there present.

Yours truly,

R. T. TRALL, M.D.

* Probably you now begin to see why I attach so much more importance than you do to the question, "Whether the food acts on the body, or the body on the food?"—and why I regard your own personal experience, or my own personal experience, as to the sensible effects of such drugs as may have swallowed, as of very little consequence in this discussion.

AN INCIDENT IN THE ANNALS OF WATER-CURE.

No. V.

BY OLIVIA OAKWOOD.

A TERRIBLE panic was created among the friends of the intelligent and gifted Richard R—, when it was announced that he had suddenly become insane, and was confined in his room at college, a raving maniac. What could have brought about so sad a change? Was the immediate inquiry in all quarters; for Richard was a universal favorite; as well on account of his family, as himself. Of course his friends hastened on to M— to restore him to home, and, if possible, to reason.

Close and unremitting study both by day and by night, occurring just after a season of active physical exercise in the open air, had resulted in deftoring reason from her empire in the mind of Richard. The professors, immediately upon discovering the fact, summoned a corps of the Faculty, and calomel, bleeding, blistering, morphine, and *even cold water on the head*, were resorted to, in all the dignity of medical confidence. But the sturdy disease refused to retreat, and the once amiable and reserved Richard became a terror even to his physicians. Six athletic men were compelled to guard him every moment.

With difficulty he was removed to his home, to which the best medical counsel in the country was speedily summoned. Their advice was but a repetition of the former course, which resulted as before in a complete failure, on which they immediately pronounced him incurable, and coolly recommended his confinement to a "Reformatory for the Insane." With this opinion friends of the family coincided. But the never-yielding love of a fond mother and sisters could not so readily yield. "We can bear with him," said they; "we cannot commit him to the care of strangers, now that he needs our love more than ever. At all events, we will wait a while before we send him from us." And so, apparently defying against him the angels of the household resolved to continue their guardianship of him who was unconscious of the suffering he caused. Doing all the system of Allopathy permitted them, they worked in vain: the over-taxed brain, excited to its utmost extent, refused to become calm, or listen even to the voice of a mother's love.

But like a sunbeam across her path, came the stray leaves of a publication to that mother's eye. Known to but one family in that vicinity, the "WATER-CURE JOURNAL" was put into her hands by a stranger friend who had looked on her sorrows with sympathy. It was a back number of the Journal, containing the record of a case similar to that of Richard R—, exhibiting the potency of WATER to

"Cool the frenzy of the mind."

The mother's heart caught the ray of hope, and striving well the mode of treatment therein described, she immediately commenced its application to her son. How unweariedly did both mother and sisters labor with their own hands to subdue the refractory disease, nerved by affection and stimulated by hope! And when, after a few days' administration of the remedies, they saw the violence of his symptoms abate, how were they encouraged, and how the task of attendance seemed lightened! Poor wearied nurses! had there been at hand one who understood the scientific application of Hydropathic principles, and who was deeply read in the physiology of the human system, how much less anxiety and labor need have been theirs! Had Heaven blessed their untaught efforts with the happiest results. Their sleepless, raving patient ceased to alarm their nights, and yielded to peaceful slumbers. His ravenous appetite gradually abated; his furious ebullitions of mania softened by degrees into his native urbanity of demeanor; the iron-bound

lightness of his brain (as he himself expressed it) reaved, and finally the whole disease gave way, leaving but a natural weakness of frame, which soon disappeared, and Richard stood forth himself once more, as completely calm and sane as before the attack. Some of the M. Ds. termed it brain fever, others a permanent destruction of the intellect. Whatever it might have been, both he and his friends have cause for the joy with which they explain it:

"Richard 's himself again."

redeemed by the agency of WATER ALONE.

FADING BEAUTY OF AMERICAN WOMEN.

It has long been a matter of common observation that Englishwomen retain their health, vigor, and beauty much better than American women. This fact we have often explained on the ground of the more sedentary and worse eating habits of our women. Mrs. Stowe, in her recent work, "Sunny Memories of Foreign Lands," indicates essentially to the same conclusion. And in the language of a contemporary we would say, "Read it, O fading, fleeting, attenuated American dames! and lay it to heart."

"A lady asked me this evening what I thought of the beauty of the ladies of the English aristocracy. (She was a Scotch lady, by the bye, so the question was a fair one.) I replied, that certainly report had not exaggerated their charms. Then came a home question—how the ladies of England compared with the ladies of America. 'Now for it, patriotism,' said I to myself; and, invoking to my aid certain fair faints of my own country, whose faces I distinctly remembered, I assured her that I had never seen more beautiful women than I had in America. Grieved was I to be obliged to add, 'But your ladies keep their beauty much later and longer.' This fact stares one in the face in every company; you meet ladies past fifty, glowing, radiant and blooming, with a freshness of complexion and fullness of outline refreshing to contemplate. What can be the reason? Tell us, Muses and Graces, what can it be? Is it the conservative power of sea-fogs and coal-smoke—the same cause that keeps the turf green, and makes the holly and ivy flourish? How comes it that our married ladies dwindle, fade, and grow thin—that their noses incline to sharpness, and their elbows to angularity, just at the time of life when their island sisters round out into a comfortable and becoming amplitude and fullness? If it is the fog and the sea-coal, why, then, I am afraid we shall never come up with them. But perhaps there may be other causes why a country which starts some of the most beautiful girls in the world produces so few beautiful women. Have not our close-heated stove-rooms somewhat to do with it? Have not the immense amount of hot biscuits, hot corn-cakes, and other compounds got up with the acrid poison of saleratus, something to do with it? Above all, has not our climate, with its alternate extremes of heat and cold, a tendency to induce habits of in-door indolence? Climate certainly has a great deal to do with it; ours is evidently more trying and more exhausting; and because it is so, we should not pile upon its back errors of dress and diet which are avoided by our neighbors. They keep their beauty, because they keep their health. It has been as remarkable as any thing to me, since I have been here, that I do not constantly, as at home, hear one and another spoken of as in miserable health, as very delicate, &c. Health seems to be the rule, and not the exception. For my part, I must say, the most favorable omen that I know of for female beauty in America is the multiplication of Water-Cure Establishments, where our ladies, if they get nothing else, do gain some ideas as to the necessity of fresh air, regular exercise, simple diet, and the laws of hygiene in general."

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—as in other departments—under their own names.

THE BATTLE OF THE ALMA.

BY HENRY S. CLUBB.

THERE are some Vegetarians from principle, but there are many more who are such from necessity, or habit, from whom we have no right to expect great moral results. And among the latter may be classed, according to recent disclosures, the hardy Russian soldiers, at the late battle of the Alma. Whilst they cannot serve to illustrate the morality of Vegetarianism, they may fairly be adduced in support of its physical advantages. We give the words of the war correspondent of the *London Times*, who, speaking of the Russian soldiers, says:

Their knapsacks astonished our soldiers. On opening them, each was found to contain the dress uniform coat of the man, blue or green, with white facings and slashes like our own, a pair of clean drawers, a clean shirt, a pair of clean socks, a pair of stout mitts, a case containing a good pair of seissors marked "Sarum," an excellent penknife with one large blade, of Russian manufacture, a ball of twine, a roll of leather, wax, thread, needles and pins, a hairbrush and comb, a small looking-glass, razor, strop, and soap, shoe-brushes, and blacking. The general remark of our men was, that the Russians were very "clean soldiers;" and certainly the men on the field had white, fair skins, to justify the expression. *Each man had a loaf of dark brown bread, of a sour taste and disagreeable odor, in his knapsack, and a linen roll, containing a quantity of brown, coarse stuff, broken up into lumps and large grains, which is crushed biscuit or hard granulated bread prepared with oil.* This, we were told by the prisoners, was the sole food of the men. They eat the bread with onions and oil; the powder is "reserve;" ration; and if they march, they may be for 48 hours without food, and remain hungry till they can get fresh loaves and more "bread-stuff." *It is perfectly astounding to think they can keep together on such diet, and yet they are strong, muscular men enough.* The surgeons remarked that their tenacity of life was very remarkable. Many of them lived with wounds calculated to destroy two or three ordinary men. I saw one of the 32d regiment on the field just after the fight. He was shot right through the head, and the brain protruded in large masses at the back of the head and from the front of the skull. I saw with my own eyes the wounded man raise his hand, wipe the horrible mass from his brow, and proceed to struggle down the hill towards the water! Many of the Russians were shot in three or four places; few of them had only one wound. They seemed to have a general idea that they would be murdered; possibly, they had been told no quarter would be given, and several deplorable events took place in consequence. As our men were passing by, two or three of them were shot or stabbed by men lying on the ground, and the cry was raised that "the wounded Russians" were firing on our men.

We would not, of course, be understood as advocating a resort to a diet composed of "dark brown (rye) bread" and onions and sweet oil; but the fact that such a diet, which may be regarded as the very plainest of vegetable food, sustains these men in their extraordinary exertion, enabling them to live "with wounds calculated to destroy two or three ordinary men," may certainly

be regarded as a conclusive proof that the well-selected vegetable diet such as we advocate will sustain men under any ordinary circumstances of physical trial and endurance.

The ways in which truth is disseminated and good made to come out of evil, are always remarkable; and it is an encouraging fact for reformers to contemplate, that however low man may be sunk in moral degradation—however barbarous recent developments may prove even the Christian nations of the earth still to be, yet, out of the very depth of this great wickedness—from the battle-field reeking with human gore—there issues forth a truth which contains all the elements of that thorough reformation which must ultimately overthrow all war, cruelty, and bloodshed. This truth is not merely left to be proclaimed by those who are seeking to reform the world in these respects, but it has become so mixed with the occurrences, even of the great European war, as to be proclaimed throughout the world by the newspapers of every civilized country.

Let this great fact be uttered again and again, that man can enjoy the greatest amount of physical health and power by subsisting on the simple productions of the vegetable kingdom, and the way is made clear in the minds of many who are otherwise prepared for the adoption of the vegetarian system on principle, and thus something may be done to redeem the character of the Christian world from the foul stain which the additional slaughter of upwards of ten thousand human beings has placed upon its history.

The degrading effects of war should place all moral reformers on the alert to counteract them; otherwise, the progress already made will be lost, and succeeded by a serious demoralization of society. No one can read the account of the battle of the Alma and doubt the existence of infernal agencies; and if the spirits of darkness and evil are so active in the world, it is for every philanthropist to throw himself more open to the reception of love and truth, that at least the equilibrium may be kept up, and the character of the nineteenth century preserved.

IMPERFECT HEALTH: ITS CAUSES.

BY SETH HUNT.

"He that offends in one point is guilty of all."

Most if not all persons who seek health employ partial or incomplete measures to secure it; forgetting that perfect health demands perfect obedience. Some who are correct as to the *quality* of their food, err as to *quantity*. Others who are correct as to *quantity*, err as to *quality*. Some whose dietetic habits are unexceptionable both as to *quality* and *quantity*, are remiss in their duty as to *exercise*. Others who are correct both as to *exercise* and *diet*, neglect *cleanliness* or *bathing*. And thus we find, even in those who are the most exemplary, some one *defect* or more to defeat the attainment of the desired object, namely, perfect health.

Now this want of wholeness or perfection as regards obedience to the laws of health, puts stumbling-blocks in the way of many. For instance, they hear it proclaimed, and with truth,

that man is naturally frugivorous; but on referring to the experience of some Vegetarian, and finding him subject to occasional sickness, owing to his own imperfect obedience to Nature's laws, or perhaps to constitutional weakness, inherited from many generations of flesh-eating ancestors, they erroneously conclude that vegetable diet is not as wholesome as animal food. Persons who make such unfair inferences as this, seem to forget that the laws of health are multifarious and far-reaching, as well as unbending in their demand of entire obedience. He who seeks perfect health must control every passion, give every faculty its appropriate exercise, and, bursting the iron chains of unregulated lust, "stand up a man," perfect and entire,—a symmetrical image of his Creator.

SWEDENBORG ON EATING FLESH.

ENTERING the flesh of animals considered in itself is something profane; for the people of the most ancient time never ate the flesh of any beast or fowl, but only seeds, especially bread made of wheat, also the fruits of trees, esculent plants, milk and what is produced from milk—as butter. To kill animals and to eat their flesh, was to them unlawful, and seemed as something bestial; they only sought from them service and uses, as appears also from Genesis i. 29, 30; but in succeeding times, when man began to grow fierce like a wild beast, yea, fiercer, then first they began to kill animals, and to eat their flesh; and because man was of such a character, it was even permitted, and at this day also it is permitted; and so far as man does it out of conscience, so far it is lawful; for his conscience is formed of those things which he thinks to be true; wherefore also at this day no one is by any means condemned for this, that he eats flesh.—*Arcana Cestiva*, Vol. L, No. 1002.

We believe that this is the view held by all Vegetarians, that it is only "with the light that shineth." When the conscience is enlightened to perceive that flesh-eating is a physical outrage upon the noble nature of man as a moral and intellectual being, then does flesh-eating become a profanation. But although man is not condemned so long as he acts according to the light of his conscience, he nevertheless suffers the natural consequences of his transgressions, just as a child who innocently takes a poison-berry suffers the natural consequence of its act, although not morally culpable.—H. S. C.

VEGETARIAN BOARDING-HOUSES.

THE fact that the flesh of animals is eaten as much as it is daily placed before people to eat, as from any decided preference, which exists, is one which should lead all Vegetarians who desire to promote their practice to establish and sustain houses where vegetarian diet alone is served.

An approximation to a vegetarian boarding-house has for some time been established in our New York city Water-Cure Establishments. Dr. Trall and Dr. Taylor have both done considerable in this way, and they are to be thanked for their efforts; but it is quite time that a house should be established entirely on vegetarian principles. What we want is a good hotel and restaurant where travellers can be accommodated and those who "dine in town" can get a good, wholesome, well-cooked, and handsomely served vegetarian dinner.

In the mean time, however, we are glad to find that a private boarding-house has been opened on vegetarian principles at 13 Wooster street, New York, by a lady who we understand is an excellent cook. It should be sustained.

Dress Reform.

AN ILLINOIS BLOOMER.

MESSRS. EDITORS:—I see in your Journal many cases reported by learned M.D.s, of females with such and such diseases, caused by an erroneous system of diet, &c. —one source of disease they almost invariably leave out, namely, a wrong method of dressing.

More than half of the females in this country are killed, (that's the word,) not by accidents unavoidable, nor by what too manyills are attributed to—Providence—but by the too prevalent custom of wearing tight waists, whalebones, and long, heavy skirts, until—not until a good old age, but until wearied nature sinks to an early rest.

Why have we permitted this hideous viper, fashion, to coil herself about us, until her virus is communicated to our life-blood? Have we not grown wise enough by a sad experience, to use one mighty effort, just as we stand on the verge of destruction, and cast her off forever? The question no longer is, Is a reform needed?

All who are possessed of common sense (not too common) know that we are the slaves of fashion. In former times, people gave more attention to curing diseases than to searching out their causes. Now, the only obstacle to removing one of these causes is, we have become so habituated to our present style of dress, that it is difficult at once to admire any other so different.

We have now to remove popular prejudice. Happy, thrice blessed are those who, when convinced of "the evil of their ways," have minds strong enough to stem the mighty tide of public opinion, that strives vainly to bear them down. The mass, I am sorry to say, willingly bow down at murderous fashion's shrine, content to live the insipid lives they do. Some there are who would gladly wear a robe more in harmony with their own convictions of duty and right; still, they wear their Aprobation-ness and Conscience-ness hold a conflict, the severity of which none can know, unless they have experienced it. They have my heart's deepest sympathy. They need much encouragement.

When I commenced wearing the American costume, oh! how keenly alive was I to the least word of censure on the subject; every smile of derision, like a poisoned arrow, pierced deep into my heart; but I had counted the cost beforehand, and was determined to go on. One day, Mrs. E—, an intelligent lady, called, and as she stood high in public opinion, naturally I wished to stand the same in hers; but, rather unaccountably, my change in dress seemed to have changed her former sentiments in regard to me. You can scarcely imagine with what sensations I received her first salutation of, "You look like a perfect fright!"

Indeed, this was a damper to my overwrought Aprobation-ness; still, I jestingly replied that I thought I looked pretty.

She said I "looked at least a foot shorter;" I answered that I "felt loftier,"—that I was none the less the woman—only less superfluous skirts.

Vainly I endeavored by force of reason to convince her that I was right in donning an apparel not opposed to the free exercise of every bodily organ. The old lady, (and she represents a numerous class,) of course, had had ample experience to satisfy her that it was a useless humbug, this health reform; she never would wear the bloomers; had never washed all over in her life; always ate when, what, and all she had a mind to; and, with a look of exultant pride, said she had always been very healthy. Healthy? never!—because! Because! Because! I had not been confined to her bed, she fancied herself healthy. The weight of those skirts had sadly bent, but not broken, that reed. She could not be described as with buoyant spirits and bounding step; therefore, I say she was not healthy.

Another lady (she represents the majority of American women) told me she did not believe in lacing; she never had. (Had you seen that tapering waist, you would have said that she—that it was no production of Dame Nature's, to say the least.) Indeed, she was sure she couldn't breathe; but she added, casting a contemptuous glance at my loose robe, "I want my clothes tight enough to look decent."

I replied, my decency lay not in the fit of my clothes, but in my behavior. I cannot understand why we should have our waists so very tight, and our skirts so very full, and why our feet share not a little of the enormous weight of cotton we carry.

O fashion, fashion! what hast thou done? Thou hast robbed the maiden's cheek of its color, the matron of her beauty; and yet, if a noble few dare rise up and call thee cruel, thy blind followers uphold thee and scout thy opposers! Free America! as the Paddy said, where stones (woman's rights) are all tied down, and the dogs (fools) are all let loose. Truly, if there is a martyr in the nineteenth century, it is she who has a spirit sensitive to public approbation, and yet conscience enough to wear raiment chosen by her reason.

The first time I appeared in public after my change of costume, there were cries among the little boys, and whisperings among those larger, of, "There goes a Bloomer,—see the Bloomer!" &c.; but this arises from the novelty of the thing. I fear not that, before long, we shall be treated with even more respect than the long-skirted part of the community; for a person with unswerving principles of right cannot fail of gaining respect wherever she moves; and as our opponents see more clearly the superior advantages of our costume, and become more habituated to its appearance, they will adopt and admire it.

The press has done, and is doing, much in the advancement of all reforms. We would respectfully ask a little more aid and encouragement in this much-needed revolution. The field is large, and the harvest would be plentiful, if those who are able to wield the pen so effectually would use their best efforts to stay the mighty evil that now threatens the deterioration of the nation. Especially let all females who have the love of reform in their hearts, hang out the sign by wearing the American costume, whether in the pulpit or the kitchen. But, there! I had almost forgotten that I must rise early, (for you know that farmers' daughters are a little more temperate in this respect than city damsels; we are up to enjoy the early sun,—they prefer pleasures by gas-light,) and one yet in her teens needs much refreshing slumber.—[Aurora. E. A. H.]

FRIENDLY CRITICISM.

MESSRS. EDITORS:—On the last page of the October number of the JOURNAL, I notice a plate representing "the lady of fashion" and the "sensible woman," and some accompanying remarks by E. D. H., to none of which I have the least objection, except the following: He (or she) says—"On the whole, the young lady in the picture looks so perfectly comfortable as at her dress, that we are quite confident every free-born American woman will adopt her style of dress, and make it a national costume." I admit the lady looks very comfortable and easy, compared with the fashionable fool, whose trail sweeps the dirty street, and whose bonnet so beautifully adorns the "small of her back." But I think she would appear still more comfortable, if her dress were very much shorter than it is—a regular "Bloomer." Long dresses are decidedly oppressive and injurious, even though they are loose at the waist, and no heavy skirts are suspended upon the hips. The so-called Bloomer dress is as long as any lady's dress ever ought to be for comfort,—or elegance either,—according to my notions of elegance. Let any reader look

at the plate on the last page of the June number of the Journal, and, if he does not say that the dress of the lady on the right is far more *easy, comfortable, and elegant*—mark that—*elegant*, and more worthy the title, "The American Costume," than that in the October number, he certainly must possess a perverted taste.

Our "free-born" countrywomen are to adopt any style of dress, to which the term of "American" can justly be prefixed. I object to any half-work,—any compromise between real utility and elegance, and the present silly and comfortless fashions. Let them adopt a fashion that will not need to be altered the next six months, but which will commend itself to our children and grandchildren, and which will, so far as dress is concerned, answer all the wants of the sex. Such is its general arrangement, is the "Bloomer Costume," and it would soon be adopted as the national costume, if our ladies would act in the matter according to their better judgment, and their husbands, fathers and brothers, would support and stand by them like men, instead of ridiculing them like fools. It is already worn by a greater number than our fashion-mongers would have us believe, and that number is constantly increasing. It comprises, too, some of the first in respectability and intelligence—the very cream of society. Thank God and the good sense of some of his creatures, the day of deliverance from the slavery and health-destroying, soul-destroying, influence of fashion, is near at hand.—[*Homer, N. Y.* x.]

PRIZES AND PREMIUMS.

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LIFE ILLUSTRATED will be issued promptly every Saturday morning, commencing the first week in November.

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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.

Practical Water-Cure.

FACTS are the arguments of God—the outpourings of his power. His who fights against sin, fights against God.—Dr. F. LACE, Y. S. A.

A CHAPTER OF EXPERIENCE.

BEING one of "the dear people," for whom all omissions of the press and all stump speeches are specially designed, it may not be amiss that I should present you a brief sketch of the benefits, past, present, and prospective, accruing to us (wife, babe, and self) since we were convinced of the errors of our ways, and made to turn from them with full purpose of obedience to the laws of *nature, life, and health.*

Having been for years justly celebrated for my valor in "the battle of pork and beans;" I was, however, at length compelled to lay down my arms, and retreat behind the sick list—March, 1848.

Here I was drugged, salved, blistered, and plastered, "inside and out," until I was hardly "able to draw my last breath," and was given up to go down to the grave. Where Art ceased, Nature began; and her recuperative powers were slowly upbuilding my wasted frame.

"He bears it well!" the doctor said:
"Fortwith again his pills he piled,
"Nature's upward course to aid."

And so it was, upward and downward, and downward and upward, like "a teeter," nature on one end, and the doctor with his saddle-bags on the other, throwing pills and powders at her, with terrible effect to the *stomach, liver, and bowels.* My disease was chronic diarrhoea—my physicians, Allopathic.

Through the spring and summer, I was worse and better by turns, according to the quantity and quality of the medicines prescribed for me.

When I had reached the month of August, all the usual and many of the unusual remedies had been tried in vain for my permanent relief. I dismissed the fifth doctor by soliciting my own dismissal from the "service" of Uncle Sam. I thought I had enough drugs in me to have killed or cured any person not already dead or well; but I was mistaken, of course, then, as I had been previously in the choice of remedies.

Finding myself now "quite open" for the reception of any thing new, I first began experimenting in diet, and found that corn-bread, wheat-bread, boiled potatoes, and corn-meal mush, eaten without drink, or with a little sweet milk scalded, agreed best with me of all the common articles of food at hand. Next, I took frequent foot-excursions each day, when the weather would permit, and as I had strength, from one to six miles. Thirdly, I kept my sleeping-room well ventilated by means of open windows, took an occasional full cold morning bath, in the open air, (in winter,) and evening foot-bath.

By the adoption of these simple rules I gradually attained a sufficient degree of strength to begin farm-work in March, 1849, after one year of uninterrupted illness of that wasting disorder. I continued my somewhat strict and abstemious vegetarian diet, gaining health all the ensuing summer.

There is one event connected with this extraordinary recovery richly worthy of remark. In May, '49, while "furrowing out" for corn-planting, there came many sores *not sore* upon every part of my back, emitting bloody and offensive matter in large quantities. I continued work—never felt better—sores healed in about five days.

2d. Wife had been afflicted from the hour of her birth,

Now with fever, now with chills;
Now with calomel and pills.

Sick-headache, nightmare, cold feet, tight waist, and tight garters, were every-day ills, for which her physician failed to find or present the proper remedies.

But we have been reading the Journal and

Encyclopedia *thinking*—the former two years, the latter one year—and, of course, all the above-named ills, and the liabilities thereto, we have left behind, in the ranks of rank error.

3d. Our babe, eight months old, born of the right spirit of love, and of pure "water all over" every morning, is the healthiest and *best* in this quarter of Uncle Sam's vast empire.

4. Wife has steadily improved in health for the *last two years*, or since she began adopting Hydropathic principles.

With me it has been prevention rather than cure; for when I take cold, or otherwise feel symptoms of approaching illness, I fast, and find myself into the "drink" an extra time or two, and I am made whole every whitt.

Besides all this, the practice of those principles has saved us the "feet" of the doctor's bill, and the flesh, tea, and coffee bills, amounting to several dollars per month. And they have guided us in the purchase of a choice piece of land, having better water and better soil for all the fruits of this climate than can be found in this part of the State.

These are some of the past and present advantages derived from those sources; while a large part of our prospective joys consists in the rational hope of lengthened and happy lives, of a healthier and better offspring than we, and of seeing smiling fruit trees of all that's good, and bright gardens filled with the luscious needs of life, all growing and glowing in one grand natural harmony around us. Our example in deeds of physical righteousness will doubtless lead some neighbor to go and do likewise, until redemption, passing from neighbor to neighbor and from village to village, shall soon reach round the world and become the universal fashion. w. w. M.

WHAT "A WORD TO THE WISE" WILL DO.—In several of the counties of the central part of the State of New York, the writer had occasion to make for a number of years in succession, frequent tours for the purpose of preaching the gospel; and he ever kept in mind that the cause of temperance and of health, and whatever could improve the condition of man, were only so many varied manifestations of the benevolence of that system which bears on its banner the comprehensive motto: "Peace on earth, and good-will to men."

On one of these journeys, as evening approached, I called at a house where hospitality had often been cheerfully rendered me. The lady of the house could not speak aloud; with much effort she expressed herself in a hoarse whisper. She complained of soreness of throat, and intimated that she had serious apprehensions that a severe illness had commenced: she did not know but she ought to call the doctor speedily, &c.

In a quiet way I said to her: "Put a cloth wet in cold water on your throat as you retire; put a dry bandage over it, and you will be well by morning."

When we met at the breakfast table, her speech was as clear and as full as ever. I remarked, "I am happy, Mrs. E.—, to notice that your hoarseness is gone."

"All gone," said she, "and sore throat cured too—all right now."
She laughed merrily, and in a trice added: "Last evening, when you mentioned such a simple remedy, it seemed strange enough to me; nothing but politeness kept me from laughing at you, for I saw that you fully believed what you said. But after I retired to my room, I thought, It can do no great harm: for the curiosity of it, I will try it. I did so—and here I am, well as ever."

She then informed us what sad experience she had derived from such attacks in previous years, when their commencement had been less alarming than the one which troubled her yesterday.

The sequel is, that WATER-CURE JOURNALS were soon ordered by that family, and that enlightened household have been a blessing to others around them.

Wading River, L. I.

J. R. J.

FOR MOTHERS.

A SHORT CASE.—JAUNDICE, NURSING SORE MOUTH, INDIGESTION, WIND, COLIC, AND CONSTIPATION IN A YOUNG CHILD.

BY JOEL SHEW, M. D.

SUCH a complication of disorders as that here indicated is enough surely for a little being that has, as it were, but just commenced its terrestrial existence, being only two and a half weeks old.

Why is it, we are led to ask, that new-born infants should so often be attacked with jaundice, sore mouth, and all the other concomitants of such a state? Assuredly to the defective constitution or habits of the mother are we to look for such results.

And we see here, likewise, the beautiful operation of Nature in bringing on what we call disease. In other words, we see disease acting as a *friend* instead of an *enemy* in the system.

The mother, in such a case, has, perhaps, been too inactive in her habits; or she has eaten too heartily of rich, concentrated, and perhaps greasy food; or she may not have given that attention to bathing and bodily purification generally which her condition demanded. At all events, the child's body became bilious and impure.

Now, as the child begins to grow stronger through the circumstances that surround it in its new existence, nature sets herself about the task of purifying its system. We know this to be true from the fact that although the infant is made sick for the time in these manifestations of what we call disease, she yet, if no harm be done the constitution by dragging or other improper measures, in a due time recovers herself, and the child becomes well. But we also can aid nature in her curative operations.

TREATMENT.

1. The wet-sheet pack early in the morning; *i. e.*, the child is to be wrapped in a rather light, soft linen diaper, wet, and tolerably well wrung out of water at 70° F., with small flannel blankets sufficient to insure a proper degree of warmth outside; the same to be continued for twenty minutes only at a time, unless the child be sleeping, in which case it is allowed to remain till it wakes. Care must be taken, however, not to allow it to become too warm in the envelopment. After the pack, a thorough ablution in water at 80° F.

2. The same treatment in the afternoon, near evening.

3. The wet girdle to be worn constantly night and day, long enough to pass two and a half or three times about the body, one half wet and pretty well wrung; water at 70°; to be re-wet every three or four hours during the day, and once at least during the night; to be often washed, so as to ensure as near perfect cleanliness as possible.

4. Clysters of tepid water once or twice daily, according as there may be need, till the bowels act naturally.

5. The air of the room not to be above 60° F. at any time, and cool at night.

6. No other nutriment except the mother's milk. Nursing to be at intervals of three to four hours during the day, and not too often at night.

7. The plan to be followed rigidly till the child is thoroughly well.

The above treatment will cure the child of its jaundice in a few days. The other ailments will prove more obstinate, but will give way gradually before the curative power of nature, aided by the tonic and purifying effects of water. It is, moreover, so safe and harmless to the utmost, but is incomparably more efficacious than any drug or combination of drugs can be in such a case. God grant that the time may soon come when parents universally shall have a knowledge of the inestimable value of the water-treatment in all possible ailments that can come upon a new-born child!

THE WOES OF ALLOPATHY.

I HAVE taken much interest in reading in the WATER-CURE JOURNAL the experience of those who are seeking health and happiness by living in accordance with the laws of their nature. I, too, have been searching for the true way, but am sorry to say, I have wandered now and then into forbidden paths, and suffered the inevitable results of transgression—sickness and pain. When but a little girl, I heard Dr. Graham; and although not old enough, perhaps, to appreciate the force of his arguments, yet his public lectures and private conversations, to which I was often a listener when he visited my father's house, made such an impression on my mind, that I resolved to abstain from animal food, and drink nothing but cold water. To this resolution I adhered without exercising much self-denial; for my father, having become a Vegetarian, had persuaded his family to follow his example, and the consequences were indeed happy. For a long time, his family was exempt from sickness, and gloried in their physical strength and powers of endurance. Until last fall, for more than a dozen years, a doctor had not crossed the threshold of our door. But he came—a regular Allopath, and to see me, who had so long been a Vegetarian, and a reader of the WATER-CURE JOURNAL, and who, therefore, had no business to be sick.

In this wise it happened. I left my vegetarian and country home, and went to the city to live, boarding with a family whose tastes and habits were most adverse to my own, and where pure, soft water could not be had to drink. Though I still adhered to my anti-meat and tea-and-coffee principles, yet my diet was far from correct; and for two months, while boarding, my health became so impaired, that when afterwards I returned to visit my country home, I was attacked with typhoid fever, which so alarmed my friends that they said I must have a physician. My husband proposed going to a neighboring village for a Hydropathic physician, there being none in town, but finally acceded to the request of a friend, who desired to have one of the Regular physicians of the place called; and a sorry time I had under his treatment. Powders, pills, and medicines that seemed like liquid fire, were forced down my throat; for I had the greatest horror of taking them, and would spit them out when I could get an opportunity to do so, without being seen by the doctor. He even denied me the use of cold water. "Do but let me put my hands into cold water—they are so dry and hot," I said to those attending me; but I was so sick, no one dared to disobey the doctor's orders. I grew desperate; it seemed as if I must have some water to wash my hands; and when I was left alone for a moment, though so weak before as to be unable to change my position in bed without help, I made an effort to rise and get to a dish of water which was in the room. But I was too weak to stand, and fell. The noise alarmed the family and brought them to my room. They restored me to my bed, but the water he gave, just as I was about to touch it. I was in a worse condition than Tantalus, for, though he might not quench his thirst, yet he was favored with a perpetual bath.

While suffering thus under Allopathic dispensation, and growing worse day by day, my friends became excited, and knew not what to do. I plead that the doctor might be dismissed; for, if I had got to die, I wanted to die a natural death. But he continued his visits until, as a last resort, my husband sent Dr. Kittredge from Boston to see me. It was a moment of inexplicable wisdom when I heard of his well-known voice of "Noggs," and knew that his coming would insure the exit of the Allopathic physician, and I should henceforth be allowed the free use of cold water. Dr. K. banished the medicive bottles from the shelf, prescribing, at the same time, a rational, common-sense course

of treatment, which I followed, and was in a short time completely restored to health, notwithstanding the Allopath's report that I was growing worse under Hydropathic treatment. But when I was really well, he took the credit of the cure to himself, asserting that I had begun to amend before he was dismissed.

Now that I am again in health, and trying to live naturally and truthfully, I feel renewed confidence in Hydropathy, and would say to those who have violated the laws of their nature, and are suffering the retributions of an all-wise Providence, *Don't resort to Allopathy.* It will never guide you to health, but will torment you as long as you live, or until cold water has purified your system from its poisonous effects. Almost every day I hear of people dying, and strong constitutions ruined, through the ignorance of the regular Allopathic physicians. What a thick veil their sophistry has woven for our eyes! And what marvel that we go astray, when groping thus in darkness, with every ray of truth obscured? The birds of the air and the fishes of the sea, following their instincts, are never sick, and the land animals are more exempt from disease than mankind. Is nature kinder to them than to us? How soon she cures a poor disabled chicken, or repairs the wings of an insect which has accidentally fallen into a human snare! And she will, and does, cure us oftentimes, though we are ungrateful, and do not acknowledge it. When we suffer externally from bruises, cuts, or burns, how quickly repair is made, by simply aiding nature, or letting her entirely alone; but when we are disordered internally, then we are drugged, and dosed, and blistered, till life is extinguished, or rendered a burden.

That the experience of one who has been thus doctored may be a warning to others, is the wish of the writer,
J. S. G.

AN EDITOR IN THE SHEETS.—One of the editors of the *Elmira Republican*, writing from Little Falls, *alias* Rockton, says:

When I wrote you last, I was spending the few remaining days of "parting summer" under the cooling influences of a wet sheet and dousing *paill*, the Geneva Water-Cure; but the demands of business, and a desire to put an agreeable finish upon my convalescence, have resulted in my removal to the midst of the rustic pleasures by which I am surrounded. The "country residence" whose hospitalities I am enjoying is not far from the village, so that the united comforts of town and country are always at hand. I do not know of a more delightful way of disposing of one's infirmities, than by first giving them a few mortal thrusts at the aforesaid Water-Cure, and afterwards the final blow among these valleys and mountains. These "dashes" and "plunges" and "packs" come very near to the "elixir vite" so much sought after, especially when combined with a horseback ride before breakfast. There is no lack of fun, either, among those sorry anatomies whose ills have driven them to the "healing waters." It would amuse you to hear Col. K. tell of the exploits of a fish in the end of his nose, as he lay "packed" in the sinuities of an Egyptian mummy; and those fish, which this same Col. would have caught if he had only "*spit on his bait*," very often nibble at the corners of my mouth. Some German lady of note has expressed the idea that the way to become healthy is "to place implicit reliance on the axiom, *that health is most lovely and lovable*," and the great danger at a Water-Cure, where so many sources of amusement are afforded, is, *that you will rather deplore the departure of your ailments.*

Many are the "cases" brought on beds to the Establishments, pronounced "hopeless" by the drug-doctors,—cured and sent home rejoicing in health, strength, and a knowledge of the laws of life.

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NOTICES OF THE PRESS.

It is indeed most gratifying to receive for our new paper the unanimous approval both of the "press" and the "people." We quote a few Editorial Notices, which will show our readers in what light **LIFE ILLUSTRATED** is regarded.

"A new candidate for popular favor has just appeared, being nothing less than a fresh newspaper enterprise, started under the auspices of that public-spirited and energetic firm, **FOWLERS AND WELLS**. It bears the title of "Life Illustrated," and is devoted to news, literature, improvements, the arts and sciences included. It has a remarkably clear face, and to all appearance, clean hands, which alone will recommend it to a multitude of people of taste. Moreover, it looks, every line, American—young American—and will undoubtedly succeed. [The Home Journal.]

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"It is printed on superior type and paper, filled with a great variety of interesting matter, and shows the well-known energy and tact of the spirited publishers, as caterers for the people." [New-York Tribune.]

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The Month.

NEW YORK, DECEMBER, 1854.

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

VALEDICTORY
FOR 1854.

BY R. T. TRALL, M. D.

IN closing up the labors of another half-yearly volume of the WATER-CURE JOURNAL, we are reminded of several questions it would be natural for our readers and patrons to ask; and we are provided with the means and pleased with the opportunity of answering them.

How prospers the cause? What has been done during the last six months? What new projects for the next volume? What prospects for the future?

We wish to whisper (in answer to the whole group of interrogatories) to our friends and co-workers, (but let it be kept a secret from all drug-doctors till the "fulness of time,") that we happen to know, because we are in a position to read and hear the evidence, that the elements of a mighty revolution are faster than ever heretofore extending themselves, and are rapidly arranging themselves in that order of progress, the results of which will soon be heart-cheering to every philanthropist.

During the last half-year, a number of true and intelligent teachers of the science of life, and practitioners of the healing art, have gone into the great field of labor, and are doing a good work for themselves and for humanity.

During the same time, too, our infant system has actually emerged from its swaddling-clothes. It has become of age. It has now, as a permanent and progressive organization, its own school. Its elements and principles have been modelled and fashioned into a system *per se*. It must now stand (or fall) on its own merits. Hydropathy is before the world, with its own broad, distinct, independent, and progressive doctrines of medical science; courting the strictest investigation from all persons, and offering to meet and discuss, with all rival and all opposing systems, its principles and its philosophy, and their principles and their philosophy.

The New York Hydropathic and Physiological School has commenced its winter term with a class double that of either of the preceding terms, in point of numbers, and not inferior in point of talent. Its students, male and female—fathers, brothers, maids and matrons—are from the "bone and sinew" of the people, the working, thinking, doing class, who will make their mark on society. The teachers are ready, willing, and anxious to go before the world on all questions of difference, and to meet, in oral or written discussion, any and all persons, who represent any of the modifications of the drug system extant.

In speaking thus in their behalf, we hope not to be charged with vain-gloriousness. We have no boast to make of superior talent nor of great

advantages. But we mean to express our entire confidence in the truths of the system we teach, whilst we believe that truth, when clearly apprehended, is easily defended.

We are, furthermore, determined, whether our opponents will or no, to bring this great subject of human health, in all its bearings in relation to preventing or curing diseases, before the public, and to discuss it before a jury of the whole people. If our system is wrong, will it not be possible for somebody to show wherein? If it be right, ought not all the people to know it?

The discussion with Dr. Curtis will probably run through the whole of the next volume; and we think cannot fail to interest all who desire to have the whole law and the testimony on the subject of drug-medication contrasted with hygienic medication, in as condensed a form as possible. In other respects, too, we hope, from the greatly increased facilities of the publishers, that the WATER-CURE JOURNAL for 1855 will be a more able messenger of health-reform doctrines, and a more efficient adviser in the family circle than any previous volume has been.

Notwithstanding we claim, with no small degree of satisfaction, to have fully responded to the prospectus of every preceding volume, we desire to have its character ever keep pace with its increasing circulation; and we greatly desire that our friends—the friends of the world's redemption from disease—should make at this time a special effort to get us subscribers for the ensuing volume. In a word, we want, for the year 1855, ONE HUNDRED THOUSAND SUBSCRIBERS!

DECEMBER TOPICS.

BY R. T. TRALL, M. D.

OYSTER MORBES.—Next in importance to the "siege of Sebastopol" has been the "oyster epidemic," as the newspapers have termed it, which "ragged" amongst our people recently, and destroyed, as is supposed, some of our most distinguished citizens. Some half-a-dozen or more persons, in the enjoyment of ordinary health, have eaten oysters and "the fixings" late in the evening, and the next day a "morbus" of some sort took them out of the world.

It was quite natural that our oyster-loving people should be somewhat panic-stricken under these circumstances; especially those who are almost profoundly ignorant of the science of eating,—as, indeed, is the case with the great majority of the people.

The doctors were called upon to "explain" the matter; but, as usual, they could only express the deepest uncertainty: "Perhaps, or probably, some one or more of the oysters might have been in a damaged condition." Most of the city newspapers have said their say on the subject. Some conjectured that there may have been some unknown disease affecting the animals. Others suggested that, possibly, some peculiar kind of food which we are ignorant of, may have affected the health of such of the oysters as happened to be eaten by those who died. Others thought, perhaps, it was possible, if not probable, that the injurious bivalves were too deep in salt water, so that fresh water sufficient

to deterge their livers, and keep the terrible gall from their delicate stomachs, was missing. Others imagined that they were possibly grown in too shallow water, or too near fresh water, so that, perhaps, "the elements" had in some way a prejudicial effect upon them, as an article of diet. Others considered that, possibly, they might have been raised too far south, or east, or toward some other erroneous direction of the compass. Others pronounced the opinion that it all may have been, in some inexplicable manner, owing to the dry season.

Dr. Chilton, the celebrated chemist, analyzed several varieties of the crustaceans implicated in this grave accusation of murdering those who feasted on them, and found—nothing.

What a mystery all round! One of our city papers, in a long article on the melancholy subject, informs us that "nothing can be more delightful or more wholesome food than good oysters;" but, in accounting for these bad results of oyster-eating, the same paper is as badly puzzled as is "the press" in general.

To an intelligent and observing physiologist, there can be nothing new nor strange in these phenomena of mortality. A dish of oysters, whether one or all of the creatures composing it, were stale or damaged, whether raw, baked, broiled, roasted, or fried, would not have induced death in a healthy person; in a stomach accustomed to healthy food in reasonable quantities, and at proper hours. But many of our city people—and many of our country people, too—so "live to eat," as to keep the whole digestive system in a state of prostration, and the whole alimentary canal in a state of excessive irritation, obstruction, or inflammation, and the whole blood impure and putrescent, and all the secretions morbid, foul, and disease-engendering, so that any unusual debauch in eating or drinking, whether in the line of oysters, clams, lobsters, ham and eggs, old sausages, &c., &c., is just exciting cause enough to develop the predisposition into a rapidly fatal disease. In confirmation of this explanation, we need only refer to the fact that, on the evening preceding the death of one of the victims of the late "oyster epidemic," he was in usual health, and, with three other gentlemen, went to a refectory and partook of oysters raw, and also cooked in every style, with the usual accompaniments, and drauk also of brandy, ale, champagne, &c. Those who will turn a blind eye to such facts as these, are so hard to educate, that we think we must let them go, and try the more earnestly to instruct the rising generation.

A CORONER ON HOMOEOPATHY.—A very singular trial has lately been before a coroner's inquest in our neighboring city of Brooklyn. It was a trial of the Homoeopathic system or practice before a legal tribunal. A Dr. Wells, homoeopathist, it seems, attended a patient, a little girl, for several weeks, and the patient finally died. The coroner of that city, who happens to be of Allopathic predilections, summoned a jury and proceeded to hold an inquest on the case. Whether this was the first case ever lost in Brooklyn under Homoeopathic treatment, or whether deaths under that system of practice are so very unusual and extraordinary, as to justify legal in-

restigation, is not our province to say. But it was certainly a most unusual and extraordinary proceeding on the part of the Coroner.

It may be that no one has any right to die unless *secundum artem*; unless attended by an Allopath; and then, if nature's laws are proper, he has but little right to live. However, as the inquest did not hurt Homoeopathy very seriously, nor exalt Allopathy very much in public estimation, we will let the proceedings pass for what they are worth.

Our special purpose in noticing the transaction is, to call attention to another point which is nothing less than our favorite topic, the *modus operandi* of medicines. Dr. Alonzo Clark, of this city, one of the Professors in the New York College of Physicians and Surgeons, was called to the witness stand, and asked the following question:

Coroner: What is the *modus operandi* of medicines in general?

Answer: The question is too big for me. We don't in general know. We only know they act. The use of medicines is all the result of observation.

Nearly all the learned authors of the text books in the Allopathic schools, confess that they know nothing of the mode or manner in which the thousand drug-poisons which they give to cure disease, act or operate upon the human system. "They only know they act." But we never expected that the fact of this ignorance would so soon be established under oath, in a court of justice. We may now consider it as *proved*.

BAD FLOUR.—One of our city papers, the *Mirror*—in alluding to the opinion that sour or stale flour is one of the prominent causes of cholera, makes the following rather startling announcement:

That sour flour forms one-third of all the loaves baked in the city of New York, is well known. This discovery becomes of the first importance to the resident families of this city, and we commend the subject to the careful consideration of the Common council. Read the following from a late London paper:

A London miller states the cause of cholera is the consumption of stale flour and bread-stuffs. He states that in 1832 he purchased a large quantity of old foreign flour in bond, and while tasting it for the purpose of separating the fresh from the stale, both he and his men were seized with excessive salivation, accompanied by disordered bowels. He tried some of the same old flour in his family, and the consequence was, that three of his children were seized with violent purgings and sickness, as in the case of cholera, which disease soon made its appearance in London. On one occasion he became aware that a quantity of stale wheat was about being shipped from London to Leeds, and he foretold that, if that corn should be allowed to reach its destination, the cholera would follow in its wake. Within fifteen days after, the cholera broke out in Leeds with great virulence.

A CRAZY MAN.—An exchange paper relates the following incident, which seems to imply a salutary moral.

HYDROPATHY.—We were no little interested in a circumstance which occurred during the recent visit of the cholera to Pittsburg. One evening, at the Howard Association, a man was reported as laboring under a severe attack of the cholera, and the person reporting it added that he thought

he must be crazy, for he obstinately refused to take drugs, or be visited by a physician, persisting in cold bathing, and drinking cold water. *The man recovered.*

Not long since, we were called into a neighboring city to visit a patient lying sick at one of the hotels. The patient had got a tub of water in his room, and was doing with wet bandages and sitting baths, the best he could for himself. But not feeling a sufficiency of self-confidence, he had called in an Allopath, who left him a few powders. The patient kept the powders in readiness, if "worse came to worst," but kept on his splashing the water about until our arrival. On inquiring of the landlord for him, we were informed that "he acted very strange—something wasn't right about him; he was crazy." Of course we did not contradict his craziness, for that would have rendered us obnoxious to the straight jacket; but, as we expected, we found the hallucination of our patient to consist solely in his unwillingness to take the doctor's "stuff." We need scarcely add, "the man recovered."

To Correspondents.

HARD WATER.—G. S. G., Wisconsin. "We take the WATER-CURE JOURNAL, and as every sensible person should, have left off using pork, coffee, tea, &c. But the water here is very hard, and we think it has been the means of a rash or humor to break out over the body. We bathe regularly, but yet the skin seems to be dry; it comes out in little specks all over the body, always attended with intolerable itching in warm weather and nights." Your only natural remedy is soft water. Probably you can get rain water most of the time, certainly you can by building a proper cistern.

TORPID LIVER.—G. B., Albion, Ill. A daily tepid wash or bath; a cool but not very cold hip-bath; the wet gelid for two or three hours each day, and a strict vegetable diet, constitute the general plan of medication. We cannot describe the Water-Cure processes in this place you will find them in our standard works.

HYDROPATHY.—J. T. Q., Columbus, Ind. "What education would be necessary for a young man preparing to be a Hydropathic physician?" A common school is the only preparatory education necessary to commence with. All the professional masters are taught in the New York Hydropathic and Physiological School.

MERCURIALIZATION.—H. J., West Gardiner, Me. "Last winter a young lady cut her left hand, took cold in it, and it affected her whole side from head to foot. She came very near having the lock-jaw, was cured by an Allopathic physician. The medicine which she took, made her teeth sore, and they have pained her by spots since then, sometimes very severely. Her left side is also weak yet and sometimes she has severe pains in that side of her head and arm, &c., probably the trouble is in the nervous system."

Probably the main trouble comes from the calomel in her system; to get it out requires a thorough and judicious course at a Water-Cure, unless she has good home conveniences and a good attendant. The principal bathing appliance is alternate hot and cold bathing; or the wet sheet pack, if the temperature of the body be good, and the dry pack, followed by the tepid bath, or a wash if the bodily heat be low.

MOTOPATHY, &c.—A Lady, New Haven. "As the WATER-CURE JOURNAL professes to give every information in relation to the laws of life, I would, in common with many other females, like to have explained to us, what is this Motopathy? This process of statuminating vitalization, given personally, &c., as advertised by Dr. Halstead. I have procured his work called 'Exposition of Motopathy,' but it is nothing but an advertising medium." Most persons

are charmed with words which they cannot understand, and which are so far beyond their comprehension as to relieve them of all trouble of thinking at all. All those big-sounding phrases you have quoted, mean *exercise*, nothing more, nothing less; exercising a weak, enfeebled and torpid muscle, or part judiciously, is the best way to restore its strength or action. There are many ways of doing this; and some physicians make it a specialty under the names of gymnastics, kinesiopathy, motopathy, statumination, vitalization, &c., &c. Some of Dr. Halstead's gymnastic appliances are very successful in many cases; as to his technical phrases, that is a matter of taste. If they please him and the public, why should we be dissatisfied? Three-quarters of mankind will not pay for truth unless it comes in some fashionable dress.

NEAR SIGHTEDNESS.—T. H. P., Canterbury, Conn. Your defective eye-sight is probably connected with constitutional debility or derangement, and only to be cured by careful attention to the general health. We would not advise the use of spectacles. Proper manipulations might be serviceable.

TOXICOLOGICAL.—A. V. W. "Which of the four poisonous substances is most injurious to the constitution, or to the brain and nervous system, tea, coffee, alcohol, or tobacco, as generally employed?" In our opinion in the exact ratio of the order in which you name them. We know that temperance people regard alcohol as incomparably worse than tobacco, but our observation compels us to regard tobacco as intrinsically the greatest evil to health and vitality.

SCALDED HEAD.—S. A. M. Undoubtedly the pustular eruption on the head is the result of the drugs with which your child has already been dosed. Wash her daily in tepid water—about 79°—give her a hot and cold foot bath at bed time, and let her diet be coarse and opening.

RHEUMATISM.—C. H. C., Virginia. "How shall I treat sub-acute Rheumatism or chronic nearly? I had an attack at seven years of age and have had five or six attacks since. At first it was acute or inflammatory, but it is settling down to a chronic form. I have been bled and blistered, and cupped, and drugged with calomel, opium, Dover's Powders, &c., &c., but each subsequent attack is worse than the preceding one. Habits regular, diet simple, abstaining from tea, coffee, tobacco, and liquors, &c., occupation, farmer and a school teacher. My heart is threatened with rheumatism since my last attack but one. My digestive organs are somewhat deranged also. My age is twenty-six." Quit all kinds of druggery; take a daily tepid bath; and the wet sheet pack once or twice a week; use plain vegetable food.

THIN BABIES.—H. H., East Wareham, Mass. "Dr. TRALL: Dear Sir,—Please to tell me which you consider the best specimen of 'baby,' of those you allude to in the WATER-CURE JOURNAL, of November, page 109. Would you prefer the child that was thin, pale, &c., or the children that were fat, dull, &c.?" We go for the thin, pale, and active, in preference to the fat. If the fat are dull, and every fat child is apt to be rather dull. The majority of babies are too fat and duller than they need be. We hardly ever saw a baby's face in a picture gallery that was not a perfect caricature on a baby as it should be. Their heads are almost always rounded too much like a pumpkin, and too little like—a baby.

THAT DISCUSSION.—W. S. B., Galesburg, Ill. "Will you not publish in the WATER-CURE JOURNAL, both sides of the discussion between Drs. Trall and Curtis? Every body cannot afford to take Curtis' journal, and if the discussion is of any value, give us the benefit of it." Certainly you shall have both sides. Every word will appear in this journal, and we hope also in the *Physio-Medical Recorder*.

HOMOEOPATHY IN DYSENTERY.—O. W. "Please inform me whether the medicine generally administered by Homoeopathic physicians to children in dysentery has a tendency to drive the disease to the head; or create a disease in the head?" When given in *Allopathic* doses, as is too frequently the case with the Intellectual professors, it produces congestion of the brain.

Miscellany.

VALUABLE TESTIMONY.—MESSRS. EDITORS: It is more than a year since there occurred in our family an extreme case of dysentery. For several days we expected, hourly, a fatal termination. About the fifth or sixth day, when we felt the trying crisis had come, the patient complained of acute pain in her feet. Without any perceptible improvement in the dysenteric symptoms, others, more anxious, if possible, were developed, such as pains in both ankles, knees, wrists, with great soreness and swelling, until she became perfectly helpless; the internal inflammation extending till the whole alimentary canal must have been affected to such a degree, that it was not only the mucous but the membranous covering was destroyed.

We were near one of the best and most skillful physicians who saw her every day, and sometimes twice, and she had the best attendance, night and day; but nothing relieved her. For four months she lay in this emaciated, suffering state. All that could be said, from day to day, was, that she still breathed. Her physician said that he had done all he could for her, and we believed him, and felt that she must die.

We buried a lovely daughter a few years ago, with the same disease, and our hearts were very sad.

About this time, a friend called, who said he would like to send me Dr. Trall's "Encyclopedia" and the WATER-CURE JOURNAL, and that he might find something that would relieve our daughter a little, though he did not think she could bear much change.

I had studied our own practice, so as to depend on myself in all common cases, and commenced reading, more to find something that would amuse or divert the mind, so long occupied with the "Materia Medica," than in any other expectation. I first read the effect our medicines have upon the system, and found it true to my experience. But what then? Where is wisdom to be found, if not with us? Not in the hot practice, surely; and to seek it in the cold is another step towards quackery.

But I could not help reading, and every day I found my prejudices lessening. My judgment became refined. I soon perceived making a little innovation, by using the warm bath. We commenced with the water at 80°, in a warm room, with plenty of warm blankets to put her into from the bath, and help enough to rub her as soon as she was rested. Then the cold griddle followed, and the cold and warm injections, as I thought the case required. I never tried packing but twice, though I think more might have been accomplished in the same time, after a little while, if she could have taken them. We followed this for several weeks before we could see much, if any, change. But she lived; and we practised upon the proverb, "As long as there is life, there is hope," though she would say, frequently, she could not take another bath. I would then read to her some one's testimony in a case almost as hopeless as her own, and she would then consent to try once more.

At length the symptoms began to improve. The muscles, which were rigid, began to relax, and the skin to change from its fixed sallowness, and I felt that we had found at last the all-healing panacea in water.

But I could not help reading, and in less than five months she was walking about the house. Her health is better now than it has been since four years ago, at which time she had a fever and was badly salivated.

My object in writing was, not only to express my gratitude to God, to my friend, and to Hydropathy, but to advocate the home practice for your heaven-born system. How few, comparatively speaking, can be benefited by it at your institutions! I am aware that home treatment has its disadvantages for the poorer classes, requiring more attendants, clothing, and other conveniences. But its superiority over every other practice must insure its triumph, if it can be simplified so as to be made practicable for all.

Is not that the only way to sustain a physician in every town? Let the public become convinced of its potency to reach all diseases; let mothers know enough to take their children in this practice as far as they do in the old; let them will lack advice, and they cannot go to New York for it, and rather than take the responsibility, will send for their old doctor, just as my friends who brought me the books has done within a few weeks, and whose child died. Oh, how I wish this region could secure an honest Hydropathic physician!

DOWN EAST.

A MOTHER IN HER FAMILY.—Mrs. F. Gale, of Columbus, Ohio, in a letter to Mrs. Aldrich, editor of the *Genius of Liberty*, Cincinnati, after stating that women are slaves to fashion—to appetite—to man—to physicians, etc., proceeds as follows:

"During the present month, we have had in our family six cases of small-pox, all of them children under two years of age. Five of them were my own children, the other a babe of two months old, belonging to a woman living in the family. I took charge of all of them—carried them through the different stages of the disease with very little difficulty—did not even consult a physician, or administer any medicines of any sort whatever, for we were thorough-going Hydropathists and Vegetarians. Our children are now playing about as usual, and nothing seems wanting to perfect their entire recovery but to wear off the discolored spots in the cuticle.

"It does seem to me that the time has not been lost which I have spent in gaining a knowledge of the art of taking care of my own children, both in sickness and in health. I have taken the time which perhaps some mothers would have spent in their parlors trifling and, talking nonsense, or lounging at ease on the sofa, or preparing some dainty dish to tickle the palate and destroy the functions of the stomach. Dear sisters, shall we not supply ourselves with a few choice books on the art of living in the constant enjoyment of sound health, and thus break one link in the iron chain that has bound our sex in the dark bondage of ignorance from time immemorial?"

So much for our side of the question. Now, if the *colleagues* of gentlemen can show us a "better way," we'll not only adopt it, but will recommend it to our fifty thousand sensible women who read Water-Cure or Hydropathic publications.

S. C. F., P.M., SANDY CREEK, N. C., writes:—I was a subscriber to the *Universal Photographer* who you were the publishers, and not unfrequently received notices of the Water-Cure system, but I thought it was a humbugery, like a great many new "isms" that are springing up in the country, and I never paid much attention to it. But, during the last few days, one of my cousins, from the western part of this State, has been at my house, and he is quite a Hydropathic doctor, and has been telling me what success he has met with in his practice, and especially that flux may be cured easily by that treatment. I was more easily persuaded into this mode because, on the second of this month, a tender infant of mine, of one year's age, was taken off by this scourge.

My cousin informed me that he knew of forty-eight cases of different diseases that were entirely given up by the most eminent drug-physicians in his section, of which number only four were lost by the Hydropathic treatment.

There are no Hydropathic doctors in this section, and if I should chance to effect any thing by the Water-Cure system, it will be considered almost a miraculous work; and I have no doubt but I shall be ridiculed for my foolish idea, as the neighbors will term it. But I am resolved to see what can be effected by means of water. I am no physician, and do not know much about physiology; but I am blessed with a heavenly good head, and think that I can learn so much of it in a few months, that I can do something for my family and friends.

We are glad to know that Hydropathy is finding hosts of good friends and earnest advocates in various parts of the Old North State.

THE ABSORBENT POWER OF THE EARTH USED AS A PREVENTIVE OF DISEASE.—The earth is a powerful absorbent, and will prevent the spread of disease. If we have a dead animal, or any thing which becomes troublesome to the olfactory by reason of unpleasant odors produced by decomposition, we bury it in the earth, and immediately every thing of the kind is neutralized. It is remarkable how small a trial a coating of earth will oftentimes effect this. In some of the Southern States, where the cholera has been prevalent, an observing gentleman has taken advantage of this fact, and applied it practically to the neutralization of the *malaria* which is supposed to produce it. This he does by covering the place where the pestilence first broke out, and noting all the filthy and neglected puddles and sewers, and other fountains of foul air, with clean fresh sand, and on this a sprinkling of fresh lime or plaster of Paris. By following up this course he has been uncommonly successful in checking the prevalence of this terrible disease.—*Maine Farmer.*

NOT "REGULAR."—The following is a case of a cure effected by an Allopath in a very unorthodox way: Dr. J., an Allopath told me he was called to a patient who earnestly desired water from a certain spring. A council of seven M.D.s, of whom he was one, had all decided that water could not be allowed. But the case was one in which he felt so strong an interest that he went in the night. She still craved spring-water. He told her brother that, were she his own sister, he should give her water. "If you would give water to your own sister," said her brother, "then give it to mine."

He ventured the fearful experiment; and between one o'clock A.M. and daybreak, she drank four quarts of water. A pleasant perspiration resulted in immediate relief. He told the young lady not to allow the doctors to know any thing of the water. When they came, the surprising improvement was supposed to be the result of their medicine. And to this day they know nothing of the *real* cause of her prompt recovery. o. r. w.

DIRECTORY CONTINUED.—In our directory of Hydropathic Physicians, published in the October number, we omitted the names of those below; all of whom, we are happy to state, stand high in the profession. There are still others, deserving of honorable mention, of whose locality we are ignorant:

J. H. STEEDMAN, Ashland, N. Y.
W. M. S. BUSH, Galesburg, Knox county, Ill.
H. J. HOLMES, Spring Ridge, Miss.
MRS. W. M. STEPHENS, Danville, N. Y.
GEORGE C. WOOD, Evansville, Ind.
W. H. SHADGATE, New Haven, Ct.
E. POTTER, La Port, Ind.

Literary Notices.

ALL Works noticed in this department of the JOURNAL, together with other notices in America, may be procured at our Office, at the Publishers' price. EUROPEAN WORKS will be imported to order by every steamer. Books sent by mail on receipt of the cost of the work. All letters and orders should be postpaid, and directed as follows: FOWLETS AND WELLS, 308 Broadway, New York.

IN PRESS, to be published in January, 1855, a new work by the Author of "Hopes and Helps," entitled, **THE WAYS OF LIFE**; showing the right way, the wrong way, the high way, the low way, the true way, the false way, the upward way, the downward way, the way of infamy, and the way of merit. The work will be issued on fine white paper, and be substantially bound in muslin, suitable for the Library or the Parlor table. Price 75 cents.

THE LOST HEIRESS. By Mrs. EMMA D. E. N. SOUTHWORTH. Philadelphia: T. B. Peterson. [Price, prepaid by mail, \$1 50]

This is generally pronounced one of the best of Mrs. Southworth's productions. It certainly contains passages of great power and pathos, and is very graphic in its descriptions. The conversational parts display the author's undoubted talents to good advantage, but the plot is not well managed, and there is an evident straining to make one part fit another. Maud Hunter is a well-conceived and admirably executed piece of character-painting.

A portrait of the author is prefixed to the work.

THE HYDROPATHIC REVIEW.—A Professional Work, embracing articles by the best writers, on Anatomy, Physiology, Pathology, Surgery, Therapeutics, Midwifery, etc.; Reports of Remarkable Cases in General Practice. Criticisms on the Theory and Practice of the various opposing systems of Medical Science. Reviews of New Publications of all Schools of Medicine. Reports of the Progress of Health Reform in all its aspects, etc., etc., with appropriate engraved illustrations. Complete, and substantially bound in one large octavo volume of 766 pages, with Index. Price, prepaid by mail, \$2 50. Please address FOWLETS AND WELLS, No. 308 Broadway, N. Y.

WYSON AND PHINNEY have issued, under the auspices of the Children's Aid Society, "The Singing Book for Boys' and Girls' Meetings," an excellent collection of easy songs and tunes by W. B. BRADBY. We should think it admirably adapted to the purpose for which it is intended.

THE KANZAS REGION. By MAX GREENE. Embracing descriptions of scenery, Climate, and interspersed with Incidents of Travel, and Anecdotes; to which are added directions as to Route and Outlets for the Pioneer, with other information, and a map which make it a MANUAL FOR THE EMIGRANT, and work of reference for the student, as well as instructive winter-evening book of INTEREST. LIFE. Published by FOWLESS AND WELLS, 303 Broadway, New York.

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No. 39.—I am thirty years old, five feet ten inches high, weigh about 160 lbs; light brown hair and blue eyes. Thoroughly conversant with the Bible, and well versed in a Preliminary of the moral sentiments and reasoning oracles of good health and teeth, religious, industrial, and economical. Am a firm believer in Hydropathy, Water-Cure, and Yearly Lenten, and have made the two former my study for five years; am very fond of music; can sing, and play an instrument and Yearly Lenten, and have a fair share in the world; am an lover of the religion of the Bible, and have a taste for music, coffee, and liquor. I would suggest that each correspondent give their name, county, and State. I am of Clinton, Putnam Co., New York. Any lady desiring further acquaintance, (and living within fifty miles of me,) may obtain my address of FOWLESS AND WELLS. C.

No. 40.—I desire a companion, and have concluded (after the manner of others,) to make my wants known through your journal. If you have any lady who is desirous to communicate with me, can do so by getting my name of FOWLESS AND WELLS. JONAS.

No. 41.—To you I will confess that I desire to be meted—physiologically, mentally, and spiritually meted. I must be "six," "not in 'dimas," but in a higher and nobler sense.

Physiologically, I require one above medium height, with a favorable form, light hair, and blue eyes. Last year, a schoolmate of mine, told me the maiden that I can love intensely, or give me none—none capable of leading the way in all that is truly great and noble.

No. 42.—I am five feet nine inches in height, weigh 125 lbs., black hair, under thirty-two years old; I am a farmer, and a "good farmer" in my own estimation. I do not use tobacco, coffee, or spirituous liquors. I want a wife to make my home happy; I want one who is pleasant, affable, prudent, and domestic in her disposition; a good housewife, and who will be content to live with me in a quiet, unobtrusive manner. I wish her to be a Vegetarian, and from twenty to twenty-six years of age. Have lived in this State about seven years. N. S.

No. 43.—WANTED.—The acquaintance of one who wishes to become the wife of a farmer. She must possess in a good degree, those physical, intellectual, and moral qualities which will fit her to fulfill woman's part in making a happy home. I shall not mind to give my name, but I wish to be acquainted with her. My home is to be near a thriving village in Central New York. Further particulars to her who may accept of my offer of acquaintance. ESTABROOK.

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The subscriber is a bachelor, a college graduate, a free-lotter from boyhood, a lawyer by profession, was for ten years a temperance soldier; uses no tea, coffee, opium, alcohol, profanity, tobacco, leeks, nor onions; is industrious, affectionate, philanthropic, social, domestic, and moral in all his habits; is not a "church member," but deems the Bible a precious book from Heaven; admires rectitude, moral, devotional, mental, AFFECTIONATE, and physical beauty. His wife has vital temperance, a nice dress, and is of a gentle, social, and intellectual organs each marked "67" or larger; 50 lbs. Possess and other phrenologies; weighs about 120 pounds; is five feet ten inches tall, well-proportioned, healthy, not balding; free from all hereditary and acquired diseases; has an estate of about \$10,000, and is now that has not been for the last ten or fifteen years in a situation of matrimony, and is a bachelor, well educated, and with passionate fondness, some worldly, loving, and loving woman as a wife, scientific, and artistic. Her acquaintance should happen to be congenial with his own.

The young lady for such a wife must have seen not more than about thirty summers, and be endowed with a mild and amiable temper, and a disposition to have her own will, and to be independent, a sound and healthy constitution, free from all hereditary and domestic weaknesses and order; a good and well-educated mind; pleasant countenance; fine and fully developed form of about 50 lbs. height and size; such practical knowledge of household affairs as to enable her both to rule the kitchen and to grace the parlor; and such all-piercing femininity as to render her "every inch a woman" in all the ordinary duties of her phrenology, feelings, and physical functions. As to wealth, she may have much, little, or none. For gold alone she would never be for her, but a fortune not less than about half of his own and would of marriage for it, or she must have a fortune of her own, as to protect her and her child on from poverty or want in case he should ever again be financially embarrassed.

Should any such lady, with a view to matrimonial relations, desire a correspondence, she should send such a favorable notice to the Editor, to the care of Messrs. FOWLESS AND WELLS, the publishers of this journal, who will super-enclose, re-address, and personally visit the same. I wish to see the lady, and to be able to converse with her in confidence, and in due time will write her, confidentially, over the top of the card, and will send her a daguerotype, and will give her information as she may require, or the case render appropriate. A CARDINAL CANDIDATE.

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Dec 11 b.

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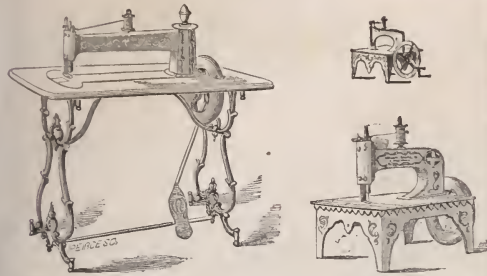
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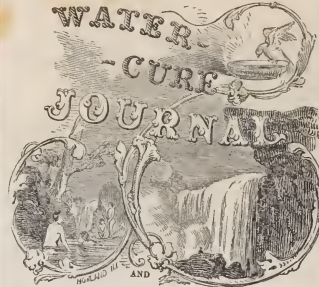
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