

John Gunn

WATER-CURE JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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THE
NEW YEAR—1855.

BY E. T. TRALL, M.D.

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WITH another New Year, and the commencement of another new volume of the WATER-CURE JOURNAL, comes another fitting opportunity to "prospect" the field of labor before us, and survey the aspects of that "promised land" which still lies a little in the distance. As with Application, who, in his toilsome journey up the hill of science, sees alps rising on alps, we discover, ever and anon, that the time and the goal we so ardently and so believably pursue is onward still, is still beyond. But the diligent student of nature knew, in the law of his progress, that, however numerous and difficult might be the obstacles in his pathway, the good and the true lay in the direction he was pursuing; and he could thence infer the course of duty, no matter what trials beset it, no matter how tedious the ascent, nor how prolonged might be the journey.

And we know not, in the prosecution of an enterprise, how long we must toil, nor how hard we must labor, nor what number nor force of obstacles we must overcome, before the world will be redeemed from the sin of physiological transgression, and the misery of disease. But we do know (and for the present it is enough to know) that in the direction of our travels and our labors, at some point in the world's future history, will be found that de-

sideratum which is the great need of the human race—general health—provided it is ever found at all.

That trio of degeneracy, destruction and death—drug-remedies, drug-diseases and drug-doctors—must be washed off from the face of the earth, even as the wicked antediluvians were drowned by the great flood, before a healthy race of human beings will ever again possess the garden of humanity. And to accomplish this preliminary measure, we have but one resource; we must educate the people generally, so that they may know for themselves, the nature of diseases, the effects of remedies and the usefulness or otherwise of that medical practice whose professors, fatally misled by erroneous education, or prejudiced incorrigibly by the manners and customs of an artificial society, can understand no better and no other way of healing the sick, than by creating new diseases.

We can hardly refrain from believing that the time is not very far distant when these matters will be generally understood. "How long is a question depending solely on a primary one? How soon can we get the public mind generally interested in the investigation of this subject?"

We have succeeded in arresting the attention of hundreds of thousands, and many thousands of these are now active co-workers. But there are millions yet to enlighten. There are yet millions of intelligent persons on other subjects, in our own country, who have never given an hour, nor a moment, perhaps

TO OUR FRIENDS OF THE PRESS.—With the present number begins a New Volume of the WATER-CURE JOURNAL. The generous reception at your hands, the kindly notices which you have given it, and the liberal support—notwithstanding the "hard times"—which it has received from the public, is evidence sufficient to warrant its continuance. We shall, therefore, "put our best foot forward," and endeavor to make the JOURNAL even more useful and acceptable than hitherto. Instead of "back-sliders," constant accessions are being made to our list, and that, too, from the most intelligent class of community. It is conceded by all, that too much medicine is administered. Even physicians of the other Schools admit this, and it is the mission of the WATER-CURE JOURNAL to set the people right on this point. To sustain our position, we give evidence and testimony from competent witnesses, in every number. And we shall be most happy to "quote," for the encouragement of others, from time to time, the liberal, kind, and generous "OPINIONS OF THE PRESS."

not a thought to this subject—really the most important of all subjects not purely spiritual that could possibly occupy their minds.

Some of our good friends have been flattered with the delusion that it were among the things possible to bring the doctors of the drug-schools, not only to see the evils of their system, and led thereby to investigate, and finally adopt our system of medication by hygienic agencies, instead of their system of medication by drug-poisons. But the summing up of the experience derived from the labors of a quarter of a century, affords very little encouragement in this direction.

The slave of arrogance and pride,
He has no hearing on the prudent side;
His still refuted quirks he still repeats,
New-raised objections with new quibbles meets;
Till, sinking in the quicksand he defends,
He dies, disputing, and the contest ends.

Our readers know very well that we have tried all seasonable ways to drag the advocates of the drug-system before the public for discussion. They will bear witness that this journal has always been ready for a full and fair investigation of any question which concerns the health of the people, on which medical men differ. Many of them know, too, that as far as they have as yet met us in the field of debate, their course of argument has ever been by "still refuted quirks" and oft "repeated quibbles." And we know that when we do get their system fairly before the public, (and we shall sooner or later,) it will very speedily thereafter sink in the quicksands of its own false philosophy.

The success of our cause, that is, the time of its achievement, depends entirely on the rapidity with which we can get in communication with the minds of the people. Give us a circulation as extensive as the reading community, and we will agree to live and labor (accidents only excepted) until this work is consummated.

Let us then be up and doing,
With a heart for every fate;
Still achieving, still pursuing,
Learn to labor and to wait.

ESSAYS.

These Contributors present their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "that Good."

PHILOSOPHY OF WATER-CURE.

BY G. H. TAYLOR, M.D.

INCORRECT notions of pathology lie at the bottom of much bad medical practice. If disease were considered as the effect of physiological actions that have been more or less altered and perverted, a restitution would be sought where it properly belongs, in the substitution of proper conditions for favoring health—making rather than disease-producing ones. In disease, the forces that are acting counter to the organic force, or health, are the attractions that are the ordinary and essential properties of matter, to which force it yields obedience, in proportion to the organic force or vitality in each case acting according to law.

Every tissue, and every portion of the animal body possesses a vitality, and a reproductive energy of its own; the coincident growth, and waste, and destruction of organic particles really constitute its function, whatever be the outward phenomena or manifestation. The organic act or power of producing forms from the elements contained in the blood, depends on a ready supply of a healthy quality of the fluid; it must contain all the proper materials, and only such, for, as we have seen, if other or extraneous matter be present in any considerable quantity, the functions, consisting essentially of acts, to which we have alluded, must cease, partially or wholly, or be altered from the correct type. This constitutes disease. Usually, disease is attended by a defect in some eliminatory office; the epithelial cells of secreting organs are checked in their growth, and matters that should be thrown off are retained and carried by the circulation to some other outlet where, perchance, an exit is more easily effected. Respiration interposes to purify the vital fluid by oxidizing its unnecessary or noxious portions. The integrity of those organs, whose function it is to produce a growth of cells is preserved by their refusing to admit noxious elements, or what is the same thing, by their ceasing to act.

It is evident that, in consequence of this suppression of the acts of nutrition and secretion, that an unusually large amount is retained in the blood to be eliminated through respiration, that is, by being oxidized and reduced to carbonic acid and water. This function is compelled to be unusually active, which occasions a large amount of heat to be generated, and, this will constitute fever—the object of which evidently is to restore the quantity of the circulating fluid to a proper balance.

Art may imitate in some degree this same attempt at restoration. The motions of the blood and of respiration may be increased by putting the organs concerned under the necessity of eliminating poisonous matter, or such as would be prejudicial to vital interests. Medicines can do this, and hence are deemed healthful, and what

is still more singular, are relied on for this purpose, just in proportion to their offensiveness or capability of inducing disease.

In each of these pathological conditions, (those induced by medicine, and those occurring from other causes,) we have illustrations of the consequence of presenting an *irritant* instead of a *nutrient* to an organ or system of organs. The exhibition of vitality that follows, is an expenditure for defensive purposes. As a blow upon the eye causes a sensation of light, or a prick of a pin the spasmodic action of a muscle, so may a drug-substance excite an irregular functional change in organs; and generally speaking, whether the action be that of cell-development or contractility of fibre, the object is to protect important vital parts and to expel offensive matter. It matters not whether the act be that induced by medicine or a spontaneous disease, vitality secures the best result that is possible under the circumstances.

Medical therapeutics shows the various ways in which vital expenditure may be effected, but really throws no light upon the process of healing. It makes lavish expenditures expecting accidental repairs. It ignores the fact that all should know, that every function, climinary, as well as sensational and nutrient is called into action, by its own appropriate and physiological stimulus.

As the eye sees by the stimulus of light, so do mucus surfaces act when in relation with appropriate matters and conditions; and it is by a regulation of these stimuli, without any foreign intervention, that they may be adapted to the needs of the lowered or perverted vital condition. The suffering organ or system of organs is thus suffered to recover its tone by permitting organic growth and the restitution of the usual available force.

Nothing can be added to the vital capacity; it can only be called out and made to act,—in one case by affording a pabulum for reproduction, and in the other, by giving occasion for expenditure.

The growth of the plant is promoted only by affording the proper pabulum, with warmth, moisture, and sunlight. The rest comes from the operation of causes that we can neither lay open nor replenish. The development of the primordial cell, the basis of tissues, as well as the cause of excretory and secretory acts, depends on similar causes, while those changes concerned in the yielding and using of force, and of purification, are dependent on the admission of oxygen and the conditions that favor it.

A REMARKABLE CASE.—Some time in the month of November, 1848, Mr. K—, a friend of mine, was brought to my house in a very critical condition—afflicted with a rush of blood to the head. Several of the best physicians were called, who, after a consultation, pronounced his case beyond hope of recovery. In the evening of the same day, a doctor, who had been called previously to the consultation, came to see Mr. K—, and after a careful examination of the patient, pronounced the man dying. I asked him if there would be harm in my trying something to relieve him. He said, "No; but it would be of no use, as the man would be dead before twelve o'clock."

On his leaving the house, I took a large coffee-pot of cold water, and poured a constant stream from as great a height as possible upon his forehead. As soon as the water struck him he sprang up in a wild manner, uttered tussle language, and endeavored to get up and resist, but was prevented, and after awhile he became easy and had acquired sleep. In the mean time I placed his feet in a bucket of warm water at the foot of the bed, keeping ice in a flannel bound on his forehead. I followed this course at intervals of a few hours, and in a few days he was perfectly well.

RESPIRATION AND THE EFFECTS OF OVERHEATED AND IMPURE AIR.

With Illustrations.

BY JOEL SHEW, M. D.

If I were asked the question, "What, in a great and unhealthy city like this of New York, is, during the winter season, the greatest among all the multifarious causes of disease?" I should answer, "OVERHEATED AND IMPURE AIR." We talk of improvement in the nineteenth century, and improvements certainly there are. Steamboats, railroads, telegraphs, stoves and furnaces—all these exist in perfection, so to say; but talk to a man of keeping the atmosphere of his room at 60° F.—a temperature which he should not, if he study health and real bodily comfort, ever exceed—and he will say we are wild. And as for impurity of air, it never enters his head; the whole rage being to get it as hot as possible, cold being considered the greatest enemy he can have.

The air with which we are surrounded, and which is necessary to our existence, and without which we could scarcely survive a single moment, is, for obvious reasons, one of the most important of the life-agents. But, because we do not see the air, we are apt to neglect giving that attention to it which the nature of the subject demands. We may, indeed, be said to live in the bottom of a vast sea that encircles the whole globe, the depth of which is 45 miles; and the water of this sea, if I may use the expression, is a thin, invisible fluid, called air; a fluid, however, which is as truly a real substance as the food and the water we take.

The ancients, who were ignorant on many, and indeed, most physiological subjects, yet recognized the importance of air, by giving it a place among what they regarded as the four primal elements of nature—fire, air, earth and water.

It may well be said, "that man subsists more on air than on his meat and drink." Certainly, we can live much longer without either food or drink than we can without air; and we are digesting air, so to say, at the rate of 25,000 to 30,000 respirations in the twenty-four hours, each respiration requiring fully one pint of this fluid, so that every day we live we consume about SIXTY NOSEBREADS of atmospheric air.

The function of RESPIRATION, or BREATHING, is carried on through the respiratory organs, or that part of the body called the thorax or chest. Fig. 1 represents the skeleton or bony structure of the thorax, and of its several parts; SS, the spine; B b, the breast-bone; RR, the ribs; CC, the cartilages connecting the ribs with the breast-bone; C b, the collar-bone; and S b, the shoulder-blade. The chest,

then, may be compared to a cone, the base of which is below and the apex above. The diaphragm, or large flat muscle situated at the base of the chest, and dividing it from the abdominal organs below, is represented by D D, Fig. 2, first in its relaxed, and second, in its contracted state. M M is shown the muscles of the abdomen, which are also concerned in the respiratory process.

In Fig. 3, we have a front view of the chest and diaphragm, the latter in a relaxed state. The front half of the ribs are cut away, thus leaving the interior of the chest exposed; C C C c, its empty cavity; DD, DD, the diaphragm, elevated in the centre and depressed at the sides and behind; and AA, the abdomen.

Thus, by the elevation of the ribs, and the depression of the arch of the diaphragm, the chest becomes enlarged during the act of respiration, this part of which is called *inspiration*. The counter-movement of this or that which takes place when the air is thrown out from the lungs, is called *expiration*. The whole operation of inspiration and expiration is well compared to the action of a pair of common bellows. The motion of the ribs and diaphragm represents that of the bellows-boards and leather. When these are made to expand, through the power applied by the hand, the air rushes in at the nozzle and valve, as at the windpipe in inspiration, and when pressed together by the same power, the air rushing out as in expiration.

The action of the diaphragm—a very important agent in respiration—and the relation of the wind-pipe to the chest, are admirably shown in Fig. 4. This, as well as the preceding cuts, is taken from an invaluable work by Dr. Griscom, of this city, which should be in the hands of every

family that can read throughout the world.* C C is a bell-shaped glass, to represent the chest. In the mouth of the glass is inserted, very tightly, a cork, T, representing the trachea, having a hole lengthwise through it. To the lower end of the cork is attached a small bladder, L, representing a lung. The lower opening of the bell is closed by a piece of sheet gum-elastic, D, which fits air-tight. This answers for the diaphragm.

In this arrangement the air that enters at the cork can only distend the bladder; in other words, it can have no communication with the cavity of the bell. It is evident, also, that when the diaphragm is pushed into the cavity of the glass, as at D, the bladder will be flaccid and void of air; but when the diaphragm is drawn down, in the situation of the dotted curve, a partial vacuum in the glass will be the consequence, which can only be supplied with air through the cork, whereby the bladder will expand to the full extent, shown by the dotted circle; and when the diaphragm is pushed up again the air will be forced out from the bladder." This shows the action of one lung only, but the principle is the same in both.

Thus much, then, for the present, on the mechanism of respiration, and the organs by which the process is effected; and, for the remainder of the present article, I propose leaving out of the account considerations concerning the truly wonderful structure of the lungs, the physiology of respiration, the effect of inhaled air on the blood, and various other topics connected with the general subject, and to direct the attention to a common-sense view of the one important matter of SECURING A PROPER FORM AND DEVELOPMENT OF THE CHEST.

I remark, in the first place, that, to secure a proper form and development of this important part of the system, it is of the greatest moment THAT WE BEGIN ARIGHT WITH THE CHILD. Mothers, in particular, should

understand that the bones of the young infant are exceedingly pliable, and easy of putting out of shape. Hence, it should not be made to bear the weight of its body, even in the sitting posture, too often or too soon. Those too, who are obliged to nurse the child wholly upon one side, must be very cautious, or its spine will become crooked, and, as a consequence, the chest contracted, more or less, as in the previous case. The chest of a child, likewise, may be put very much out of shape by its being held, through a siege of sickness, constantly upon the same arm of the mother or nurse. In regard to the position of sleeping, likewise, mothers should be careful to change the infant occasionally from one side to the other; because, if, as some have done, it is kept upon one side, for the purpose of causing it to sleep better, (which, however, will not prove true,) a misshapen chest, as also a *lop-sided* brain, will be very likely to result.

So, too, with regard to the sitting posture at school. Children who are placed upon seats without backs—a thing often done—will be very liable to become "crooked-backed," especially if the practice is continued for

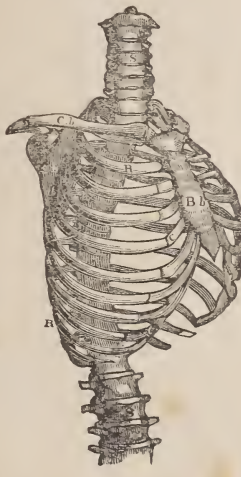


FIG. 1.

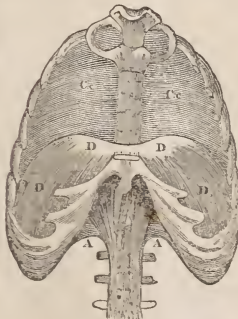


FIG. 3.



FIG. 4.

* USES AND ABUSES OF AIR. FORSALE BY FOWLER AND WELLS. NEW YORK. PREPARED BY SMALL, 57 cents.

any considerable time; and whatever interferes with the spinal column in this wise must, of course, in a measure, contract the chest.

In the same way, likewise, improper position at writing may become a source of the evil in question. Parents and teachers cannot well be too careful with the young on this point.

Compound lateral curvature of the spine, a serious evil that must necessarily be attended with a considerable deformity of the chest, is very apt to be induced in young girls at school, who are not allowed sufficient outdoor exercise, and who, through carelessness on the part of those who have the care of them, are allowed to give way to their bodily weakness, when fatigued, in sitting at the desk, and thus become deformed. So common, indeed, has this evil become in boarding-schools in this country and Great Britain, that scarce one girl out of twenty, who has been for any considerable time at school, can be found who is not more or less crooked.

People in general are, doubtless, not sufficiently careful in regard to the sitting posture. This is more especially the case with the female part of the community, whose lot it is to spend more of their life than males in sedentary employments. The spinal column often becomes weakened and thrown out of place, and the chest, as a consequence, deformed, by improper position in reading, speaking, singing, &c.

There is yet another grievous error to be mentioned in this place. *Tight-lacing*, in all its aspects, and all its horrors. I may say, has, in ways innumerable, both exposed. And yet the evil goes on. I admit the strings are not, as a general thing, used as formerly; but who that is at all acquainted with these things, does not know that it is the propensity of women, everywhere, to appear with a small waist. There are honorable, noble exceptions, of course, but such is the rule; and, at whatever expense of bodily comfort, the fashionable lady must get up as small a waist as possible, because it is *dear* to have a full, well-formed, loosely-dressed chest. And can woman *never* learn that it is only the rakes and libertines in society, the villains and the wolves in sheep's clothing, that admire their foolishness in this respect? Well will it be for the world if the *Bloomers*, hooted at and scouted by society as they are, shall yet be able to teach mankind the importance of a loose, flowing dress.

This, then, is the doctrine I here inculcate: IN ALL POSSIBLE WAYS, FROM EARLIEST INFANCY ONWARD, ENDEAVOR TO SECURE AN UPRIGHT FORM OF BODY, AND A FULL, WELL-DEVELOPED CHEST. In savage nations, such a thing as bodily deformity is almost wholly unknown. And shall not civilization, with all its advantages, yet teach people at least to EQUAL in physical vigor the less favored of our race?

[Continued in our next.]

THE WET SHEET PACK.

BY H. F. CONDUCT, M.D.

THE Pack is the prince of Hydropathic appliances, the main-stay of the Water-Cure system. It is somewhat unpleasant on a cold day to be wrapped up in cold, wet sheets; but the sensation of cold soon passes away, and is succeeded by a delicious calm. It is so soothing to the nervous system, that most patients go off into a sleep more soothing than any thing they have ever experienced. One may readily understand this when he reflects upon its action. The sheet being saturated with pure soft water, and wrapped around the body, which is then enveloped in three to four blankets according to the heat of the weather, the warmth of the skin soon turns the water of the sheet into vapor.

In fact the body becomes surrounded with warm watery vapor, which, to the myriads of cutaneous nerves, is the most tranquilizing of any thing that can be imagined. It always irritability, quiets nervous excitement, subdues mus-

cular disturbance, and equalizes the circulation. One passes away into the land of oblivion, forgetting every care, and banishing every annoyance. When the bath-tendant comes to rouse him up, it is with regret he quits the most pleasant and soothing position he was ever in. With what reluctance he is hurried away to the half-bath, where he is rubbed first in water perhaps at 85°, then for several minutes more, in water at 75° or 80°.

The skin presents oftentimes the redness of the cherry. The blood has been called from the deep-seated internal organs, to the skin, which is all in a glow of delightful warmth. The mind shares in these agreeable feelings, and as he goes forth with elastic step and pleasurable emotions, he begins for the first time during many morbid years of pain and misery, to think that, after all, there is something in this world worth living for.

If Priessnitz had done nothing more than to present the world with this wonderful appliance, he would have deserved the everlasting thanks of succeeding generations. It is an admirable agent in inflammatory fevers, in which, a succession of cool sheets are applied and removed as soon as they become warm, or the heat of the skin returns. A great quantity of morbid matter is removed and with it much morbid excitement. The most casual observer must see how admirable a resource this must be in all fevers. It is equally efficient in colds, influenzas, disturbed states of the nervous system from excessive fatigue, want of rest, &c. Nothing can equal its value in those chronic ailments where the circulation has forsaken the skin and become fixed deep in the internal organs, leaving the cutaneous surface pale, chilly, bloodless.

The great wonder is, that it should have so long remained hidden from the world. With what emotions of gratitude does it become the poor wretch whose life has been dragged out in countless pangs of misery, to turn his eyes upward to heaven and thank God for so great a boon! It does for his morbid, dilapidated structure,—a system all in ruins, what faith does for the mind of the Christian,—it raises him from the depths of despair and misery, and fills him with joy and hope.

My own pack-to-day as before, was applied in the upper story of the Cure, (Glen Haven,) and in a front room that overlooks the lake—in fact, the sweet sheet of water lies just at one's feet, placid, rippling, and quiet as an infant asleep, the verdant hills rising from its margin at a height of many hundred feet, variegated with cultivated fields and cottages on their sides; the blue sky above disturbed by nothing save here and there a swallow cutting the air with his rapid wing. The whole of the window beside which my bed lay was up, or rather removed, and all, letting in the pure air; no sound to be heard, except here and there on the placid lake, the noise of oars as they struck the water with perfect regularity and order. While the world beside seems to be full of strife, and turmoil, and clamor, this little nook appears to be the very abode of quiet, cheerfulness, and contentment! Much of this state of tranquility and order is due to the various appliances of the Water-Cure, of which the pack seems to be deservedly the chief.—[Washington, D. C.]

HARVARD SHAKERS.—The Harvard Shakers, who now number two hundred, have about one hundred head of cattle, mostly native Durham and Ayshire, fifteen horses, any quantity of poultry, several acres of choice fruit trees, some famous beds of onions, beets and other vegetables; but among their live stock, they have neither ducks, geese, sheep, nor swine, the latter never being kept nor eaten by them, pork being wholly discarded by most Shaker societies as unfit to eat. In the town of Shirley, adjoining Harvard, there is another flourishing community of Shakers, of about the same size, and of the remaining fifteen societies in this country, two are in Berkshire county.—*Springfield Republican.*

HYGIENIC VALUE OF WATER.

BY H. C. FOOTE.

Those blessings which we enjoy in the greatest abundance are apt to be the least appreciated. During the unprecedented drought last autumn, water became scarce, and we found how indispensable it is to life and health. We found that water is actually of some use besides excitation. That, on a pinch it will even quench thirst, when times are so tight that we cannot afford to indulge in wine or brandy, at two to four dollars a gallon. That pure soft water has an inherent value in itself, without being tinctured and tortured into a decoction of stimulating narcotics, the chinese herb and the tropical berry which afford a temporary stimulus, but in the end enervate, weaken, and permanently injure.

BATHING.—Daily bathing in tepid or cool water is beneficial at all times. It opens the pores and increases the excretory action of the skin in carrying off five eighths of the waste matter of the system in the form of insensible and sensible perspiration. But one great benefit caused by bathing is, that the friction stimulates capillary action and brings the venous blood to the surface, and the air and water, then in the operation of the curious natural phenomenon of *osmosis* and *endosmosis*, absorb the carbon *from*, and impart their oxygen to the blood, precisely as the same operation is performed in the lungs in the act of breathing. Thus the skin may be said to *breathe*, especially during and after a bath. And in this way the lungs are relieved from over-work.

BAD DIETETIC HABITS.—It is a notorious fact that the majority of people's lungs are over-worked, especially during the hot weather; we are so injudicious in our diet and other habits. The dietetic habits of the age are horrible! Such an excess of greasy, carbonaceous food. Now food that is so rich in carbon is less injurious in cold weather, but in warm weather it is obvious that our food should be more of a cooling nature, such as vegetables and fruits. What quantities of greasy and greasy meat are daily swallowed with the thermometer at 96°! And pork and lard, too, the "abomination of desolation," the fruitful source of scrofula, erysipelas, and scurvy. And every thing peppered, too, within an "inch of life," as though fiery-hot pepper was a specific against all "the ills that flesh is heir to." Hot tea and coffee, too, the teeth-rotting, stomach-weakening, dyspepsia-breeding, and nerve-shattering beverages. And then, if any person, after a long series of errors in quality or quantity of food, in connection, perhaps, with the degrading habit of smoking or chewing tobacco, or drinking liquors, or eating between meals, especially just before bed-time, with neglect of bathing, &c., the lungs and other excretory organs become over-tasked and obstructed, and an incipient fever, perhaps, or a cold, or indigestion, &c., ensues.

COMMON SENSE, VERSUS DRUG-REMEDIES.—And then what are the remedies usually resorted to? Common sense would suggest that, as there cannot be an effect without a cause, all that is necessary would be to ascertain the cause and remove it: place the body in the best hygienic condition and trust to nature for the result. But "no," answers Dr. Behind-the-age, "such a course would be extremely dangerous, (to his pocket,) it would be necessary to take every fourth hour two of my purely vegetable-mineral-pills," compounded from rare substances brought from the four corners of the earth, carried seven times across the great desert of Sahara, on the backs of fourteen camels, and brought across the Atlantic ocean on two ships. Besides other "remedies" equally respectable and infallible, as Dr. Gumption's Gullible Gulps, only "one dollar per box," (first cost, eight cents,) being two of my purely vegetable-mineral-pills, compounded from rare substances brought from the four corners of the earth, carried seven times across the great desert of Sahara, on the backs of fourteen camels, and brought across the Atlantic ocean on two ships. Besides other "remedies" equally respectable and infallible, as Dr. Gumption's Gullible Gulps, only "one dollar per box," (first cost, eight cents,) being two of my purely vegetable-mineral-pills, compounded from rare substances brought from the four corners of the earth, carried seven times across the great desert of Sahara, on the backs of fourteen camels, and brought across the Atlantic ocean on two ships. Besides other "remedies" equally respectable and infallible, as Dr. Gumption's Gullible Gulps, only "one dollar per box," (first cost, eight cents,) being two of my purely vegetable-mineral-pills, compounded from rare substances brought from the four corners of the earth, carried seven times across the great desert of Sahara, on the backs of fourteen camels, and brought across the Atlantic ocean on two ships.

credulous enough to buy and swallow the poisonous stuff. Also, Professor Poole's Powerful Patent Pressure Pills, Powders and Potions, Balm and Ready-Resolvants, (readily resolve dollars from the patient's pocket into that of the villainous quack compounder's.)

ALL DRUGS, POISONOUS.—When will people learn, and know, and act accordingly, that *all drugs are poisons*? That all the different preparations of mercury, as calomel, blue-pill, &c.; and of arsenic, as Fowler's Solution, &c.; and of antimony, as Tartar-Emetic, "Jame's Powders," &c. Sugar of lead and the different preparations of tin, zinc, copper, gold, iron, iodine, manganese, sulphur, phosphorus, bismuth, and the entire family of drug-acids, and vegetable stimulants and narcotics, as opium, tobacco, belladonna, quinine, aloes, &c., &c., are all more or less poisonous in their effects, whether in large or small quantities, and whether applied externally or internally.

THE MAGIC BULLET.—If you shoot a bullet at a sick person, it would be but natural to expect death as the result. But engrave the magic word "medicine" on the bullet in mystic characters and with mysterious ceremonies, and then shoot, when lo! presto-change! it *cures* instead of kills. This is the philosophy of drug-medicine.

WATER-CURE THE BEST REMEDY.—Before the advent of the Water-Cure, there was some excuse for the use of drugs, but now there is none, and the sooner those who are engaged in the business get out of it, the better for themselves and the world.

It is admitted that there are many remedies for disease in the vast arcana of nature, but that remedy which is the most abundant, the most universally applicable, the most economical, the simplest, the most agreeable to the senses, the most harmonizing and affinitive with our organic structure, and the *most successful*, ought to take the preference. There is but one substance in nature that will answer this description, and that is—*water*. It does not cost "one dollar per bottle." It is at every man's door free of cost. In every well, cistern, streamlet, lake, and river on the face of the globe, and over our heads, too, in its pure state, in the clouds being a grand Universally-come-at-able-remedy, free-gratis-for-nothing.

NO-THING.—All other systems of medicine are obliged to be wrapped in incomprehensible mystification to hide their weakness. The Water-Cure is simplicity simplified. Other systems necessarily depend upon the ignorance and credulity of the people for their support. The Water-Cure renders "every one his own physician."

Its simplicity renders its first principles comprehensive, even to a child. The spirit and tendency of the age is favorable to simplicity and economy, and is decidedly opposed to every thing like antiquated mystery and humbug.

PREVENTION.—The Water-Cure is a component part-and-parcel of the hygienic laws, to which it most stringently enjoins the strictest obedience. It, more than any other system, in effect at least, pays close attention to *prevention*. Those who live hygienically, do not stand in danger of, or liability to sickness. While other systems slovenly wait until actual sickness and prostration takes place, and then without reference to causes prescribe drug-"remedies" having about as much relation to disease as chalk to cheese.

SUPERSTITION AND BREAD PILLS.—There is a great deal of superstition connected with drugs, and this accounts in a great measure for their potency in many cases, notwithstanding their poisonous nature. People are fond of imagining some wonderful, mysterious power to be connected with some nasty, far-fetched substance. And, as their faith is, so it is in a great measure. Imagination has a great deal to do with producing the desired result. One of the most skillful physicians in New York city, a few years ago, related to me of a retiring from practice, that for several years he had given his patients nothing stronger than bread pills!

CHEMICAL AND MECHANICAL RELATIONS OF WA-

TER TO THE HUMAN SYSTEM.—There is no substance except air for which the body has such an affinity as water.

"1. Water constitutes the greater proportion of the bulk of the body.

"2. Water composes more than three-fourths of the whole mass of the blood, more than seven-eighths of the substance of the brain, and more than nine-tenths of the various colorless fluids and secretions.

"3. Water is the only vehicle by which nutrient matters are conveyed to the blood, and through the blood to all parts of the system for its growth and replenishment.

"4. Water is the only medium through which waste, or effete matters, or extraneous ingredients are conveyed from all parts of the system to the excretory organs to be expelled.

"5. Water is the only solvent, diluent, and detergent in existence, for animal and vegetable, alimentary and excrementitious matters.

"6. Water is the only material capable of circulating in all the tissues of the body and penetrating their finest vessels without vital irritation, or mechanical injury." Think of this, ye brandy bruisers, and beer and whiskey guzzlers.

"7. The only morbid effects of water result from improper temperature and over-distension of the hollow viscera or circulating vessels, from excess of quantity—effects never necessarily unavoidable."—*Hydropathic Encyclopædia.*

WATER WILL PRODUCE EVERY THERAPEUTICAL EFFECT ever needed in the practice of medicine. It can be used as tonic, or stimulant, or sedative, emollient, alterative, cathartic, emetic, diaphoretic, diuretic, and every other specific action ever needed. And as it is thus applicable to the whole human race in every climate, and to every known disease, without price or limit, why not adopt it altogether, and dispense with costly and poisonous drugs.

DRUG-SINNERS.—Water purifies, restores, and strengthens, and leaves no sting behind: while those who have swallowed whole apothecary-shops, can testify from their feelings to the amount of drugs permanently deposited in their joints, glands, viscera, under the skin, and throughout the entire system, obstructing the machinery of life, embittering existence, and shortening their days.

WATER-CURE THE PHYSICAL REGENERATOR OF THE WORLD.—I think the Water-Cure a great public blessing, which should be investigated and promulgated by every well-wisher of humanity. There is reason to think that it is destined, in time, to effect the physical regeneration of the race. Those who, from the prejudices of habit or education, are disposed to condemn it prematurely, should relax a little and give it an impartial investigation.

WARNEGROCKS.—Many who think it is against their interest to do so, and vainly attempt to stop the car of progress, yield at last to the "force of circumstances," and to the "signs of the times," and when they can no longer oppose it with success, they wheel about and become its ardent advocates.

Who is *responsible* by the present remarkable progress and spread of the Water-Cure? Comparatively none but those who *use it*. It does not, or rather need not put money into the pocket of all, without price; the poor man's blessing, and the rich man's luxury. All that is necessary in order to fully enjoy the benefits of the Water-Cure, is to learn how to use it judiciously, and this any one can do who has ordinary common sense. Many have been injured by using it ignorantly, at hap-hazard, and then have too hastily condemned it. Hydropathy, is comparatively a new science, and some time must necessarily elapse before a thorough knowledge of it can be generally diffused.

LADIES, ATTENTION!—Especially should every lady be careful of the matter. When sickness occurs in the family, who has the most care and anxiety in the matter? Who is the nurse? The

wife, the mother, the sister, and the daughter, of course. Every lady ought, therefore, to make herself acquainted with the subject, until it is as familiar as "household words," for the correct physical training of children, for the improvement of health, for the prevention and cure of disease, a familiar knowledge of the Hygienic laws; and the Water-Cure is invaluable, and will soon be considered an indispensable accomplishment for every lady. Women make the most effective temperance and health reformers, because their domestic influence is greater. As by woman's influence Adam fell, and the world became "filled with violence," Irrigation, disease, intemperance, misery, crime, alcohol, tobacco, and drugs, so every lady should do all in her power, individually, towards restitution and "setting things to rights" again, by spreading the Water-Cure. It is never too late to learn. Home and Foreign Missionaries, Colporteurs, Sisters of Charity, philanthropists and all who "go about doing good," are doubly armed, for good, who have Christianity in one hand, and the Water-Cure in the other. Thus, following the example of our Saviour, who went about saving souls and healing diseases.

ADVICE TO THE YOUTH: OR, THE RESULTS OF HYDROPATHY.

BY REV. GEORGE W. NICHOLS.

"It will be admitted on all hands that the matter of seeking lost health is one of the most important of human employment."—*Dr. Snow.*

In the following statement, and the remarks which accompany it, the author would say that he has been influenced by the motive of doing good to others, who, like himself, may have suffered from the effects of disease. Health, which is defined by one as "consisting in the integrity of every structure and the perfect harmonious play of every function," and which produces a state of enjoyment, is, without doubt, the greatest of all earthly blessings. Combined with religion, it brings with it the purest and highest enjoyment which this world affords. Oh! what a precious and a blissful gift! How important is it that we should know how to obtain and preserve it! The author would feel himself richly rewarded, if, in the few remarks which are here offered, he shall be able to induce his readers to avail themselves of that all-important agency which he has found so efficacious in the restoration of health and the subduing of disease. Facts tending to illustrate the science of Hydropathy, and to pour conviction upon the minds of the ignorant and the prejudiced, must have their effect in a country and an age like this, where every thing is brought to the test of experiment. Every year is adding new and valuable testimony to the worth and efficacy of the Water-Cure, and the time must come ere long when it will stand upon that broad and firm footing which it so richly deserves.

From early childhood I was brought up to habits of study. My youthful days passed rapidly away in the delightful occupation of training the young mind for the active scenes and duties of life. By industry and assiduity I became fitted for college at the early age of fourteen, and was shortly after admitted to the Freshman class in Yale College. Being enchanted with the paths of literature, and impelled on by the aspirations of ambition, I went on through my collegiate course with an honorable success. During this period it must be acknowledged that I bestowed too little attention to exercise, diet, bathing, &c. Pursuing mental toils, to the neglect of physical training, it was not strange that I should leave the halls of college with impaired health. The laws of health without reaping, sooner or later, the sad penalty. I was scarcely nineteen years old at the time of my leaving college, and had I been from youth instructed in the laws of

physiology and bodily training as well as mental development, I must have entered upon the stage of acting with far different prospects and brighter hopes of success. How many thousands of our youth find themselves, at the close of their collegiate course, perfectly disabled, and unqualified to enter upon the duties of a profession, because they know nothing of the mechanism of that wonderful structure in which the rich cascade of the mind is encased, and of the amazing importance of taking due care of its varied functions! By the neglect of exercise, by errors in diet, and by vice, how many of the precious youth of our land are sacrificed and rendered incapable of exerting any lasting impression upon mankind! What is the value of education with a body broken down by disease? What advantage is vast intellectual force and mental treasure which life is made burdensome by wasting and painful bodily infirmities? After leaving college, I entered upon a course of theological study, which my state of health would not however permit me to finish. I then resolved to seek a renewal of health in travelling and more active exercise, pursuing study only as an occasional recreation. And although by this means health was regained to some good degree, yet I may say that from that time to this there has never been a period when I have not, to some extent, been suffering from the effects of indigestion and mental depression. When one considers the blessings of health, how sad it is to think of the many sad departures of youth from the undeviating paths marked out by an All-wise Creator! How many reckless youth indulge their appetites in all sorts of tempting dishes and condiments, instead of confining themselves to simple and plain food! How many sit for hours in mental abstraction and thought—in total neglect of the invigorating power of exercise upon the limbs and muscles of the human frame! And, as if this were not enough, being enticed by the vicious example of others, are led on into habits of private vice! If the history of multitudes of cases of nervous debility and weakness, both male and female, were laid open, how often would it be seen that their lives of misery were to be traced back to some flagrant violation of nature's laws of this kind! When I look back and see into what circumstances I was thrown—when I consider the companions by whom I was surrounded in youthful days—it seems to me even wonderful that I escaped—that I was not so far carried down upon the tide of self-indulgence as to make an utter shipwreck of life and health! But so it is: there is a gracious Providence who watches over and directs our steps. And should this brief tract fall into the hands of any of my young readers who are beginning even now to feel that life and health are being in some slight degree sacrificed by a course of reckless living, by neglect of exercise, or by any other violation of their bodily well-being, I would conjure them to pause and reflect—to think what they are doing before they make their career reckless. Oh, how precious is health—how sweet its rosy bloom! how gay and delightful the hours of its existence, when hope spreads before us its happy visions, and life seems an enchanted scene! Better, yea, far better to pluck out a right eye or cut off a right arm than to lose this precious jewel, without which we should be miserable, even though we had all the rich mines of earth in our possession! After some years spent in more active life, health again returned; but alas! how slow its approach! how difficult it is to make up for early mistakes! how long is the process of recovering from youthful indiscretions! It is in youth above all that knowledge is needed. It is then that we would lay the foundation of a long life of serene happiness and uninterrupted enjoyment: it is then that we would train and develop the physical powers as well as the mental, and thus lay the foundation of a firm and vigorous constitution in after years.

For the last ten or twelve years, during which time I have been occupied in the duties of my

gracious calling, I have enjoyed (thanks to a merciful Providence) a comfortable degree of health, though never entirely free from indigestion and a tendency to constipation, occasioning more or less depression. This, united to a severe domestic trial some few years since, seriously affected my health again, when my attention became directed to the Water-Cure as a system or regular science. I had previously made use of occasional ablutions, particularly in summer, and not without some benefit; but I had never turned my attention to the water-treatment in its various processes and modes of application.

The little benefit which I had already reaped from this partial application of water in the shape of an occasional bath, and the urgent sollicitation of a young brother who had derived great benefit from the system, finally induced me to make trial of a regular course of treatment. For this purpose I consulted Dr. Shaw, of New York, for whom I shall always feel a high respect and regard, not only for his immediate prescriptions in my own case, but also for that most important knowledge derived from the faithful study of his many valuable works upon the subject of Water-Cure.

During the first three months after commencing a course of treatment which was pursued mainly at home, by following the Doctor's directions I experienced some sensible benefit, but was very often made to feel even worse than before, so as to be tempted oftentimes to relinquish the treatment altogether, and give up in despair the hope of ever deriving much benefit. It is at this stage very often that patients become discouraged; and because they do not find a signal change occurring in their case, they abandon all hope of a cure. I wonder that I was not, like many others, led to do the same; but recollecting the benefit of occasional bathing, and having my faith strengthened by what I read and thought, I was induced to persevere, and this, notwithstanding the approach of summer, when the power of the water-treatment is always very much diminished. Such was my course of treatment, which consisted in sitz-baths, the shower, the rubbing, &c. I also combined a regular course of diet composed of mainly farinaceous food, such as unbolted wheat, fruits, and meat once per day. Much time also was spent in the open air, in active exercise, riding, walking, gardening, &c. In the autumn I came to the city of New York. Still, improved in health in a slighter degree than before, but not yet having arrived at that condition of body and mind which no one can possibly mistake who possesses it as being one of health. During the winter, by strict adherence to the course already mentioned there was a decided and rapid improvement in general health. Sleep, which was interrupted more or less for months, has now again returned. The mind has once more assumed its wonted cheerfulness, and the buoyant spirits of younger days seem to have again visited the bosom over which had gathered hitherto the dark clouds, obstructing the light of life's pathway. Existence, which once seemed a burden, now appears fraught with many enjoyments, and the mind once more seeks with avidity communion with the varied scenes and occupations of the world and its busy inhabitants. Such has been the blessed and happy result of a trial of ten months of the virtue and efficacy of the Water-Cure system, which, being experienced in my own person so remarkable a proof of the happy effects of the system of Hydropathy, and looking upon it, as I do, as a most potent agency for the cure of disease, I feel as if a sense of duty impelled me to stand forth as its humble advocate, while I also, at the same time, declare what have been its wonderful effects upon myself. Human language is utterly inadequate to convey an impression of the thankfulness which I entertain for the happy results of this most effective instrumentality, which is now employed among us to a constantly increasing extent for the alleviation and cure of disease; and a rich recompense shall

I esteem it if the few plain statements here made with reference to my own case shall lead others to repair to the same pure and serene fountain of relief. In all cases, if it does not restore to perfect health, it will undoubtedly bring along with it such a condition of comfort as nothing else can. Were we called upon to state the three great essentials to health, we should designate them thus—*exercise, diet, and water*. We confidently believe that if the daily bath were used; if the diet be made to consist mainly of coarse farinaceous articles and fruits, abolishing all highly-seasoned dishes and condiments; if plenty of exercise were employed, calling into play the limbs and muscles of the human frame, physicians would have far less occasion, and the great mass of disease which now afflicts humanity would be comparatively but little known. It must be expected that there will always be some sickness and disease. It is frequently inherited, but it is more frequently in our judgment, brought upon us by our misconduct and imprudent deviations from nature's fixed laws of temperance. Whoever indulges in what may be called the fashionable vices of the age, living upon choice delicacies, eating late at night at parties of pleasure, making use of wines and segars, neglecting the proper hours of sleep, cannot wonder if he fell monster of disease should be silently and slowly creeping upon him. Am an over-indulgence also of the passions will sure to be visited with that penalty that follows the violation of the great law which the Creator has so plainly and legibly inscribed upon the nature of man. When it is considered how many young men are continually stuffing themselves with rich pastries and highly-seasoned dishes—how many young men, ay, and young women too, are kept from constant outdoor exercise for fear they may have sunburnt hands or faces, or may not be brought up sufficiently delicate, when it is considered how many young men from early childhood are enslaved to the destructive and filthy habit of using tobacco and of indulging in intoxicating drinks; when these things are considered, do you wonder, my readers, that so many are to be found who drag a miserable existence, scarcely to be called a delicious and blessed privilege is health!

Al! there must be a return to simple habits and an undeviating course of life, based upon the strict laws of our physical nature. God is the author of our material being, and that being is preserved or injured by a strict obedience or disobedience to those wise laws which he has fixed upon it. Law governs every thing. It rules and guides the planets and heavenly bodies in their courses. It pervades all animal and vegetable life, and we can look to no point of the universe where its supremacy does not exist. And is man an exception? No, by no means; his material and his moral nature both are under the dominion of fixed laws, the laws of a Being of infinite skill and infinite wisdom. Some seem to think that they must suffer under disease. Does it not cast a reflection upon the justice of his goodness, if we suppose him to be the Author of a bodily mechanism that is necessarily subject to disease and consequent misery? How much more agreeable to the Divine perfection is it to regard the human mechanism as the work of a perfect Architect, designed to promote the highest earthly enjoyment when properly used and preserved in obedience to God's own laws, and capable of promoting the enjoyment of its possessor to a serene old age, like the tree of the forest, accumulating in strength, and beauty, and power, until it finally dies.

With a view of this brief essay of making practical use to my readers, I will now make the following suggestions, addressed to all who may be suffering in a similar way to myself. Upon all who in any way experience the same evils of dyspepsia and indigestion, and the consequences of nervous depression—to whom life is continually overshadowed by dark and dismal clouds, intercepting the placid radiance which might otherwise beam upon your pathway—we would most

earnestly enjoin to have recourse to the Water-Cure. Consult its most learned practitioners, and, if possible, endeavor yourself to become thoroughly acquainted with the nature and philosophy of this science; for there is a great deal of philosophy in its proper use, and without the aid of this knowledge, or the advice of a competent physician, you will do yourself great injury. In the season of summer, go out to one of the many Water-Cures, breathe the pure fresh air of the country, ramble for exercise over the hills, and admire the wonderful works of the Creator: confound yourself to your simple meal of coarse farinaceous diet and fruit, with meat occasionally; drink pure water, and bathe in the various modes prescribed, *always rising early and taking the morning bath, with a walk before breakfast.* In a little time you will learn to relish this simple diet infinitely more than all your former concentrated dishes. The constant repetition of your baths will gradually, though perhaps slowly, work a change in your vital economy which I believe nothing else can.

Again, let me prescribe another rule, *viz., perseverance in the use of the treatment just named, becomes better.* When nature is preparing to throw off the corrupt humors, and a crisis is approaching, the patient is more than usually depressed; when the crisis is past, he generally feels relief. We see then how absolutely essential is *faithful perseverance.*

What thought at times you may be cast down? Do not be disheartened. These very states and conditions which you experience may be struggles of the system with the power of disease. The greater the conflict, the more is the citadel shaken and affected. In the end nature will, by the aid of this powerful ally, water, gain the ascendancy. She will rally her forces and come forth in renewed youth and strength, and the happy result will be, that you will secure the precious boon of health. And finally, I would leave this impression upon my readers, and give it them as a rule of conduct: *that water and water alone is worthy of their confidence as a remedy in such cases as those we have spoken of.* If you have been in the habit of employing various medicines and poisonous drugs, or any of the thousand published nostrums of the day, (of which the newspapers are full), throw them all aside. The use of all such only does violence to nature. There is little or no efficacy in them, as we have found from experience, whereas there is, in the proper use of water, a power which can act to the *greatest possible extent*, as facts prove, and that oftentimes to our great astonishment. If you will only consult the records of Hydropathic treatment, you will be surprised to see how effective is this agency. You will see and acknowledge that there is no agency that can compare with it in point of *certainty and efficiency* in overcoming disease and establishing health. *And above all, make trial of it yourself, and my word for it, you will bless the day and the hour that your mind was directed to this greatest of all healing powers.*

THE WAYS OF LIFE. By REV. G. S. WEAVER. New York: FOWLER AND WELLS, 1855. (Prios. prepaid by mail, 87 cents.)

The author of "HOPE AND HELP," a most excellent and popular work, intended for the young of both sexes, has here again presented himself before the public in a work for which we predict a wide circulation, and a very useful mission. It consists of a series of Lectures, in which the "WAYS OF LIFE" and the *fatal errors*—are authoritatively pointed out, and the highest and purest morality enforced. It abounds in elevated and elevating thoughts, and pure and hearty and cheerful religious truth. It is a gift for the family circle, and should be found in every house.

The work is now just ready, and orders should be sent to the publishers as above.

Practical Water-Cure.

FACTS are the arguments of God—the outworkings of his power. He who fights against facts fights against God.—Dr. F. LLOYD, F. S. A.

RHEUMATIC PALSY. A REMARKABLE CURE.

[THE following voluntary testimony, backed with the names of persons, places, and dates, will carry with it some weight, even with those who "don't believe all they read in the papers." We are glad to give this remarkable case to the world, coming as it does from so high authority.]

The patient in this almost miraculous escape from a speedy death or years of pain by simple Water-Cure treatment, is a highly valued member of the Society of Friends, and not yet sixty years of age, of sound constitution, rather a nervous temperament, but has usually enjoyed good health until the illness now to be described came over her.

In order to extend the benefits of this exposition as widely as possible, and to prove its entire authenticity, we are permitted to give the address of the parties, who, on any other grounds would shrink from such publicity.

Early in April, 1853, Hannah G. White, wife of Robert White, Junior, a retired merchant residing at 72 Henry Street, in the city of New York, was taken sick while on a transient visit to a country seat belonging to her son, near Long Branch, N. J., with what was at first supposed to be a common cold, afterwards settling in the bones, and finally taking hold of the nerves, making her exceedingly sensitive. The neighboring Allopathic physician, a man of great experience, was called in, and prescribed the usual simple remedies, without attaining the desired result. She continued to grow worse, with severe pain in her chest and through her back, accompanied by constipation and defective excretion. In less than ten days she required constant attention, sitters up at night, etc.

At the end of the second week the digestive organs seemed paralyzed, baffling every attempt to produce natural passages from the bowels. Her feet were as those of a dead person, and her limbs, from her hips downward, became entirely powerless, and assumed the unnatural appearance consequent upon an entire stoppage of the circulation: the hands and arms soon sympathized with the lower limbs, rendering the patient entirely helpless.

The pain gradually became more acute, mostly confined to her chest and back, but occasionally felt in various other parts; her respiration became more difficult, and the pulsations of her heart so violent, that it seemed, to use her own language, "as though it would tear her to pieces." Her appetite continued good, and, under medical advice, was fostered by the provision of every delicacy her disordered stomach craved; notwithstanding which, she became much emaciated, her limbs dwindling to half the usual size, and of as little use to their owner as though detached from the body.

At the end of the third week the disease had made the progress that might have been anticipated from the manner of its treatment; the attending doctor pronounced it a stroke of palsy,

and began to intimate his doubts about her recovery, though still prescribing a few drops of this, a spoonful of that, and a swallow of the other, at stated intervals, from the various phials profusely decorating the sick chamber. A magnetic machine was procured, but such was the state of the patient, the most powerful charges failed to produce a shock, and after repeated trials, was laid aside as ineffectual.

By the end of the fourth week the family had fully united in the opinion that the disease was palsy, and of that kind, too, that the most experienced pronounced wholly incurable; the sleepless patient, whose whole system was debilitated, became an easy prey to nervous excitability, causing almost inconceivable suffering, which neither the tender care of doating friends nor the utmost skill of professional aid could alleviate. Hope, that had buoyed up the ofttimes drooping spirits of the attendants, no longer exhibited its beacon light of promise; all became shrouded in gloom, which each daily visit of the doctor served only to increase.

We have told the M.D. was a man of experience; in this disease, at least, he was so in every sense of the word. Years before, he had laid in the grave a father, who, for a considerable portion of his life, suffered from an incurable stroke of the palsy. Case after case had passed through his hands, and without the least cause of suspicion that they had been treated other than with the highest degree of professional skill; yet the various Allopathic prescriptions seemed to accelerate rather than check the course of the disease.

This naturally impaired confidence in *her* ability to effect a cure, and a general dissatisfaction with the management of the case became manifest—it arose wholly from a lack of faith in the Allopathic system itself, not at all from its attending practitioner. What was to be done. No time was to be lost. Here the patient was dying literally by inches: first the feet became cold and lifeless, then her fingers and hands lost all physical strength; insidiously the disease advanced, until the legs and arms ceased to exhibit the usual signs of animation, the bowels became paralyzed, and the tongue was threatened to be deprived of its office. Sleep long since abandoned her eyelids, and rest was out of the question; her respiration was short, like the panting of one under continued exertion, and the beatings of her heart, in its struggles to force its life-blood through the now deadened arteries, became so painful and violent, that its pulsations could readily be discerned across the bed-chamber.

At this crisis, Dr. Joel Shaw, who had been sent for, arrived, and consented to undertake the case. He found the patient willing to test the virtue of water, but without faith as to its power to restore her to health, while in her family the usual diversity of sentiment in regard to its expediency existed. One little circumstance had considerable influence in the mind of the patient, inasmuch as it demonstrated the power of water, which it would not perhaps be out of place to mention here. Several years before, she had been much worried with a swelling upon the eye, which proved to be a wen; she consulted several who stood high in the medical profession, among whom was Dr. James R. Wood, who at once decided that it must be cut out, and the sooner the better. The prescription was a cloth of eight thicknesses wet in cold water and placed upon the eye; the cloth was to be changed every fifteen minutes. A sitz bath was also recommended to be taken every night. At the expiration of a few days the appearance of the swelling was much changed for the better, and at the end of a month was entirely obliterated.

To return to the case. Dr. Shaw changed the whole course of the Allopathy, in many points adhering exactly the reverse of the former prescriptions. The long closed windows were thrown wide open—the "sourishness" was laid aside for brown bread, hominy, and boiled rice, these were to be taken of sparingly only three

times a day, and at stated hours. Four times a day the sitz bath was administered, and the wet sheet twenty minutes at a time as often as agreeable; a wet girdle constantly to be worn. All the bed-clothes and the bed to be changed twice a day, and every thing used to be changed daily; no sleep to be taken during the day, and by no means to eat while fatigued. Tepid injections were frequently administered; the bowels and limbs to be frequently rubbed with wet towels, or with the hands wet in cold water, and the patient to be encouraged to sit up as soon as she may feel able so to do, &c.

No encouragement was held out that the cure would be immediate, or even that any considerable change for the better would take place for many days; contrary to expectation, however, a decided improvement was observable on the third day after the water-cure was adopted; indeed, its soothing effect was apparent two nights earlier. The advice of Dr. Shev was most rigidly adhered to even in the most minute particulars, and the first ray of hope gave additional zest to the already fully determined purpose of a thorough trial of the virtue of cold water.

In less than ten days distant friends were notified of the decidedly favorable change, and in ten more the patient was carried down stairs, placed in a carriage, and enjoyed a short ride without much apparent fatigue. Under advice, this ride soon became of daily occurrence even in unpropitious weather, to the amazement of the neighbors, who pronounced it foolhardy to risk a rheumatic invalid in so damp an atmosphere.

The rightly sparse hill of fare was now slightly extended. Seasonable fruits to be eaten only in the morning, and roast potatoes without salt were permitted, and a portion of milk was mixed with the pure cold water that had been her only drink, but no sugar to be used.

The number of baths was also reduced to three, viz.: wet sheet pack early in the morning, and a tub-bath after it, water at 75°; the same again at 4 o'clock, p.m., and the bath in the tub only at 10 a.m.

Where the paralysis was so wide-spread it may readily be supposed that even after the vital organs had been invigorated, and the general health much improved, that it was still the work of time to induct strength throughout the extremities; thus, while evidently enjoying her simple diet, and fast approaching a state of healthiness her limbs stubbornly declined their usual service. She was carried up and down stairs to every meal, and nearly six weeks of faithful application of water expired ere she could put her foot to the floor.

But the improvement was as certain as it was gradual; day by day, as in a child, a new lesson was learned in the art of locomotion, attended in each case alike by timidity and excessive caution. Soon one of the two attendants was dispensed with in her daily walks, and a staff substituted; the substitution being long becoming her only support in her daily rambles throughout a noble forest adjoining the house.

A bath in the Atlantic close at hand was unquestionably an invigorating part of the strengthening prescription, but was not indulged in until the recovery was far advanced. The treatment was modified as circumstances seemed to warrant, being very easily graduated by the patient herself. If a bath or pack was omitted when it should have been taken, it was at once made manifest to her own feelings that a neglect of this kind could not be indulged in with impunity, but as health and strength increased, the frequency of these abutions was diminished, until finally all were dispensed with, except when fatigue or any other temporary cause they become refreshing.

Over a twelvemonth has now elapsed since the cure was perfected, and we have the evidence of her friends that she enjoys better health and more buoyancy of spirits than in years before. No vestige of the complaint remains, and no fear is entertained of a relapse.

In this case, the argument in favor of water as

a curative agent is positive. The fierce current of the disease evidently accelerated by drugs and stimulants was stayed only when simple water and fresh air, nature's chief agents to purify and at the same time strengthen, were brought to bear upon the malady. Not was it the experiment; in each step the effect predicted was produced, and the cure was consummated in a shorter time even than was anticipated, and more thoroughly than the most sanguine had hoped for.

SPASMODIC CHOLERA.

BY DR. W. M. STEPHENS.

On Saturday, the 16th of September, a young man came to my establishment to be treated for lip disease. Early on Sunday morning he was taken with violent vomiting and purging. Attempted to eat breakfast at 7 o'clock, but could not on account of nausea. About 8 o'clock he informed me that he had a diarrhoea. I ordered him to take a warm sitting bath, after which, my attention was not called to his condition until about 11 A. M. I then found him in the second stage of cholera, with intense thirst, vomiting, rice-water discharges from the bowels, accompanied with a peculiar sickening odor, spasms of the diaphragm and muscles of the back very frequent, the skin and extremities were cold, the features shrunken and pallid, urinary secretion suspended, and the disease still continuing unchecked and unabated.

As this appeared to be a marked case of spasmodic cholera, I have thought that a report of the treatment adopted, and its effects, would be acceptable to the readers of the Journal. Whilst it will tend to develop to the profession the proper treatment of this disease, it will also show how powerful water-treatment may be made, and illustrate its superiority to any other mode of treatment.

As I discovered the nature of the disease I commenced the treatment with all possible dispatch—calling two persons to my assistance. I gave immediately, a very large injection of tepid water whilst the patient was reclining. As soon as the water came away I had him enveloped in a blanket dipped in hot water. This produced instantaneous relief. The spasms left, and a proper degree of warmth was restored to the surface. He was enveloped in the blanket one half hour, when he was taken out and rubbed in the half bath for three minutes by two persons. The skin by this time was red and warm. I now repeated the injection, there being another discharge resembling rice-water. The nausea was allayed by a swallow of warm water occasionally. There was an intense thirst, but I did not allow any water to drink. The violence of the symptoms were by this time abated, but the discharges from the bowels continuing, I repeated the hot blanket pack about two o'clock, and followed by the rubbing half-bath, with the water about 85° Fahrenheit. As all the symptoms of cholera were now gone, and the discharges stopped, I gave no more treatment. The young man rested well all night and awoke the next morning entirely free from the disease, but still very weak from its effects.

During the day I enjoined absolute quiet and rest. No food was allowed. No drink, save a swallow of warm water to overcome the nausea. No medicine was used externally or internally, save water, air, heat, light, and friction by the human hand. I ordered a free current of air to be kept circulating through the room constantly.

I do not know of any cause sufficient to produce the disease in this case, unless it existed epidemically in the place from which he came. I cannot say that our atmosphere in this place has been entirely exempt from that condition which disposes to spasmodic cholera; but I have heard of no case in our village of 5,000 inhabitants which was entirely developed here. We can probably boast a greater exemption from this

disease, than any other village of the same size in the Union.

It appears to me that the state of the atmosphere which disposes to cholera, is one in which there is too little oxygen for the purposes of respiration. Owing to a want of sufficient oxygen in the lungs to arterialize the venous blood, the blood of both the arterial and venous systems becomes dark-colored. This blood is incapable of sustaining life, and its circulation through the body produces all the symptoms of the cholera. Now, if cholera is caused in this manner, what should be the treatment? Arterialize the blood. How is this to be done? By pure air; the stronger, purer, and colder, the better; breathed into the lungs, and by equalizing the circulation and bringing it to the surface of the body. We are too apt to forget that it is as much the function of the skin to change venous blood to arterial as it is of the lungs, and hence neglect this most important organ of the body. The blood is rapidly changed from dark to bright red by bathing, and this process is especially effectual when redness is produced over the entire surface. In the case reported, redness was produced over the entire surface by the hot blanket pack and rubbing half-baths. We might here remark, that that condition of the blood which brings on an attack of the cholera, may have been developing for years, by neglecting to arterialize the blood by bathing and other attentions to the skin, and by the lungs not being capacious or active enough to supply the function of so large an organ as the skin.

We are not of opinion that all cases of cholera are epidemic, or caused by bad, or too little air. We believe that any corrupt and poisonous materials in the circulation may produce the cholera. This corruption may be taken into the body in the water we drink, in the food we eat, in the air we breathe, or produced in the body by violations of hygienic law. Whatever may be the cause, the disease is one, viz.: *corrupt, deadly, poisonous, and unassimilable substances in the circulation; and the cure is one, also, viz.: to remove them and purify the body as soon as possible.* Nature uses the great oceans of air and water to purify the earth and keep it sweet, fresh and clean. There are no other agents known to man which can be used as a substitute to cleanse and purify. With these, man, with a little of that art which nature every where employs and teaches, can purify the human body, and render it free from all causes of disease.—*Lansville, N. Y.*

CULTIVATE A LOVE FOR THE BEAUTIFUL.—Clerish ever a love for the beautiful for it purifies and exalts the mind not above the every day duties of life, but on the contrary, assists it to perform those duties with more cheerfulness; added to this, it ever gives harmonious and pleasing sensations. God upon all his works has breathed a spirit of *ever living beauty*. Dost thou doubt it? go then and look at the blooming rose as it lifts its bright petals up on its stem, while it drinks in the sunlight and the pearly dew; see the tall forest trees as they bend gracefully their branches to catch the passing breeze; and the silvery streams as they run gleaming and bounding among the hills; look in the still evening hour upon the clear moon and bright stars, and see if Beauty is not written upon all. And shall we not cultivate within our minds this beneficent spirit that pervades all nature by now and then adding a picture, or a flower to adorn our rooms, thinking it just so much done for the promotion of purity and refinement. It has been truly said that children whose morals are not good, whose parental influences have been bad can be the most easily reformed by the hearing of sweet sounds and the seeing of beautiful sights. Nor are these good effects confined to children; the more mature mind often gets from objects that surrounds it impressions that are as enduring as the soul itself. It is then highly important that outward associations, both in nature or art should be of an elevating and refining nature, for it is as equally true that as vicious companions allure to evil, and help to strengthen the love of it, so do gross and deformed objects deprive the senses of the highest enjoyments.

L. A. M.

Dress Reform.

ONE WAY TO INTRODUCE SHORT SKIRTS.

The majority of people are convinced that long skirts are cumbersome, unsightly, burdensome, and filthy things. The difficulty in the way of a change to shorter, is to get a sufficient number of women to brave the first stare the better costume occasions.

Already, thank Heaven, little girls are dressed in what are essentially bloomers. Now, let all the earnest friends of the dress reform—than which no reform is more important—unite to persuade each girl, and each girl's mother, to have the short skirts continued, and to have all the clothing held up by the shoulder. In this way a new fashion might "rise to reign," without shocking any over-tender sensibilities.

I rejoice to testify that I know of several cases where this determination has been taken with much spirit on the part of girls eight, ten, and twelve years of age. But "Satan" is always busy. Even now, hungry manufacturers, avaricious merchants, French milliners, and their dupes have taken alarm at the example of short clothes on girls.

There has been, and is now, a tremendous effort in certain quarters to wrap little girls again in old fashioned swaddling clothes. They have only been able to lengthen the skirts sooner on girls approaching womanhood. This modification is felt to be ridiculous—out of all decent taste. They cannot bring back the plug-toed, wooden shoes, and drabbling, nasty, silvery dresses that some old women of the more silly and obstinate kind pretend to like to see.

With the more general adoption of warm under-drawers for winter, no style of dress could be conceived of more neat, artistic, convenient, beautiful and complete than the present dress of quite young misses. A fixed taste in the great majority so appreciate it; and this much is clear gain.

Let us extend the fashion to older years. If a sweet girl of eight years looks fascinating in her dress, how would a lovely girl of eighteen look dressed in essentially the same style. Who wants to see? Let each one who does say "I." The I's have it, MR. CHAIRMAN.

HENRY WARD BEECHER ON BLOEMERISM.

"AND above all let every woman have a bloomer dress for the sake of foot excursions. We are not ultra on bloomers. In the city or town, our eye is yet in bondage to the old forms. But in the country, where the fields are to be travelled, the rocks climbed and re-climbed, brooks crossed and re-crossed, fences scaled, bushes and weeds navigated, a woman in a long dress and multitudinous petticoats is a ridiculous abomination. Something is always catching; the party is detained till each woman gathers up her flowing robes, and clutch them in her left hand, while a shawl, parasol, and bonnet strings fill up the right. Thus she is engineered over and around the rocks or logs; and in spite of all pains and gallantry, returns home debagged and ragged. A bloomer costume leaves the motion free, dispenses with half the help from without, and, above all, avoids needless exposure of the person. If ignorant of what is best, a fair friend is caught in the country without such suitable dress, she is to be pitied, not blamed. But where one may have them, and rejects them for field excursions as unbecoming and ridiculous, let me assure such foolish persons, that it is the only thing decent. I should think less of one's judgment and delicacy, who, after a fair trial of either dress, in an excursion requiring much field walking, was not

heartily converted to the theory of bloomerism and to its practice in the country."—*Beecher.*

This article, though not fresh from the pen of Mr. Beecher, (and which I believe has met my notice before,) was handed me yesterday as something very good, coming from a very good source.

Well, it is exceedingly fine, with one exception, and with all due deference to the Reverend gentleman's opinion, I beg leave to differ from him in relation to the adaptiveness of the reform dress, (or bloomer as he pleases to call it,) to the city. Why seek bonds here more than elsewhere? that homage to prejudice is very erroneous; for where will we find more filth and mud and impediments than in the city? I would as leave, yes rather, scale the sides of any young mountain as work my way in long skirts through many of the streets in New York. And more than all, the people of the rural districts will not espouse a costume rejected by the *à la mode* of the city. And where is there more walking from necessity than here?

I had just returned from walking in the streets when the article was handed me; it had been raining all day, the walks, especially the crossings, were very bad. Yet through that storm many women, alike with myself, were necessitated to go; yes, and they must wear long, flowing robes, peradventure because their fathers, husbands, or worse than all their own prejudices, said "our eye is yet in bondage to the old form."

But ah, ghost of Hamlet's sire, what a display of the grace, what a *ministration* to the beautiful this vouchsafes: umbrella in one hand, the other rumping, and rolling, and folding skirts in the vain effort to keep them out of the filth, for a stray corner will every once in a while drip in the mud, carrying the gathered freight on ankles and under garments, though not unfrequent portions were held up high enough to bring in full view the fastening of the stocking. Yet how very modest this all is; one scarce thinks of an impropriety, for it is the fashion. But let a lady neatly clad in the reform dress, with shoes of something more than paper consistency, go into the streets, and she will be stared at, hooted at, followed perchance by the rabble, assailed with obscene language, almost forced to return to the ranks of filthy, health-destroying skirts she fain would eschew.

Why should this be; why is a pure-minded, truthful woman, who quietly walks along the streets minding her own business, neatly and sensibly dressed, subjected to these insults? If there is any immodesty it is on the other side. No course is more fruitful of this than the influence exerted by such men as Henry Ward Beecher, who are ready to say their eyes cling to the old form; thinking it more beautiful, modest, and suitable for the city; thus, perhaps carelessly, though surely, aiding to keep the public mind diseased, and throwing fetters over the better judgment of those who might otherwise think differently, bound as they are by the opinion of their spiritual teacher, and unable, unless encouraged by him to break through these formulas and false customs.

Last evening I went to hear Mr. B's lecture on the "Ministry of the Beautiful." In casting my eye over the assembly, I observed about thr

fourths were gentlemen; and why? simply because the night was stormy, and woman's dress would not permit her to go into the streets without a great inconvenience and exposure of health. For think you, a lecturer so celebrated, a lecturer so highly spoken of, would have received more attention from the gentlemen than from the ladies if this had not been the preventive?

Then how the few that were there administered to the beautiful as they passed into the streets with their gracefully flowing robes elevated to an altitude considerably above that of the bloomers.

Think again, friend Beecher, is not this the most sensible garb for both city and country. I would not have one unless they choose, dress in Quaker-like plainness, but display taste and tact; and if they can afford it, richness of fabric, velvets, satins, or what they choose. But in the name of Heaven, of all that is good, pure, and noble, let some style of dress be adapted that will tend to make woman seem human, that will fit her for the active duties of life, not a walking show-case burdened on every side with useless drapery, be-littling her mind, her body, her every faculty.

And who can work this change better than our public ministers and lecturers? Great is thy responsibility man of might and power, for thy frown upon a movement is as a dark and angry cloud in the summer sky, which thy smile and approving word may dispel. ADEL.

GOOD NEWS FOR THE BLOOMERS.—The *New York Tribune* says:

DRY GOODS RISING.—Don't be alarmed ladies—not in price—they are rising in fashion, not quality, texture, or fineness, or value of the fabric, but in fashion, style, form, they are coming up. It is no longer *ton*, to trail a quarter of a yard of rich silk along the pavement through the mud at the heels of a lady—forgive the word—what *lady* ever is worthy of such a dirty fashion.

The skirts are shortened from three to four inches; the drabble tail of a foolish fashion has been cut off, and we hope it will be as unlike the hydra's head as one extremity is unlike the other.

Dry goods have risen and fashions are up; ergo, morals are improving: for we hold it to be a self-evident fact that no moral woman ever wasted wealth at the rate of three dollars a yard in a muddy trail at the bottom of her silk dress; though many innocent ones—innocent of every thing but slavery to fashion—have consented, for the sake of being in the fashion, to draw a trail of sin behind them, for somebody else to follow, or perhaps, to step on.

But the thing is, up, and you may mark it down in the calendar of past follies of the age, that wherever you see such a trail following a woman, she does not follow the fashion. It is a worn-out fashion following her.

[This is encouraging. Can it be that the "good time is coming right along?" How can women take such liberties? If they keep on in their career of noble daring they will soon "burst the bands of death" which have so long confined them at the waist, and breathe free once more. But that will never do. If they are permitted to shorten up their dresses from the bottom—no matter how low they may be at the top—they would never be permitted to take off the corsets. Else they might assume other liberties, and undertake to keep themselves healthy without the doctor, and other strange things! No, no; let them keep on the "straight jacket."]

G. W. K. thinks no injury is done by shaving to either the beard itself or the skin. It is pretty evident to the eye that the hair that grows on the face during the cold part of the year, and renders its texture coarse and wiry, instead of its long and flowing, similar to the hair of the head in cold and textured, and its texture becomes more wiry around the jaws, that has seldom or never been shaved, and the less fortunate part around the mouth. As regards the skin, in many cases, it becomes not only pimply and blotchy, but even a regular disease.

Another (to me) extraordinary assertion of G. W. K.'s is, that letting the beard grow, causes the skin under it to become more dry and cracked. How much more difficult is it to keep the skin under the beard clean than that on the head; and, I think, regularly lathering the face, and then rinsing it over with a sharp piece of steel every morning, is much more likely to make it dry and diseased, than letting the skin with nature's covering on.

If the effect of shaving the skin be so beneficial, why does not G. W. K. shave his beard and wear a wig?

It admits that the beard is sometimes useful as a covering to the throat, and may be advantageous to clerymen. Yet he would advise its removal, and the substitution of some artificial substitute in its stead. Reasoning somewhat similar might be made use of to justify the cutting off of a limb, and tying an artificial one in its place.

If, then, wearing the beard be a natural law, it cannot be infringed without drawing down upon the offender the same penalties annexed to an offence. We laugh at the exploded practices of our ancestors, forgetting that our posterity will turn many of our own into the same ridicule which they rightly reserve.

A word to my "bearded brethren."—Be assured that those who attempt any reform, no matter how small needed, must be patient, persevering, and recognized as factors, and visionary.

Not seventy years ago a man was not regarded as admissible into good society except his head was shaved, and covered up to the neck, with a wig, and wearing powder; and without doubt the men that first gave up the practice were cried down as much as we are now.

Our correspondent concludes by relating a great which he relates on a recent visit to the old world, premising that engine drivers and conductors on railroads in Great Britain were more exposed to the air during their rapid flight across it than they are in our place, owing to the different construction of the cars. On a certain railroad in Scotland, most of the train hands used to suffer during the winter from sharp cold breaths, and to the same time in the habit of scraping their faces according to custom. However they were induced by some representation made to them to shave their beards, and to mark this consequence of health for the benefit of their fellow beings, many simple facilities for a scientific and thorough education at a comparatively cheap rate.

Such an institution will soon prove a formidable rival. It is not a steelyard, to many of our popular "doctor-making factories," where thousands of young men are annually commissioned to go forth and "cure or kill," as good fortune or bad luck may come in and be the ascendant.

We are happy to add, moreover, that the members of the present class and their teachers, are mutually pleased with each other.

A Catalogue of the Faculty and Students is now being published, which will contain also a Prospectus of the School, and the Introductory Address of Mrs. Fowler.

A NEW SPRING BEDSTEAD.—Our friends J. R. AND H. R. DODGE, of Springfield, Ohio, are now engaged in manufacturing what they call a substitute for feather-beds, having all their softness and elasticity, without their heat-engendering, filth-absorbing, health-destroying qualities—a portable bed of spring-springs combined with the bedstead, cheap for the benefit of their fellow beings, may be made the best live goose feathers. It is so constructed as to furnish no lodging for vermin; can be taken down in a single minute, and packed in a space incredibly small, rendering it invaluable in case of fire or removal.

It is especially valuable for the sick, being always "made up," never requiring removal for ventilation, and never becoming unwholesomely heated, allowing the invalid, if necessary, to remain undisturbed for weeks. One of its recommendations for invalids, not occasioned particularly in disease, is the marked relief of the jar consequent by carriages and heavy teams. A celebrated divine says of the spring bed in sickness: "It relieves weariness, allays the fever, and bustles many a groan. Nay, its general, slight mystery combines the best of cordials, tonics, and anodynes."

This improvement is gaining the unqualified approbation of all who seek, and is destined to prove a benefaction to the race, and become a necessity, as it is a luxury. For prices, address the manufacturers as above.

GETTING READY IN SEASON.—We hear of extensive improvements and enlargements being made by the proprietors of our principal Water-Cure establishments, with a view of increasing their accommodations for the coming season. This, together with the new Cures which are being erected, will double the Hydropathic facilities of our coun-

try. Now is the time to "lay the foundations," put up the buildings, tap the living springs, and prepare for the reception of those who only wait an opportunity to avail themselves of that blessed system which is destined to revolutionize the whole medical practice, and reinvigorate pained humanity.

Early announcements shall reach the Publishers at least a month in advance of publication day, which is on the 10th of the month preceding the date of our Journal.

TO YOU.—Forbid, modesty, that I should boast of what I have done to spread the WATER-CURE JOURNAL; but to encourage and invite others, I will modestly say, that I have obtained from fifty to one hundred subscribers for it and they are scattered round in four or five different States; and it may be possible that there are hundreds now, who are benefited through this slight exertion of mine, in which there was much more of the agreeable than disagreeable. Now, my brothers and sisters, I do not say, "Go thou and do likewise," for I know circumstances may not be favorable.

But can you not to know numbers of the JOURNAL, give one to some suffering or diseased friend, or induce such friends to send it for themselves? Do you fear that Ministers, or ASP WILLS will make too much money? I don't know much about their incomes and out-goes; but this I do know, (at least, I think I know it), that the WATER-CURE JOURNAL is doing a more effectual work for the education of humanity than all other papers combined, that I know any thing about. Large talk—I know it is; but give me time and I will prove it, if challenged so to do. Why, there are single articles in this paper that are worth more to the world than all the scientific humbuggery that was ever established. And I am sure that there are hundreds, if not thousands, of you who believe it. Then let each one of us make this slight effort, and procure at least one more subscriber to the JOURNAL. And let us be little choosers in our selection; not pick up every old foggy who ridicules the idea of change or revolution, for they will abandon the good cause at the first favorable moment. We know that there are hundreds all around us who would be really benefited by reading this paper, and who would rejoice that it was ever thrown into their way. Among them let us circulate this salvation; and, as Christ once said, "Let the dead bury their dead." M. B.

ORIELLN, OHIO.—W. B. says: I shall do all I possibly can to spread the glorious truths contained in your works, the WATER-CURE JOURNAL especially. I have become a complete convert to that system, and also to vegetarianism, so that it will afford me the greatest pleasure to introduce it among my friends in Canada. Why cannot we have Water-Cure establishments in Canada, as well as in the States? They are much needed, and I think there are many very suitable places for their erection. There is any quantity of pure water, and also places of beautiful romantic scenery. I am sure, if they were started, they would be full all the year round. Will not some of your able and talented Water-Cure physicians think it worth their while to try and do something to alleviate the suffering that exists in that quarter of the globe? Drug-doctors hold full sway there, and so blindfold the people.

HO FOR OREGON!—One or more physicians of the Hydropathic school are much wanted in Oregon.

A correspondent says: The way is prepared for a Water-Cure doctor, and a Water-Cure doctor we must have. I believe it is the wish of nine-tenths of the people here who have read your Journal, to have a Hydropathic physician and Hydropathic Institution here in Polk Co. As for streams of pure water, we challenge Greenberg. We have fountains of ten, twenty, and fifty feet, as pure and clear as ever issued from the mountains.

Notwithstanding our healthy climate—healthy here the Allopaths came in such numbers—there has been serious mortality under the drug-doctors' treatment. Numbers have refused to have one, and three Hydropathic doctors, do send us one, who will permanently locate and get up an Establishment. The wealth is here to sustain one. If you can hear of one, send him to Polk County, where he is much needed; there is no doubt about realizing a fortune, besides proving an inestimable blessing to the people here. w.r.w.

A NEW patent remedy to make lazy husbands smart: namely, "put Cayenne pepper in their boots."

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HO FOR OREGON!—One or more physicians of the Hydropathic school are much wanted in Oregon.

A correspondent says: The way is prepared for a Water-Cure doctor, and a Water-Cure doctor we must have. I believe it is the wish of nine-tenths of the people here who have read your Journal, to have a Hydropathic physician and Hydropathic Institution here in Polk Co. As for streams of pure water, we challenge Greenberg. We have fountains of ten, twenty, and fifty feet, as pure and clear as ever issued from the mountains.

Notwithstanding our healthy climate—healthy here the Allopaths came in such numbers—there has been serious mortality under the drug-doctors' treatment. Numbers have refused to have one, and three Hydropathic doctors, do send us one, who will permanently locate and get up an Establishment. The wealth is here to sustain one. If you can hear of one, send him to Polk County, where he is much needed; there is no doubt about realizing a fortune, besides proving an inestimable blessing to the people here. w.r.w.

A NEW patent remedy to make lazy husbands smart: namely, "put Cayenne pepper in their boots."

TO OUR VOLUNTARY AGENTS.—We thank, most heartily, those wholesome and generous co-workers, who, apostle-like, "go about doing good" extending a knowledge of the principles of Life, Health and Happiness.

There are, in almost every neighborhood, men and women who have consecrated themselves to this good work. Men and women who can afford to do acts of kindness from benevolent motives, who take pleasure in benefiting humanity. Upon such, we ask a blessing; and they are blessed, indeed. The very act of conferring a kindness upon another, carries with it a reward. Placing the JOURNAL into the hands of those who need it, who must be benefited by its perusal, is, in itself, an act of beneficence. We acknowledge our gratitude, repeat our thanks, and ask the continued cooperation of our Home Missionaries, our voluntary Agents, and co-workers in the great field of Physical Reform and Regeneration. Friends! our cause is just, let us hope and work. We shall triumph in the redemption of our race.

CONTENTS OF OUR JOURNAL.

ORIGINAL ESSAYS by our best writers on Hydropathy, Physiology, Anatomy, Chemistry, Food, Clothing, Air, Sleep, Exercise—physical and mental,—Labor, Recreation, and Rest.

GENERAL ARTICLES, covering the whole Philosophy and Practice of Water-Cure, including Discussions, in which the *pro* and *con* shall be presented, Facts and Personal experiences recorded, together with every new discovery relating to the Healing art.

DIETETICS.—In this department we shall be both general and specific, pointing out the proper food of man, encouraging the cultivation and use of Fruits and Farinaceous, and discouraging the use of those substances deemed injurious.

TOPICS OF THE MONTH, will embrace a critical review of the current medical literature, found in the Journals of other schools, with articles upon timely topics and suggestions upon subjects of general interest.

MISCELLANEOUS.—"Posting up the reader!" in regard to the progress of Water-Cure at home and abroad. Notices of new Establishments, and all other items bearing on the subject.

HOME VOICES.—Interesting extracts from business letters, and correspondents on land and sea, including the evidence and testimony of experienced and impartial witnesses.

VARIETIES of Prose and Poetry, gathered from the spheres—mundane and ethereal,—with relishes of wit and wisdom.

THE DRESS REFORM.—We shall continue to advocate this, for both male and female, until we obtain a more graceful, healthful, and appropriate covering for the Human form divine, than we now possess.

PROFESSIONAL.—All medical questions of a general character, will receive a public answer in this important department.

MATRIMONIAL.—Those who deem it proper may avail themselves of this comparatively new mode of forming acquaintances, and obtaining congenial companions. Thus far it has been popular, and in many instances turned to a satisfactory account.

LITERARY NOTICES.—New Books, Music, etc., will be noticed according to their merits. Our readers shall be kept informed of important issues in Europe and America.

ADVERTISEMENTS of a useful and appropriate character will be inserted to a limited extent.

Thus, we hope to present the WATER-CURE JOURNAL for 1855, to the world—complete in all its departments, and in the highest style of the printers' art. We shall use the best quality of paper, type, ink, and presses, and serve up to our readers a MODEL HEALTH JOURNAL.

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FRIENDS, What say you? Shall we have the pleasure of enrolling you among the hopeful band of co-workers for 1855. If so give us your name, your influence, and aid. See PROSPECTUS, on the last page.

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FRANKING LETTERS.—Post-masters often, unintentionally, subject us to the payment of five cents postage on letters relating strictly to Post-Office business. By referring to the laws of the department it will be seen, that besides marking letters "Free," it is necessary to annex the name in full, thus: Free. John Smith, P.M. Nothing less constitutes a frank.

TO SUBSCRIBERS.

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FOWLETS AND WELLS,
809 Broadway, New York.

The New Volume commences this January, 1855. Subscriptions may be sent in at once. Now is the time to begin.

THE
Water-Cure Journal

NEW YORK, JANUARY, 1855.

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

TOPICS OF THE MONTH.

THE MAINE LAW QUESTION.—Several of our States have recently elected legislatures favorable to the enactment of the Maine Law. We are in favor of repressing social evils by legal enactments; and so long as legislators do undertake to regulate trade and suppress nuisances by statute, we see no reason why a distinction should be made in relation to intoxicating drinks. We do not believe, however, that the enactment of the Maine Law in all our States will banish intemperance from our land. But it will do something towards it; it is a step in advance. It is an outrageous wrong for any person to sell his neighbor ruinous and destructive poisons, as all intelligent persons know alcoholic beverages to be; and for this reason the traffic should be suppressed. What is naturally criminal should never be legalized. Whatever is outlawed by morality and justice, should be condemned by statute.

But the real remedy lies further back. The disease is primarily in perverted appetite: and the only cure for this is a restoration of the healthy physiological condition. No healthy person can possibly love alcohol in any shape. No person whose general habits of life are physiological, can possibly have any desire to taste ardent spirit, or malt liquors in any form. And of all the unphysiological habits which lay the foundation for the dram-drinking propensity eating gross and obstructing food is the worst. In fact, bad food is the chief source of the appetite for liquor, tobacco, and many other stimulants and narcotics.

Some of our papers have come out more bitterly than ever, since the election in this State, against "Cold-Waterism;" and one of them in particular, pretty pointedly insinuates that the increasing "fanatical sentiment" against the grog-trade is in some measure attributable to the water-drinking and water-curing notions constantly emanating from a publishing house not far from 308 Broadway. The paper aforesaid comes down on the "bigotry" of an "intolerant fanaticism" in general, and on the Maine Law in particular, in the following style:

"Let us give these crotchety reformers the power to dictate what we shall *drink*, and soon they will seek to compel us to *eat* as they shall direct. We shall have interdicted edibles, and the world will be permitted to dine only from legal 'bills of fare.' They could 'quote Scripture' against us in this case, too—they could appeal to Moses and the Prophets as dietary exemplars and law-givers. The same array of charges that are brought against wine could be marshalled against any proscribed article of food.

If alcohol be 'poison' so is lobster, or pork and beans, or green corn—it is the excess in either case that is dangerous—it is *surfeit* that kills—it is the articles themselves *poison* slowly, when used in moderation. It will take three score years and ten for a prudent man, of good constitution, to poison himself with either, or all, if used judiciously. At any rate, if the summary reformers choose to break the command, and take heed what they themselves eat and drink, cannot they let alone the eating and drinking of other people?"

How does it happen that in every instance in which the Maine Law project is opposed, the opposer misrepresents the question? We never read in an Anti-Maine Law newspaper, an article on the subject that did state and argue against *another* question! Is it because they cannot say a word against the *real* question? This uniformly dodging the point, and this never-failing to misstate the question, certainly looks very like it. The Maine Law does not propose, nor has any body ever proposed to interfere with what any person or persons may choose to eat or drink. That is another subject entirely. It does propose, however, to say what men shall *not* sell. It proposes simply to interdict the sale of the acknowledged poison, alcohol, just as the sale of other poisons is repressed for the general good. If individuals wish to eat arsenic, or drink alcohol, they may do so, and get drunk as much as they please, and kill themselves whenever they like.

The reasons which have been assigned for prohibiting by law, the traffic in intoxicating drinks, the paper aforesaid regards as extremely frivolous:

"The fact is, the sole rational pretence that can be adduced by the cold-water zealots, for their attempts upon the bibulent liberty of the society, is that Mr. Barney O'Toole gets tipsy, and beats or kills his wife, or his friends. It is a villainous practice of O'Toole's, and ought to be punished certainly—prevented, if legally possible. The rascal who sells O'Toole his combative stimulant ought to be hindered in his vile traffic; but for the rest? Why, because thou art drunken, oh, Barney! 'shall there be no more cakes and ale?' Shall gentle husbands be deprived of their prandial sherry? the merchant be forced to forego his luncheon 'smile,' and the traveller be refused his refreshing 'horn,' because thou art a beast, O'Toole?"

The reasoning in this case would be a disgrace to an ordinary cannibal. "O'Toole kills his wife, or his friends"—that's all! But the getting-tipsy O'Tooles are all over the country; and wives and friends are killed by them almost every day in the year, under the influence of liquor. And every wife in the country is *liable* to the same fate, so long as this curse is tolerated. And every man, woman and child, that walks the streets of this city is always in danger of being assaulted or killed by some grog-infuriated madman. But the "rascal who sold the combative stimulant to Barney, ought to be hindered!" So say we, and so let us have the *prohibitory law*.

NEW PROCESS FOR BREAD-MAKING.—The following article in relation to a new discovery for

increasing the weight of bread, having excited considerable notice, we give it for what it is worth. Our own opinion on the question of its merits, being made up, we are giving it, also for what it may be worth:

"A very remarkable exhibition took place recently at the Marylebone Workhouse, London, by Messrs. Morlan, Martin Journet, a French firm, who undertook to demonstrate before a Committee of the Board of Guardians, that, by a peculiar modification in the fermenting process, the amount of bread from a given weight of flour could be increased by at least 50 per cent. This singular method was invented by a French gentleman, a pupil of Orfila. Two sacks of flour were made use of, both under seal, and issued by the authorities of the workhouse. One of these was manipulated in the ordinary way, the other by the associated French manufacturers. The results were in the highest degree satisfactory. The first sack converted into bread by the usual method produced 90 loaves, weighing 360 lbs. The second bag of flour, placed in the hands of the French bakers, produced 154 loaves, weighing 520 lbs, giving an increase of nearly 20 per cent, under circumstances very disadvantageous to the owners of the secret. The place, the oven and apparatus, were all new and strange to their workmen, who had many difficulties to contend with. It was admitted by the spectators, that in consequence of such drawbacks, there was a considerable waste of bread in the oven. There was a large attendance of scientific men, as well as bakers from the country and city, who witnessed the process with the keenest interest. All frankly and readily admitted that everything was above board and fairly conducted, and that the result had exceeded their expectations. This marvelous increase in production does not arise from any weighty substance mixed with the dough, as no extraneous ingredient can be discovered in the loaf, by the most rigid chemical analysis. The agency or properties employed must therefore be of a volatile nature, evaporating during the firing process. It is considered that the augmented produce must result from a power of the secret ingredients in checking the ordinary amount of loss of material in bread-making, escaping in gases on the application of heat. M. Martin, who was present during the whole day, stated that the newly discovered mixture had a strong tendency to develop the glutinous substance in the flour, and that the nutritious element was by no means affected, much less sacrificed for quantity. The manager and other principal officers of the workhouse expressed themselves highly pleased with the exhibition, and viewed the new process as a great boon to the community at large, especially in these times of high prices. The saving to England annually, by the working of this new plan, would be no less than ten millions sterling."

One of two things we regard as the *rationale* of this process. The flour is made to retain a greater portion of water, either by some peculiar management in the fermenting process, or by the introduction of certain drugs. In the former case the quality of the bread might be neither improved nor impaired, that is to say, the loaf of 20 per cent. larger size would be worth just as much as that which did not retain the greater amount of water and weighed 20 per cent. less, and no more; but in the latter case the bread would necessarily be deteriorated.

To Correspondents.

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

Professional Matters.

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

RED AND BLUE INK.—Several correspondents have sent us long communications on dull blue paper with pale red ink. However excellent they may be, we could not afford to read them for less than \$25. Those who ask us to read their letters and advise them gratuitously, as we are happy to do, must have some regard for our precious moments, if none for their own. Moral—write with black ink on white paper, and make legible characters at that.

ORGANIC DISEASE OF THE HEART. A. L., Minnesota.—The symptoms you complain of may be owing more to the drugs you have taken than to the over exertion. We have had many similar cases, which the doctors pronounced organic disease of the heart, "which has been cured in treating them as nervous dyspepsia." Very likely you could be cured by a moderate course of bathing, and a very strict dietetic regimen.

COLD WATER-CURE.—An Allopathic M. D. who thinks lightly of water-treatment generally, but regards a very little drug-medication as particularly necessary, asks us, if there is not something like a misnomer in our "cold water-cure system; as the wet cloths and bandages applied to the body very soon become warm, and thus augment the temperature and increase the circulation? &c. The cold part of the name is a misnomer. It is "water-cure," not cold, not hot, nor warm, nor tepid; but water of all temperatures.

FITS. J. R. T., Clinton, Mich.—The spasms, or fits of "seeming frightened," with hot head, cold feet, sick stomach, &c. may come from teething, indigestible food, or congestion of the brain. Give hot-and-cold foot-baths. Keep the feet warm constantly, cool the head when hot, and keep the bowels open. A tepid bath is useful daily.

NASAL BATH FOR CATARRH. A. S., Portland, Me.—I find that in the 'Encyclopaedia' you recommend for Catarrh "frequent sniffing water up the nose." I wish to know if it should be continued if it causes pain? In such cases the temperature should be moderately cool at first, or tepid, and drawn into the nostrils very gently, so as to avoid irritation as much as possible.

COLD WATER STIMULATING. Querist, Brooklyn.—"A certain Water-Cure Doctor, condescends to state, that a cold bath stimulates the system, and thereby *advantages* it! Is this theory correct? If so, should the efficacy of the Water-Cure be destroyed in my opinion." It depends altogether on the question of how cold the water is, and how warm the Individual is who applies it. If colder than the patient's vitality can comfortably react after, it may exhaust strength; otherwise it will not. The word stimulant is not strictly correct, applied to any water process.

WATER PIPES. Dallas, N. C.—"What are the best kind of pipes for conveying water for family use? And where can they be obtained? I mean the healthiest, cheapest, and most durable." The stone or composition pipes are the best, cheapest, and most durable. They are manufactured in this City.

WEANING A CHILD. G. W. A., Vienna.—"Is there any sign when to wean a child, according to some almanacs, and if so, is it in the head, legs, or where is it?" The "sign" is not in the head, nor legs, nor indeed in the almanac, nor in the "anatomy of man's body as governed by the twelve constellations." But the "sign" is in the milk itself; whenever this article falls in quantity, or becomes deteriorative in quality, take the little fellow out.

EPILEPSY. E. A. T., Littleton.—"Is there any remedy for epileptic fits? The subject is fifty years of age, accustomed to them in early childhood, but no recurrence of them until a recent date." Probably he is curable; but he requires careful treatment and a very strict regimen. The food should be the plainest possible.

CURABILITY. A Subscriber.—"Is my complaint curable? One year ago, after painting floors several days in a stooping posture, I felt a soreness in the hip-joint, which now affects the whole of my leg, and produces a numbness extending to the foot?" Yes, probably; use the warm and cold douche alternately; or if not convenient, the warm leg-bath followed by a dip in cold water, and succeeded by moderate friction. Attend also to general bathing, and a careful regimen.

HYDROPATHIC EDUCATION. W. G., Hancock, N. H.—"What qualifications are necessary previous to the immediate study of Hydropathy? What course would you recommend to be pursued in the study of Hydropathy, preliminary to becoming a practitioner?" The only prerequisites are good common sense and an ordinary common school education; and the best course to become qualified for practice is, to attend the Hydropathic school.

DEAD PALSY. E. W., Good Hope, Miss.—"About fifteen months since I was struck down with the dead palsy; my speech has been considerably affected ever since, and all my joints are very weak. I had previously been subject to slight attacks. Please give me information, &c. Probably the cause is obstruction of the alimentary canal, and also of the liver. Use injections freely; a plain coarse diet, hip-baths, and a daily dripping sheet, not cold enough, however, to occasion much chilliness.

LUMBER ACESS. S. C. M., Cortland Co.—In this disease you must adopt a simple and strictly vegetable diet; bathe the whole body in tepid water daily, or oftener if there be feverish heat; apply wet cloths to the local affection so long as the heat is above the normal standard, and trust to nature for the rest.

ERUPTIONS ON THE FACE. H. B. R., Mendon.—The eruptions or "breakings out" on your face are owing to a diseased liver, and this may have been induced by drug-medicines taken years ago. Continue your daily baths, wear the wet girdle a part of the time, and persevere in a plain vegetable diet.

BREAD AND CRACKERS. G. A. M., Leonardsville, N. Y.—"Please inform me if you use hydrochloric acid in raising bread; and where a proper article can be obtained? I have also seen a specimen of hard crackers (composed simply of Graham flour and water,) said to be used in your establishment, I wish to know where they are manufactured, and the price?" We do not use hydrochloric acid in making bread, but yeast, as we consider it, when properly managed, as the best article. Still it may be used as described in the Cook-book. The crackers are only manufactured by us, for this establishment expressly. We do, however, sell to any one who desire to purchase. Price, ten cents per pound.

ENLARGEMENT OF THE LIVER. P. H. J., South Hadley, Mass.—The rheumatic systems, difficult breathing or short breath, palpitation, &c. are probably owing to a chronic disease of the liver, attended with enlargement. Employ a daily half and hip-bath, apply the wet-girdle, use simple and coarse vegetable food, and, if the bowels do not act freely, assist them by injections.

FLANNEL. J. B. C., Lawrence, Miss.—"Is the wearing of flannel next the skin healthy or otherwise? Do you think one who takes a cold bath every morning, would be benefited by taking another at night?" We do not consider flannel next the skin as the best practice; cotton or linen should be worn next the skin, and then, if necessary to comfort, woollen garments may be used as outside clothing. There is no particular advantage in the evening bath, providing one is in perfect health, and lives physiologically, nor would it do any particular injury.

INDIGESTION. N. H. L., Jackson, Ark.—"About six years ago I had a severe attack of indigestion or liver complaint; took blue pill; was relieved every year until the present one. I am now troubled with heart-burn, the spleen is enlarged, the liver feels sore and weighty; can lie only on the back; when on the right side, I feel pain from soreness, and when on the left an apparent weight presses on the stomach. My eyes feel as though I had been up late at night; cannot read by candle-light." You have chronic inflammation with enlargement of the liver especially, and indigestion generally; precisely the condition that blue pill does are apt to induce. Use the tepid wet sheet patch, followed by the tepid half-bath or drip-sheet, if the system will react pleasantly after it; if not use the warm bath, followed by the cold pill douch, a few times and then the pack as above. The diet must be vegetable, very plain, coarse, and abstemious. A little of the "hunger cure" would benefit you. You can be cured in any moderate climate, though very hot or very cold is most objectionable.

A PROBLEM. L. M., Peoria.—"What is a poor fellow to do, who no matter how much he may value or know about Hydropathy, cannot afford or cannot get a sufficiency of vegetable diet?" This is hardly a supposable case. Vegetable food, as a general rule is more plentiful and cheaper than animal; and if there is any place where vegetable food cannot be had at all, that place is unfit for human beings to live in or to stay in.

DREAMS.—S. H. C. Guess you had eaten too much supper on the night referred to, or, (if you are not a temperance man,) taken an extra glass of whiskey!

F. B.—Ruma, Ill. We do not consider playing upon any wind instrument injurious to the lungs, but like any other organ they should not be overworked. The moderate use of them rather tends to strengthen than debilitate.

C. H. C., Reed's Island, Va., says:—"Can you not furnish us with a Hydropathic Physician? Our country is a fine one, or will be, when its resources are developed, which is being rapidly done."

CLAIRVOYANCE.—J. F. S., Murfreesboro', Tenn., says:—"Messrs. Fowlers and Wells: Will you be so good as to inform me, through the medium of the FRANKLINIAN JOURNAL, whether a person in a state of clairvoyance can see any thing beyond the present? For instance, can he see so far into the future as to tell which candidate will be elected before the day of the election? or can he tell whether a child will be a girl or a boy before it is born?"

Suppose you try it, and see. Your opportunities for observation and experiment are not less favorable than our own.

SUGAR AND MOLASSES. R. H. C., Wallingford, Conn.—"Is the daily use of sugar or molasses with hominy, rice, wheaten grits, &c. injurious?" Their moderate employment is not appreciably if at all injurious, except in some cases of dyspepsia attended with acidity.

CONGESTION OF THE BRAIN. R. H. C. "What is understood by congestion of the brain?" A condition in which the bloodvessels (the veins particularly,) are over-distended, so that the blood does not circulate as freely as in the normal state.

TEMPERATURE. R. H. C. "At what temperature should the air of a sitting room be kept?" As cool as can be borne without discomfort—60°. to 65°.

HEMOPTYSIS. F. F. C., Kalamazoo, Mich. "What would be your mode of treating a case of spitting of blood in a young lady, probably predisposed to consumption, her health being apparently good in other respects?" A daily bath daily, as cool as can be comfortably borne; a strictly vegetable and plain dietary, with proper gymnastic exercises, to invigorate the abdominal muscles and expand the lungs.

INFANTILE CLOTHING. H. H., East Warcham.—"Do you approve of the common practice of leaving the shoulders and arms of infants uncovered in winter?" Yes, when they are kept in an equal and moderate temperature, otherwise they are covered.

Varieties.

THE FAMOUS HORSE TAMER.—Among the amusing episodes of the existing state of things is a lady, described as being a person of strictly feminine manners—Madame Isabel—is appointed, by the special recommendation of the Emperor, to superintend the *menage* of the cavalry. This lady, in addition to a sort of intuitive knowledge of the points of a horse, has made herself so perfectly acquainted with the *manoeuvres* of the animal, that she is able of some very simple mechanical contrivance she is able, in the course of some fifteen or twenty lessons, to bring into the most lamb-like subjection, horses whose restive character has bid defiance to every known military art. She has just returned from St. Petersburg, where, for the last two years, she has been superintending the Czar's cavalry, an office which she left to the great regret of the Emperor, of whom she has brought away many substantial tokens of approbation. She only resigned when war was declared. She is now being employed in the regiment of Guides, where her progress is said to be wonderful. She has the art of imparting her knowledge with such ease and facility, that she has no need to take an active part in the necessary arrangements; and her manners are so charming and unpretending, that Captain Guapretto, the Captain Instructor of Cavalry, and Colonel Fleury, Colonel of the Guides, yield to and carry out her suggestions without any injury to their *amour propre*. It is impossible to describe the slight machinery employed; but the principle on which Madame Isabel founds all her system is suavely and gentleness, no violence.

WONDERFUL CURE.—Mrs. Gingham was "splendid." She had been going to do so long and didn't that everybody—her husband in particular—had got over being excited. One day he returned from business, and was thus accented by his filigreey better half—

Husband, I'm going to die. In a few days your poor wife will be no more! (hysterically.)

Husband, calmly—I have long been meditating your departure, my wife, and have wished to converse with you relative to your decease, but dreaded to broach the subject; but as you have spoken about it, I shall inform you how I shall proceed thereafter. As our children must be cared for—I knew you *would* (weep) die, my dear wife—I have already engaged Sally Smith to come and be my house keeper. I know she will be kind to the children—almost fill the place of an *own* mother, and—

Wife *raving* to her feet, and angrily stamping the same—I'll not leave Sally Smith in my house, by a grand sight—so at once break the engagement, Mr. Gingham, else you'll find the house too hot to hold us both!

Mrs. Gingham is still alive. She has never been heard to speak of death since being informed that Sally Smith was engaged to fill her place.

THE GOAT IN THE CHAIR.—Dr. Cooper, of the South Carolina College, was one of the best-natured old gents that ever lectured to mischievous boys. On one occasion, when he entered the lecture room, he found the class all seated with unnoted punctuality, and looking wondrous grave. Mischief was to cease, and it was apparent that they were prepared for a burst of laughter as the old Doctor walked along to the professor's chair, for there sat an old goat, black-rigged, based to the chair. But they were disappointed of their fun, for instead of getting angry and storming at them, he mildly remarked, "Aha, young gentlemen! I quite republican, I see, in your tendencies; fond of representative government! Well, well, it is all right, I dare say; the present incumbent can fill it as well as any of you. You may listen to his lecture to-day. Good-bye! Don't feel sheepish about it!" And he went away without leaving a smile behind.

NOT ASHAMED OF THEIR TRADES.—Hon. W. W. Pepper, one of the Circuit Judges of Tenn., was formerly a blacksmith, and "for the fun of it," he lately made, with his own hands, an iron fire-shovel, which he presented to the Governor, Hon. Andrew Johnson. In return, Gov. Johnson, who was formerly a tailor, cut and made, with his own hands, a coat, and presented it to the judge. The correspondence which passed between these distinguished and worthy American mechanics is published in the Tennessee papers.

TO MAKE HARD WATER SOFT.—WASHING.—Dr. Playfair, of England, asserts that the cost of washing is not so small, as the income of a family of small means. He enters into a computation based on one dozen shirts. Suppose the dozen to cost eighteen dollars. If only two of them are washed, at six and a half cents each, the bill for the year will be six and a half dollars; and in three years the washing will have cost more than the shirts. So that, according to this computation, a garment will have doubled its cost by washing by the time it is worn out, and some articles much more. Dr. P. says, for every hundred gallons of Thames water, fifty ounces of soap are entirely before the hardness of the water is overcome. Prof. Dewey, in this country, has shown that by the use of unslacked lime we may render hard water soft.

FACTS.—It is a fact that during the late drouth, which was the most serious ever experienced in America, that upon all deeply plowed land crops suffered least. On all unsoil plowed land they suffered but little. Upon land underdrained, subsided, deep plowed, and frequently stirred upon its surface, the young plants kept as green and vigorous as in a wet season.

It is a fact, also, that all clay lands or lands with a stiff subsoil, would be vastly improved by deep surface plowing, subsoil plowing, and underdraining in drouth as well as wet seasons.

Farmers will do well to bear in mind the foregoing facts, which we clip from an excellent article, headed "Facts for Farmers," in *Life Illustrated*.

TAKING THINGS EASY.—A PHILOSOPHICAL WOMAN. The *Woman's Atlas* says: As an exhibition of the right kind has been going on for some time, we give place to the following letter of a lady to her husband in California. It is had enough for a woman to be left "to her own resources," without being visited with other misfortunes in addition. She appears to take things easy as she should:

"My Dear Husband: As it is some time since you left us for California, I suppose you would be glad to hear how we are getting on here. I am very anxious, I am happy to say that we are all enjoying very good health, on the whole. Just at present, two of the boys have got the small-pox, Amanda has had the measles, and the baby has had the whooping-cough. Sammel got hooked by a cow the other day, and little Peter has just chopped off seven of his fingers with the butcher's knife—a mercy that he didn't get them all. With these trifling exceptions, we're all well and getting along nicely. You needn't be at all anxious about it."

I almost forgot to say that Sarah Matilda eloped last week with the hotel-keeper's poor girl! She has been waiting for the last ten years for a chance, and I'm glad she's married at last. She needn't have taken the trouble to elope, though, for I'm sure I was glad enough to have her go. She was a great eater, and I find the baked beans don't go off near so fast now as they did. The way that girl would dig into pork and beans was a caution to the rest of the family.

"The cow took it into her head yesterday to run away which was very fortunate, I'm sure, for the barn caught fire last night and was consumed. I was in hopes that the house would go too, for it's very inconvenient, but the wind was the wrong way, so it didn't receive much injury.

"Some boys went into the orchard the other night and stripped all the fruit trees. I am very glad of it, for if they hadn't it, I presume the children would have made themselves sick by eating too much fruit."

SHARP PRACTICE IN HYDROPATHY.—When you see water practice and can't pay for it, just put your neighbor's nose, and you'll soon be in hot water—that is if the neighbor does not impute the action to your ignorance. *Fortage Courier, Ohio, Democrat.*

We object to having our Hydropathy Philophy, thus degraded. Is it not rather to get people "out of hot water"? Then as for pulling noses—dangerous business—that especially in cold weather, when one has a cold—no, that won't do for Water-Cure folks, though it may be practical by the Allopaths, instead of pulling noses we simply "dunk" our enemies. Obstinate ones are "held under," till they ask forgiveness, and promise to be good.

COMING ON.—The Louisiana state paper, published at Clinton, La., after copying some of the matrimonial advertisements from the *Water-Cure Journal*, says:

As we are decided believers in, and advocates of progress in all things conducive to happiness here and hereafter, we present a few extracts from that progressive periodical "The *Water-Cure Journal*." "It holds 'were the mirror up to nature,' and shows the secret springs of men in other places, aye, and sisters too. Well, why should not the printer be a match maker, as well as a 'type setter.' Why should not the policies of the heart be so freely discussed, as well as who should be fed at the public crib. Now should we be favored with the same kind of advertising, we will

keep a pretty private ledger, under Lock and Key for the registry of all the names and addresses of all Candy Dates matrimonial.

No doubt you will be thus favored; and future generations will arise to thank you for your disinterested benevolence.

An advertisement of a patent medicine says: "In all my life I have never known a failure to give perfect satisfaction." Very likely.

DOESTICKS INVENTS A PATENT MEDICINE.—New York, November 6, 1854. 701 Narrow street.—Congratulate me—my fortune is made—I am immortalized, and I've done it myself. I have gone into the patent medicine business. My name will be handed down to posterity as that of a universal benefactor. The hand which breather writes upon the record of Fame the names of Ayer, Sands, Townsend, Meda, Morrison, and Brazier must also inscribe, side by side with these distinguished appellations, the no less brilliant cognomen of the undying Doesticks. Emulms of the deathless notoriety which has been acquired by the medicinal worthies just mentioned, I also resolved to achieve a name and a fortune in the same reputable and honest manner. Bought a couple of bar, a cask of beer, and a cask of lard, and in twenty-one hours I presented to the world the first batch of *Doesticks' Patent Self-Acting-Purifying-Purifier Balsam*, designed to cure all diseases of mind, body or estate, to give strength to the weak, to the poor, bread and butter to the hungry, boots to the bare-foot, decency to blackguards, and common sense to the Know-Nothings. It acts physically, morally, mentally, psychologically, physiologically, and geologically, and it is intended to make our sublimary sphere a blissful paradise, to which itself Heaven shall be but a trifle inferior.

"Orders for my balsam, accompanied by the money, will be immediately attended to; otherwise, not—for my partner and I have resolved to sell for cash only, feeling as did Dr. Young, who appropriately and feelingly remarks—

"We take no notes on Time."

Triumphantly yours,

Dr. Q. R. FILLARDER DOESTICKS, P.B., M.D.

Detroit Advertiser.

ACCIDENTAL POISONING.—We have just heard the particulars of a sad case of poisoning, an account of which may serve to prevent future accidents of a like character. The facts are briefly these: On Saturday last, a young man named Rowley came from Jefferson Prairie and engaged to work for Mr. Andrews of Aton. On Monday, he felt symptoms of fever-and-ague, and sent to Beloit for a supply of quinine. The messenger returned on Tuesday morning, gave young Rowley a package, from which he prepared to use an eating-bowl—a quantity sufficient for three doses of quinine dissolved in a cup of coffee. Before he had finished drinking this he was seized with spasms, and in less than half an hour his was a corpse. In his pocket was found the remainder of the package containing the supposed medicine, which proved to be strychnine. This was obtained at Dr. Carey's drug store in this place, and was enveloped in two papers, the outer one being marked "poison," and the inner one "strychnine," with a seal, although not very plainly. No culpable intention is attached to any one in this melancholy affair; but to ensure an additional safeguard from such fatal mistakes, we think that poison should only be dispensed in packages distinctly marked with printed labels.—*Deloit Journal.*

WHAT THE MAINE LAW WILL DO.—A Sunday paper says:—If the prohibitory liquor law should become a law of this State, the first effects of it in this city would be to send an immense business over to Jersey City. All the rectifying and distilling establishments of which there are great numbers in this city, Brooklyn, and Williamsburgh, would be removed to Jersey City. All the business of foreign liquor would also be sent over there for storage. If Pennsylvania should pass the law, it would have the effect in Philadelphia of sending the liquor business over to Camden, and New Jersey would become the place of deposit for all the liquor used by these two great cities, for there is present in Philadelphia a large quantity of the same.

Well, suppose such a disaster should happen. Is it not better than our stupid State like Jersey should be ruined, than that two great and glorious States like the "Empire" and "Keystone" should be destroyed? "The greatest good to the greatest number."

A COLD SPRING.—The *Pittsfield Eagle* tells of a spring of water in Ohio called the "Cold Spring." A recent visitor says, that when within fifteen feet of it he was taken with the ague, and looked at it with his thermometer, he found the mercury had fallen to ten, ninety-four to seventy! On laying the thermometer on the bottom of the spring, the mercury immediately fell to thirty-six, four degrees above freezing. "It was impossible for one to hold his hand in the spring for the space of two minutes." The water is clear and sparkling, and the spring is never in the least affected by drought or frost.

Literary Notices.

ALL Works noticed in this department of the JOURNAL, whether any other is published in America, may be procured at our Office, at the Publishers' prices. EUROPEAN Works will be imported to order by every steamer. Books sent by mail on receipt of the price. All letters and orders should be postpaid, and directed as follows: FOWLER and WELLS, 805 Broadway, New York.

PRACTICAL CHRISTIAN SOCIALISM; a CONVERSATIONAL Exposition of the True System of Human Society. By ADIN BALLOU. New York: FOWLER and WELLS, 1854. [Price, prepaid by mail, \$2.]

Those who know the author of this work, will need no better guaranty for the tone, spirit, and purpose of the exposition unfolded in it, than is furnished by his character, abilities, and attainments. Mr. Ballou is something more than a theorizer. He has a large and rich experience in the life of Practical Christian Socialism. As the originator of the particular branch of the great social movement known by the foregoing designation, and as the head of the Hopeful community, he is in a position to give the world a complete exposé of the system of social life which he advocates. He has done it more thoroughly and systematically, and in a fearless, but candid and truth-loving spirit. The work is divided into three parts. The first is devoted to Fundamental Principles, the second to Constitutional Polity, and the third to an examination of other social theories, with a view to show the superiority of the Practical Christian System.

The last part adds greatly to the value of the book, as we have very fair and tolerably full statements of the theories of Fourier, Owen, Warren, the Shakers, and the Perfectionists. Of the soundness of the criticism presented in connection with these abstracts of the various social systems, we leave each to judge for himself. There will doubtless be differences of opinion as there will be in regard to Mr. Ballou's own theory of social life; but all will acknowledge the truly Christian spirit of the whole book, and no one can read it without profit. We can cordially recommend it to all candid and truth-seeking enquirers. We hope it will be widely circulated.

RUTH HALL; a Domestic Tale of the Present Time. By FANNY FREN. Pp. 400. Price \$1.25. [Precept prepaid, 15 cents.] New York: MASON BROTHERS.

One of the most common-sense works FANNY FREN has ever written. It is replete with instruction. It deals with homely matters in a straightforward and vigorous way, and yet it abounds with grace and beauty, romance and pathos. One of FANNY FREN'S most distinguishing traits is, her ability to throw a charm around familiar things, and invest with beauty and grandeur the poor and lowly; and this she has done, to an unusual degree, in the present work; in which there are pictures of love, and beauty, and suffering, of such grace, and power, and pathos, as are seldom found. The characters are veritable creations, or rather, they are most life-like portraits; for we have all seen them; they live and move around us; we are constantly meeting them in everyday life. Dr. Hall, and his puritanical, hypocritical wife; the canting, parsimonious Ellet, and his selfish, snobbish son Hyacinth; that little rose-bud, Daisy; Ruth's husband, the noble-hearted Harry Hall; the chivalro John Walker; the business-like Mr. Lescom; the unprincipled Tibbets; the contemptible Millets; the school committee men, and the immortal Skilys; do they not all exist, and move, and have their being? Yes, verily; and "Ruth Hall" is the picture-gallery in which their portraits are exhibited for public inspection. We advise our readers to examine these pictures for themselves.

WAY DOWN EAST; or, Portraits of Yankee Life. By SEBA SMITH, the original Jack Downing. 12mo, 884 pp. [Price, \$1.25; postage, 20 cents.] New York: J. C. DEBBY.

It will be "notice" enough if we name the contents of this mirth-exciting volume. John Wadleigh's Trial—Yankee Christmas—The Tough Yarn—Christopher Cradock—Polly Gray and the Doctors—Jerry Guttridge—Seating the Parish—The Money Diggers and Old Nick—Peter Punctual—The Speculator—A Dutch Wedding—Billy Suth—The Pumpkin Freshet—A Race for a Sweetheart—Old Myers the Panther—Seth Woodman's Wife.

Those who have read one of these entertainments, may know what to expect in each of the others.

PITMAN'S ELOCUTION AND ORATORY: containing Specimens of the Eloquence of the Pulpit, the Bar, the Stage, the Legislative Hall, etc. In Three Parts. Part I. Theoretical and Scientific; Part II. Rhetorical, Classical, and Poetical; Part III. Comical and Musical. By WORTHY PITMAN, Professor of the Science of Elocution, and Practical Instructor in the Art. 12mo, 408 pp. Price \$1.25. [Postage, 20 cents.] MILLER, ORTON and MULLIGAN, Publishers, Auburn and Buffalo, N. Y.

The publishers say: we confidently believe this work will be eagerly received by our teachers, and especially by those who

"Speak in public on the Stage."

"It is the production of one of the most thorough students of Elocution in the country. It is composed largely of pieces which have never before appeared in any work of the kind, and from such authors as Horace Mann, Bayard Taylor, Henry Ward Beecher, William H. Seward, Rufus Choate, Ellihu Burritt, E. H. Chapin, E. F. Whipple, Edward Everett, &c. In the Classical Department, and Fanny Fern, Mrs. Caudie, John G. Sax, Bungay, Dow, Jun., &c. in the Comical Department."

With such an array of fresh orators as models, our young men cannot fail to find among them such examples as they may wish to follow, in acquiring a knowledge and facility of public speaking. Every man and woman, at some time in life, may be called upon to speak in public, before a court of justice, to a jury, or at a social gathering, it would be well to be prepared to speak without embarrassment. Schoolboys and schoolgirls should be trained to public speaking. This work will serve their purpose.

MR. MACLAURIN'S NEW SYSTEM OF TEACHING AND LEARNING TO WRITE, CALLED THE CURRENT CALAHO, (RAPID PEN) SYSTEM OF PENMANSHIP.

We feel compelled to keep the public, our public—those who read our Journal, informed of every genuine reform in the arts, especially in those arts that relate to Education, and most especially to those which relate to Home Education, by which the people can learn and improve without necessarily depending on teachers or professors, as they have learned to a great extent the principles of Phrenology. Such an improvement Mr. MacLauren's System of Penmanship undoubtedly is, if we can trust the most positive assurance of the leading men connected with Education in this city and elsewhere, who have tested it in practice.

Prof. Mills says:—"My conviction is thorough, that it is not only the best, but comparatively the only systematic work on the subject it exhibits." Mr. McElligott, and other Educationists, speak in similar terms. A mere inspection of the system would, we think, lead to the confident expectation that it will accomplish all that it professes to do.

A NEW SYSTEM OF PRACTICAL PENMANSHIP, founded on Scientific Movements, and the Art of Pen-Making Explained, for the Use of Teachers and Learners. By JAMES FRENCH. Boston.

The publishers announce the twenty-sixth edition thus,

The great demand for this little work, and the very favorable manner in which it has been noticed by the friends of education generally, afford convincing proof that it is admitted to be the most useful work of the kind ever issued from the press, combining neatness and simplicity with facility and accuracy of execution. Our schools have long needed a work of this size and cheapness, containing all that is requisite for the learner to practice, and by means of which this important though too much neglected branch of education, may be acquired in a very short time.

The same publishers also advertise,—

FRENCH'S NEW WRITING BOOK. For the use of Schools and Academies, in three numbers, on a new and highly improved plan, with a copy on each page.

The name of this author is familiar among the merchants' clerks of Boston, as is the day-book and ledger.

THE RURAL NEW YORKER is said to be the most successful agricultural weekly paper published in this country. It hails from the Genesee valley—the agricultural cradle of the Empire State—and of course gives the spirit of her people, who are acknowledged to be the most thrifty and intelligent class of farmers in the States. Published by D. T. MOORE, at \$2 a year. Rochester, N. Y. See advertisement.

THE WATER-CURE ALMANAC, for 1855, now ready. Single copy 6 cents, Twelve copies 60 cents, Twenty-six copies \$1.00. Let every family have one.

THE PHRENOLOGICAL ALMANAC, for 1855, with portraits of distinguished names. Six cents single, fifty cents per dozen, \$1.00 for Twenty-six copies, prepaid to any post office in the United States. Address FOWLER and WELLS, 805 Broadway, N. Y.

Home Voices.

J. G. P. Tiggs, Pa.—Water-Cure is just now undergoing a pretty searching discussion in this place, caused by some of the drugged subjects of the Regulars, who, despairing of a cure at home, have been making a sojourn at Elmira Water-Cure, with decided benefit. One young woman (my wife's sister) left here five weeks ago unable to walk three rods without assistance, and returned yesterday, a wonder to herself and friends, so great and so rapid has been her improvement. A walk of three or four miles before breakfast would now be only pastime for her.

A friend in Tennessee says: I have often been called on by old valentinianians for advice who have made apothecary shops of their stomachs for twenty years, more or less I advise them to read the "Organic Laws," and take the WATER-CURE JOURNAL, and enter the reform list. A brother ship said he was astonished that Dr. H. would advise people to read such trash, if I am happy to say that one of whom I gave the above advice, who for twenty years was not sick enough to die, nor well enough to live, is now climbing the mount, and when I heard last from him, was in a fair way to recover his long-lost health.

J. F. H., New Orleans, says: Having accidentally obtained a copy of the WATER-CURE JOURNAL, I have perused its pages, and must say, the information derived therefrom is most valuable; and what amount of benefits and blessings would it afford if every member of the human family would take it, and give it a careful perusal. I am well satisfied if such was the case in this city, where pestilence and death seem to reign, there would be fewer doctors and patients. I have lived here eight years, and have escaped both yellow fever and cholera. You will perhaps inquire what has been my mode of living, and how I have treated myself to escape these scourges. I answer in a word—the syringe. It is, and for the last twelve years has been, my constant companion. My food is simple; I keep regular hours, retire early and rise early. If every man in this city would take the WATER-CURE JOURNAL, and practice its precepts, yellow fever and all other diseases would be scarcely known. Give me plenty of pure rain water and the syringe, and I defy all disease. Now from this henceforth I must have the Journal, for it contains words of health and a long and happy life. Enclosed I send five dollars; please send me the Journal for that amount, I want one copy myself, and the rest I shall distribute among my friends.

A CLERGYMAN writing from HATFIELD CO., Ohio, says: I have been the means of procuring for more than one hundred subscribers for your different journals. I have done so much for the benefit of the subscribers that myself, in many cases I have received nothing for my trouble—especially among the poorer class—but I live to do good, and when I am no longer beneficial to my fellow-man I am willing to pass away. I am a poor man, but not so poor as to do without your valuable journals.

A CO-LABORER in Otsego, Mich., says: The people in this thriving village are becoming considerably waked up to the use of Hydropathy, to the great pecuniary loss of the regulars, of whom only four deal out calomel to their patients. Please send me a few extra numbers to distribute among the wavering, and I will do all I can to encourage them in the path of duty—to inform themselves as much as possible of the principles of Hydropathy.

FROM A. G. B., ILLINOIS.—A radical change is being wrought in the public mind of Illinois. Strange how much influence a well retired idea will have! Many who have heretofore considered attention to Natural Laws beneath the notice of Christians, now recognize the principle that in obeying the Laws of Nature they are yielding obedience to the laws of God. Keep busy—send truth home. You will be rewarded.

VERNON, OHIO.—The success of the Water-Treatment in cases of dysentery here the past summer, has largely "increased my faith" in water as a remedial agent. My brother-in-law, Dr. W. M. Wayne, Ohio, formerly an Allopathic M.D., told me yesterday, that fourteen out of sixteen cases under Allopathic treatment had been lost in his vicinity, while not one had died when treated Hydropathically. Here, this disease—dysentery—has been of a most malignant character.

J. B., JR.

[Similar reports, from the highest authority, reach us daily. Can anybody, blessed with common sense, continue to find their lives at this rate? Eighty-seven per cent. of deaths from a disease so easily controlled by the Water-Cure? Friendly will you permit this wholesale slaughter? Teach your neighbors a better way. Teach them Hydropathy.]

TELL US WHAT YOU KNOW.—We solicit the PERSONAL EXPERIENCE OF our readers. Every man, every woman, has experienced something in life worth relating. Has it been an unfortunate experience? Tell it to the world, that others may avoid it. Has it been fortunate? Describe it for the ENCOURAGEMENT of others. Reader, describe to us your mode of life, your "ups and downs," that we may "HERALD IT" for the benefit of humanity. We want each of our SUBSCRIBERS to become CONTRIBUTORS. Come now, tell us what you know, and how you came to know it.

Business.

NEW BOOKS, for notice or review, and ADVERTISEMENTS for THE PNEUMOLOGICAL and WATER-CURE JOURNALS, may be sent to FOWLER and WELLS, 803 BROADWAY, NEW YORK; 142 WASHINGTON STREET, BOSTON, and 231 ARCH STREET, PHILADELPHIA.

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

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

THE WATER-CURE ALMANAC and the Pneumological Almanac for 1855 are attracting a great deal of attention. So much interesting reading and many valuable facts cannot be got in any other form for the same money. Only six cents each! A gentleman writing on board the steamer Northern Light, on her way to Panama, after mentioning that he distributed some of these little missionaries of truth among the passengers, says—"Gentlemen from South America, Central America, West Indies, Mexico, San Salvador, and California, have inquired of me more particularly of Water-Cure and Pneumology. So far as I could, I explained the nature, simplicity and efficiency of the Water-Cure System, and the general principles of Pneumology as far as I knew. There were many Germans on board, who would most gladly have read the books, had they been in their language. Would it not be well for you to translate and publish a pretty large edition in that language; also, one in Spanish? If you would publish your Almanacs in German, Spanish, and French, I have no doubt you would find a ready sale for large editions, which would soon require your other works, many or all of them, to follow in their train. I merely throw out the suggestion."

THE WRITING AND SPELLING REFORM. PHONOGRAPHY AND PHONETICS.—It is proposed to devote a column of our new paper, LIFE ILLUSTRATED, to PHONETICS. This department will be under the superintendence of an able and experienced writer and reporter, who will give

our readers all that is new and useful in this great educational reform. Teachers and others, who appreciate this reading, writing, and spelling reform, will find it ably conducted in LIFE ILLUSTRATED.

"PLEASE CHANGE THE DIRECTION OF MY JOURNAL." Certainly, Sir. Only tell us where—to what Post-office it is now sent, and to what office you wish it sent, and we will change the direction as often as you like, even if it be a dozen times a year. Some of our best friends are among those who go from place to place, introducing the JOURNAL where business or pleasure calls them, and we are always glad to send the "documents along," wherever they may happen to go.

We will, at any time, change the direction of the JOURNAL from one Post-office to any other during the year, as the Subscriber may direct.—PUBLISHERS.

THE WATER-CURE in La Port, Indiana. Our friend, correspondent, and co-worker, Dr. E. POTTER, has fixed upon La Port as the place of his future residence. Since he left the Jamestown, N. Y., Water-Cure, he has been extensively and successfully engaged in Hydropathic practice. Dr. POTTER has introduced the subject to most of the people throughout his vicinity, by a wide circulation of the WATER-CURE JOURNAL. An extensive practice is thus secured.

WATER-CURE IN ILLINOIS.—We believe one of the best Water-Cure establishments in the West to be that at Canton, Illinois, under the direction of Dr. James BURSON, and would recommend our sailing friends in that vicinity to place themselves under his care.

GALESBURG WATER-CURE.—Dr. W. S. BUSH, formerly with Dr. Jackson, of Glen Haven, has located himself in Galesburg, Knox County, Illinois, where he will do good service in the practice and promulgation of Hydropathy. Dr. BUSH is an efficient physician and zealous co-worker in the cause, enlightening and convincing all with whom he comes in contact. There are two newspapers printed in Galesburg, and a manual labor college, which stands high among the institutions of the great State of Illinois. It will soon be in communication, by railway, with New York and all the East-Population, now about ten thousand, will soon be debauched and trolled. May Dr. BUSH receive the cooperation of our friends in his vicinity, and aid in washing out the drugs and patent-medicines with which the people have been wickedly deceived, poisoned, and robbed of money, health, and life.

THE PAWTUCKET (R. I.) WATER-CURE.—It gives us pleasure to read our readers to the Water-Cure Establishment of Dr. ISAAC C. TABOR, of Pawtucket. At present, he can accommodate but a limited number of patients. He expects, however, to greatly enlarge his facilities another year, when, if he succeeds, he will occupy one of the finest houses in the State. Dr. TABOR has resided in or travelled through the Southern and Western States, where he has introduced the Water-Cure to thousands. In Texas, he gave an impetus to the "cause" which promises to perpetuate itself. Success to this most faithful, consistent, and zealous co-worker, who practices what he preaches.

A NEW LECTURER IN THE FIELD.—MRS. E. M. GURRIZ, of Rockton, Illinois, a lady of talent, both as a writer and speaker, is about to embark as a public lecturer. She is well read in Physiology and Hydropathy, and will devote herself mainly to these subjects. A correspondent, Mr. S. N., says:

With an ardent desire to do good, and a soul full of "love to man," she enters the field to sow the seed which is to bear fruit in the coming harvest of good things. She proposes to act as a pioneer in the great work of physical salvation—to tell the people of the new gospel, and get them to live holy lives.—to point out the every-day errors of life,—to warn the people against drugs and danger, and to inculcate a spirit of investigation. Persons desiring course of lectures upon the laws of health, and those wishing to spread a knowledge of Hydropathy, would do well to attend her. She will speak to prominent audiences or to private classes of ladies wherever she may be called upon, in Illinois, Indiana, Michigan, and Wisconsin.

Those desiring instruction can address her at Rockton, Winnebago county, Illinois.

AUGUSTUS SAWYER having purchased of Mr. BARNARD his interest in the business of the late firm of BARNARD AND SAWYER, AKRON, OHIO, will continue the business at the old stand, where he will be happy to see his old customers and others who may favor him with their patronage.

Works on Pneumology and Hydropathy constantly on hand. Subscriptions received for the PNEUMOLOGICAL and WATER-CURE JOURNALS, and LIFE ILLUSTRATED.

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We have no hesitation in recommending Mr. Blanchard to our friends in Chicago, and vicinity, as every way worthy of their patronage.

WAUKESHA, Wis.—Our friend, Mr. H. D. BARROW, will be happy to supply the citizens of Waukesha and vicinity, with any of our publications.

Notes and Comments.

TO VEGETARIANS.—I like the idea of a vegetarian community as suggested by numerous correspondents of the Journal. But why not have it here in New England? Is land so dear that we cannot purchase a farm or two in some pleasant inland village? My idea of a community is, by living on vegetable food and wearing plain physiological clothing without regard to prevailing fashions, to have leisure for culture and improvement. To live quiet, independent, farmer like, cultivating the earth and living simply on its products. To manufacture our own clothing as far as possible and not be driven to the city and embarrassed with trade. How the mass of mankind live! I think of the swarming cities; the crowded towns; the embroilments of politics, the whirl of fashion! Only the time wasted in earning the means to supply an unnatural flesh diet and its attendant train of condiments, spices, wines, tobacco, tea, and coffee! And then the doctor's bills must follow and the patent medicines!

The farmers, even, are hardly better off than other classes, enslaved as they are to the herds of animals, and instead of living on their own crops, selling them to procure superfine flour and foreign luxuries, tea, coffee, &c. Let us hear from Vegetarians on this subject. It is really worthy of their serious attention.

The name of the place, from whence the above was received, is not given, nor indeed even that of the writer. Why not give us a plan? Something specific? Particulars are what practical reformers want. But, instead of forming a "Community" of Vegetarians, we would suggest that the "people" every where, be informed how they may adopt the system in all parts of the country. Let us first provide an ample substitute for a flesh diet in the way of fruits, farinaceous, &c. &c. and then the flesh pots may be gradually withdrawn.

NOVEL MARRIAGE.—The Fort Smith Herald records the following: "The other day the sexton clerk of our court was surprised by a marriage in his presence, of a couple who walked into his office. It was in this wise: He was sitting at his desk, busily engaged in writing, when a gentleman from the country, about fifty years of age, and a lady, not far behind in this respect, entered the office; and, after the usual salutations, the man asked him a few questions about the law on contracts, and wished to know what marriage was considered, legally. The clerk informed him that it was esteemed a civil contract when the old gentleman pulled out a paper, read over a short agreement made by the parties before him; to live together their natural lives, to have and to hold, as the law goes, all things in common for their mutual benefit; asked the clerk to record it, paying over his fee, fifty cents, and both deliberately and quietly went out, leaving the clerk in utter astonishment, and pretty well confounded by what he had never seen before—a marriage without a parson, judge, or 'squire."

This is not the first "singular circumstance" which has transpired since the opening in the Water-Cure Journal of our MAXIMOWITZ DEPARTMENT! The results of this interesting course may not be estimated, away-along-down-in-the-future, when statisticians enumerate the rapid increase of our population, the extraordinary growth of our country, and the glorious improvements of the age! So much for the Water-Cure!!!

SOUND TEETH IN OLD AGE.—Something rare—There is a gentleman in this city, New Orleans, who still considers himself a juvenile, having just entered upon his *ninety-third* year. He is rather a new comer in New Orleans, having resided some twenty years. He is the possessor of something strange—one of his teeth ached. He had never lost a tooth, and had never up to this time had a dentist cast pain in any of his five or six brilliant masticators which still adorn his mouth.—Beat that, who can.—*La-Sa Paper.*

How much mercy, calomel, or doctor's stuff, do you suppose that "juvenile" or his mother ever swallowed? Does he chow tobacco to save his teeth? What can be the cause of this juvenility? Has he been favored by "special providence" or has he lived according to the laws of nature? Can any body tell?

SANITARY GUARDS, ATTENTION.—We learn, says the *Journal of Commerce*, that about one hundred loaves died on the Erie Railroad train, from suffocation, on Thursday, and that they were purchased by a dealer near Newburgh at a dollar a head, and dressed for this market.—*N. Y. Mirror, Nov. 2d.*

Those not very particularly partial to this kind of diet, respectfully referred to in this work, and which were recently published by FOWLER and WELLS New York, entitled, **FISHES and FISHARIAE, THE PROPER FOOD OF MAN.** Price, prepaid by mail, \$1.25, in which the whole philosophy of Dietetics is given; including the physiological effects of fish, flesh, and fowl, on the human constitution.

NEWSPAPERS were first used medicinally in Paris. Dr. Saint Fox, who was a great collector of news, got leaves to print newspapers distributed among his patients. The reading of them took their attention from themselves, and was favorable to a cure.

No doubt of the utility of this "remedial agent." We would advise every lady who wishes to live always, and escape doctors, drugs, and disease, to subscribe for some first rate newspaper. Our modest forbids our indicating what particular newspaper should serve the desired purpose, or we should—no should say—should say—**LIFE ILLUSTRATED** and the **WATER-CURE JOURNAL.**

THE EARLY AMBER GRAPE.—Mr. Myrick, of South Groton, Mass., supposes this grape to be a native of New York—that last year he sent specimens to editors and vine-growers, who all pronounced it a pronounced one. It is the best grape they had ever seen—that he feels confident it is a luxury native which has no superior, and although he has been in the business of the native grape for fifteen years, and has now fruit in some forty or fifty different sorts of the best he can get knowledge of, he has never found its equal.—*Exchange.*

We suppose this "Early Amber Grape" to be the same variety as that cultivated by our Shaker friends at New Lebanon Springs, N. Y., called the Early Northern Muscadine, noticed in our October number. Have any of our readers yet planted a grape vine? If not, why not?

HIT THEM AGAIN.—They've got no friends.—The *Philadelphia Ledger* says: "Tobacco chewing in public—The private mention of tobacco, in one's own home, parlor, bed-room or kitchen, as the case may be, is an affair to be settled between one's wife and one's self. We do not intend to interfere with the police regulations of the home if they are in able hands to care. If indulgent wives choose to have their door-steps and balcony door discolored, their carpets ruined, and their parlors and bedrooms irrevocably defiled with it, so long as they refuse to have contact with their own mouths, of lips that have been all day saturated with yellow saliva—if they like the smell of tobacco-scented breath, or the odor of their own discolored teeth—we have nothing to say. But we have a right to protest, and do protest against the outrageous public nuisance of tobacco chewing. No man has a right to go to a church, a theatre, or any public gathering, and seating himself in the midst of cleanly Christians, squirt out, at random, streams of tobacco juice around him. To do this in those parts of the house where only men are placed, is in the last degree rude and thoughtless; but to carry the revolting practice into the presence of ladies—in the dress circle of the theatre, the concert-room, the club-parlor, or elsewhere, and it is highly done in all these places—Is little short of blackguardism.

To which the *American Courier* adds: But "little short" it is positive, downright, and unmitigated blackguardism; and next to it is the promiscuous smoking, in the public and semi-public places, of pipes, cigars, and cigars, and all such stinking nuisances.

"NEFF O'D." We "rest our case." The Jury have brought in a verdict—convicted the vagabond. Will the judges now pass sentence? Nothing short of extinction, annihilation will satisfy us. Give him a full, complete, and not totally depraved one.—Give him a pill that cast him into the fire which burneth to ashes, and then scatter them to the four winds of—Philadelphia.

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We cannot name the names of applicants for writers, without sending their names in strictest secrecy, such conditions are expressly stated in the advertisement.

Mr. Emron, P.—In inform the public, through the Journal, that "Lille, No. 22," in Matrimonial Correspondence, is word'd and written, and that Emily P. Pains, East Bethel, Vt., is now Mrs. Emily P. Murray, Fruit Hill, Twenty Mile Stand, Warren Co., O.

Numbers Ten Eriev, old series, having concluded to travel the life's journey together, and having signified the same according to the laws in such case made and provided, have our most hearty wishes for their future happiness.

No. 45.—An 22 years old, five feet eight inches high, chestnut hair, light complexion. I am healthy and active, and free from all disease. I am temperate in my habits, and free from all disease of every nature. My temper is uniform, kind and affable to all, and I am a writer by profession. I am a native of New York, and have been in the mercantile life, which I think will be more lucrative. I am quite a friend to the ladies, and have a great respect for the fair sex of every age and condition. I believe in Phrenology, but not an ally with "the spiritual humbug." I am very fond of reading, and have a great number of books. I am a native of New York, and have been in the mercantile life, which I think will be more lucrative. I am quite a friend to the ladies, and have a great respect for the fair sex of every age and condition. I believe in Phrenology, but not an ally with "the spiritual humbug." I am very fond of reading, and have a great number of books.

No. 46.—Is thirty years of age, five feet eight inches high, chestnut hair, light complexion. I am healthy and active, and free from all disease. I am temperate in my habits, and free from all disease of every nature. My temper is uniform, kind and affable to all, and I am a writer by profession. I am a native of New York, and have been in the mercantile life, which I think will be more lucrative. I am quite a friend to the ladies, and have a great respect for the fair sex of every age and condition. I believe in Phrenology, but not an ally with "the spiritual humbug." I am very fond of reading, and have a great number of books.

No. 47.—A young man, twenty-three years of age, writes as follows: With my most earnest wishes unsatisfied, will I send you the name of the man who would like to see you. This, perhaps, at seeking me! And shall our lives be spent in waiting?

No. 48.—Wanting a wife, and thinking, perhaps, this means may facilitate the supplying said want, I send you the name of the man who would like to see you. This, perhaps, at seeking me! And shall our lives be spent in waiting?

No. 49.—My fair readers of the **WATER-CURE JOURNAL**, I am in search of a wife. I am a native of New York, and have been in the mercantile life, which I think will be more lucrative. I am quite a friend to the ladies, and have a great respect for the fair sex of every age and condition. I believe in Phrenology, but not an ally with "the spiritual humbug." I am very fond of reading, and have a great number of books.

No. 50.—Fair reader, I am about medium height, have seen twenty-five summers, temperate cast, intelligent, have very fair intellectual and Moral powers—large Benevolence. Adversity has been my lot, and I have been through many trials and average animal propensities. Have a fair education, which I obtained by my own exertions. I am a native of New York, and have been in the mercantile life, which I think will be more lucrative. I am quite a friend to the ladies, and have a great respect for the fair sex of every age and condition. I believe in Phrenology, but not an ally with "the spiritual humbug." I am very fond of reading, and have a great number of books.

No. 51.—Being a native of New York, and having been in the mercantile life, which I think will be more lucrative. I am quite a friend to the ladies, and have a great respect for the fair sex of every age and condition. I believe in Phrenology, but not an ally with "the spiritual humbug." I am very fond of reading, and have a great number of books.

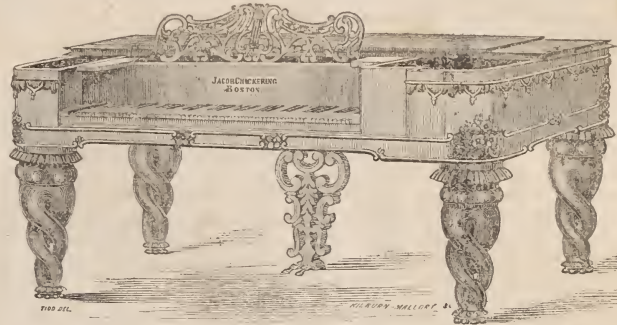
No. 52.—Believing that all true love springs from sympathy, I want a partner for life, possessing the following qualifications: About twenty-one, rather tall, but well proportioned, having a healthy and vigorous constitution, with a pre-eminence of the Aerial, Solar and Mental, and a fair share of the Motive temperment, indicated by abundant hair, bright hazel eyes, light complexion, cheerful spirits, mental and physical activity. Intellectually, a large and active brain, liberally developed in the Intellectual, Moral, and Aesthetic departments. Possesses a pure and spotless character, high-toned moral feelings, a generous mind, an intellectual of justice, oppression, vice, and wrongs, a free child of nature, of happy and cheerful disposition, a lover of truth, and a friend of the oppressed. I am a native of New York, and have been in the mercantile life, which I think will be more lucrative. I am quite a friend to the ladies, and have a great respect for the fair sex of every age and condition. I believe in Phrenology, but not an ally with "the spiritual humbug." I am very fond of reading, and have a great number of books.

No. 53.—I am thirty-one years of age, large, healthy, good looking, good hearted, a practical vegetarian and hygienic, wear the Bloomer when in my own barn. Should make a loving wife. Should prefer a farmer or mechanic. No over-ambitious views.

No. 54.—I am thirty-one years of age, large, healthy, good looking, good hearted, a practical vegetarian and hygienic, wear the Bloomer when in my own barn. Should make a loving wife. Should prefer a farmer or mechanic. No over-ambitious views.

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