

Hydropathy, and the Laws of Life. Physiology,

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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 Jour-NAL even more useful and acceptable than hitherto. Instead of "back-sliders," constant accessions are being made to oumlist, 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."

THE NEW YEAR-1855.

BY R. T. TRALL, M.D.

WITH another New Year, and the commencement of another new volume of the Water-Cure Journal, comes another fitting opportunity to "prospeet" 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 believingly 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 eould 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 obstaeles we must overcome, before the world will be redeemed from the sin of physiological transgression, and the miscry of discase. 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 eustoms of an artificial society, can understand no better and no other way of healing the sick, than by creating new diseases.

We ean 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 eo-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 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 be led thereby to investigate, and finally adopt our system of medication by hygienie ageneies, 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 eneouragement 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 eause, 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.

Essaps.

"PROVE ALL THINGS" and to "Houn Sugr only "THE Goon."

PHILOSOPHYOF 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 for ces 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 either 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 aet 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 epethelcal 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 oxydizing 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 oxydized 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, climinatory, 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, 1843, Mr. K.—, a friend of mine, was brought to my house in a very critical condition—afflicted with a were called, who, after a consultation, prononneed his case beyond hope of recovery. In the evening of the same day, a doctor, who had been called previous to the consultation, came to see Mr. K.—, and after a careful examination of the patient, prononneed the man dying. I asked him if the patient, prononneed the man dying. I asked him if the patient, prononneed the man dying it asked him in the said, "Not, but it would be of me 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 has possible upon his forchead. As soon as the water strick him he syrang up in a wild manner, uttered insane language, the man would be appeared to the control of the said of the control of the bed, keeping to in a finance lound on his forchead. I followed this course at intervals of a few hours, and in a few days he was perfectly well.

On the said of the control of the control of the control of the back keeping to in a finance lound on his forchead. 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 Ellustrations.

BY JOEL SHEW, M.D.

Is 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 multiform causes of disease?" I should answer, "Overheated and Impure mutatorin causes of a disease? I should allower, "OverHeated AND INFORE AND." We talk of improvement in the intelecent century, and improvement 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.

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, he said to live in the bottom of a vast sea that encircles the whole globe, the depth of which is 45 m les; and the water of this sea, if I_may use the expression, is a thin pictible fluid called air:

is a thin, invisible fluid, called air : a fluid, however, which is as truly a real substauce as the food and the water we take.

The ancients, who were ignorant on many, and indeed, most physio-logical 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 HOGSHEADS 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 skele-

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 rrbs with the breast-bone; Cb, the collar-bone; and Sb, 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. Fig. 2, first in its relaxed, and, second, in its contracted state. M. M. M. show the muscles of the abdomen, which are also concerned in the respiration. show the muscles of the abdomen, which are also concerned in the respira-

show the masters of the automap.

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.

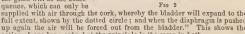
Thus, by the elevation of the ribs, and the depression of the arch of the diaphragm, the chest becomes enlarged during the act of respiration, this part of which is called *inspiration*. The counter-movement of this or that part of Walen is called inspiration. The counter-movement of this of that which 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 diaphraem is drawn down, in the situation of the dotted curve, a partial vacuum in the glass will be the conse-



quence, 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 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 DEVEL-OPMENT OF THE CHEST.

OFMENT 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



Fig 3



understand that the bones of the young infant are exceedingly pliable, and casy 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, coustantly 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 hare 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

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





^{*} Uses and Abuses of Air. For sale by Fowlers and Wells. New York. Prepaid by mail, 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 question. too careful with the young on this point.

Compound lateral curvature of the spine,

scrious 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 and who, through carciessness on the part of those who have the care of them, are allowed to give way to their bodily weakness, when fa-tigued, in sitting at the desk, and thus become deformed. So common, indeed, has this evil be-come in boarding-schools in this country and Great Evilual that scare are all all the first 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 community, whose lot it is to spend more of their life than males in sedentary employments. spinal column often becomes weakened and thrown out of place, and the chest, as a conse-quence, deformed, by improper position in read-

quence, deformed, by improper position in read-ing, speaking, singing, &c.

There is yet another grievous error to be men-tioned in this place. Tight-lacing, in all its aspects, and all its horrors, I may say, has, in ways innumerable, been exposed. And yet the cril 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 vulgar 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 sheeps' 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 arc, 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 ERECT FORM OF BONY, AND A FULL, WELL-DEVELOPER CHEST. In savage nations, such a thing as bodily deformity is almost wholly unknown. And shall not civili-zation, 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. CONDICT, 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 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 the collection of the collection. being saturated with pure soft water, and wrap-ped 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 entaneous nerves, is the most tranquilizing of any thing that can be imagined. It allays irritability, quiets nervous excitement, subdues mus-

cular disturbance, and equalizes the circulation, HYGIENIC VALUE OF WATER, One passes away into the land of oblivion, forgetting every care, and banishing every annoy-ance. When the bath-attendant 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 ofttimes the redness of the The blood has been called from the cherry. The blood has been canted 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 ne 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 re-turns. 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 fa-tigue, want of rest, &c., &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 up-ward 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 Christiau,—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 Curc, (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, ripling, 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 rapid wing. The whole of the window beside which my bed lay was up, or rather removed, which my bed lay was up, or rather removen, sash 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 tur-moil, and clamor, this little nook appears to be the very abode of quiet, cheerfulness, and con-tentment! Much of this state of tranquility and order is due to the various appliances of the Water-Curc, 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 Ayrshire, 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.

BY H. C. FOOTE.

Those blessings which we enjoy in the greatest abundance are upt to be the least appreciated. During the unprecedented drought last autumn, water became scarce, and we found how in-dispensable it is to life and health. We found dispensable it is to life and health. We found that water is actually of some use besides navigation. 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 tinetured 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 in-

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 exosmose and endosmose, 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-

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 grease and greasy meat are daily swallowed with the thermometer at 96°! And pork and lard, too, the "abomination of desola-tion," the fruitful source of scrofula, crysipelas, and scurvy. And every thing pe rotting, stomach-weakening, dispepsia-breeding, and nerve-shattering beverages. And then, 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 ne-lect 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 arc 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 pecket.) it would be necessary to take every four hours, 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 Atof fourteen cameis, and brought across the At-lantic ocean on two ships. Besides other "reme-dies" equally respectable and infallible, as Dr. Gumption's Guillible Gulps, only "one dollar per bottle," (first cost eight ceuts including the bottle and label,) warranted to gull all the gui-lible gulls who are unfortunately ignorant and



credulous enough to buy and swallow the poisonous staff. Also, Professor Poke's Powerful Pa-tent Pressure Pills, Powders and Potions, Balms and Really-Resolvents, (readily resolve dollars from the patient's pocket into that of the villainous quack compounder's.)

ALL DRUGS, Poisons .- When will people learn, ALL DRUGS, POISONS.—When will people learn, and knowing, act accordingly; that all drugs are poisons? That all the different preparations of mercury, as calomel, blue-pill, &c.; and of artismony, as Tartar-emetic, "Jame's Powders" &c. Sugar of lead and the different preparations of tin, zinc, copper, gold, iron, iodine, mangenese, subplus phosphores bismuth, and the actise for snlphur, phosphorus, bismath, and the entire fa-mily of drug-acids, and vegetable stimulants and narcotics, as opium, tobacco, belladonna, quinine, aloes, &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 we 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 ceremoules, and then shoot, when lo! presto-change lit cures instead of kills. This is the philosophy of drug-medication.

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

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 plest, the most agreeable to the senses, the most harmonizing and affailitive with our organic structure, and the most successful, ought to take the preference. There is but one substance in nature that will answer to this description, and that is—water. It does not cast "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 purest state, in the clouds being a grand Universally-come-at-able-remedy, free-gratis-fornothing.

"Know-norming."-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 credulty of the people for their support. The Water-Gure 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 humburg.

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 hydropathically, 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 superstitiou 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 skilfal physicians in New York city, a few years ago, acknowledged, after retiring from practice, that for several years he had given his patients nothing stronger than bread pills!

CHEMICAL AND MECHANICAL RELATIONS OF WA-

2700

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 seveneighths of the substance of the brain, and more thau 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 peuctrating 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 Encyclopedia.

WATER WILL PRODUCE EVERY THERAPEUTICAL EFFECT ever needed in the practice of medicine. It can be used as tonic, or stimulant, or sedative, emollicut, 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?
WALKING DRUG-SHOPS. — Water purifies, restores, and strengthens, and leaves no sting be-hind: while those who have swallowed whole apothecary-shops, can testify from their feelings apotnecary-snops, can testify from their rectings to the amount of drugs permanently deposited in their joints, glands, viscera, under the skin, and throughout the entire system, obstracting the machinery of life, embittering existence, and shortening their days.

Waren-Guer the Physical, Recenserator 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 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.

WASTIERCOOKS.—Many who think it is against

WATHERCOOKS.—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 benefited by the present remarkable progress and spread of the Water-Cure? Comparatively none but those who use it. It does not, parametery none out those who use it. It does not, or rather need not put money into the pocket of any quack; because, like Christianity, it is free to all, without price; the poor man's blessing, and the rich man's luxury. All that is necessary in order to fally enjoy the benefits of the Water-Cure, is to learn hope to use it indicated. Curc, is to learn how to use it judiciously, and this any one can do who has ordinary commou 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 clapse before a thorough knowledge of it can be generally diffused.

LADIES, ATTENTION :—Especially should every lady investigate 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 care of discourse with the results of the subject to the control of the subject to the control of the subject to the disease, a familiar knowledge of the Hygienic laws; and the Water-Care is invaluable, and will soon be considered an indispensable accomplish-ment 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," irreligion, 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 good, who have Christianity in one hand, and the Water-Care in the other. Thus, following the example of our Saviour, who went about saving souls and healing diseases.

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

BY REV. GEORGE W. NICHOLS.

"It will be admitted on a'l hands that the matter of seeking lost health is one of the most important of human employment."— Da. Shew.

Ix the following statement, and the remarks which accompany it, the author would say that he has been indi enced 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 har-monious 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 I what a precious and valuable gift! How impor-tant is it that we should know how to obtain and 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 projudiced, must have their effect in a country and an age like this, where every thing is brought to the test of experiment, every thing is brought to the test of experiment, Every year is adding new and valuable testi-mony 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 garly childhood I was brought up to

room early continuous I was prought 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 his.

By Industry and assiduity I became fitted for college at the early age of four-teen, 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 excrete diet, bathing, &c. Pursaing mental toils, to the neglect of physical fraining, it was not strange that I should leave the halls of college with impaired health. None can infringe upon the exist laws of health without results again. strict 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 might have entered upon the stage of action with far different prospects and stage of action with in universe prospects and brighter hopes of snocess. How many thousands of our youth find themselves, at the close of their collegiate course, perfectly disabled, and un-qualified to enter upon the duties of a profession, ecause they know nothing of the mechanism of that wonderful structure in which the rich casket 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! 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 when life is made burdensome by wasting and painful bodily infirmities? After leaving college, I entered upon a curse 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 eases 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 some nagrant violation of nature's laws of this kind! When I look back and see into what cir-cumstances 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 readers who are beginning even now to test 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 ease hopeless. Oh! how precious is health! how swect 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 seene! 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 though we had all the rich mines of carth 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 they are not the whole of the state of th hen 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

sacred calling, I have enjoyed (thanks to a gracious 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 at-tention 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 soli-citation of a young brother who had derived great benefit from the cystem, finally induced me to make trial of a regular course of treatment. For this purpose I consulted Dr. Shew, of New York, for whom I shall always feel a high respect and regard, not only for his immediate prescriptions iu my own case, but also for that most important knowledge derived from the faithful study of his many valuable works upon the sub-

ject 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 fecl even worse than before, so as to be tempted ofttimes 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 oc-curring 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. With this course of treatment, which consisted in sitz-baths, the shower, the rubbing wet-sheet, I also combined a regular course of diet composed of mainly farinaceous food, such as unbotted wheat, fruits, and meat once per day. Much time also was spent in the openair, 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 immentioned there was a decided and rapid im-provement in general health. Sleep, which was interrupted more or less for months, has now again returned. The mind has once more as-sumed its wouted 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. And now, having 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 cherish 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 ease shall lead others to repair to the same pure and sparkling 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, dict, and water. We confidently believe that if the daily bath were used; if the dict be made to consist mainly of coarse farinaceous articles and fruits, abolishing all highly-scasoned dishes and condiments; if plenty of coarse the constant of the coarse farinaceous were employed. of exercise were employed, calling into play the limbs and muscles of the human frame, physicians would have far less occupation, and the steins would have far less occupation, and the great mass of disease which now affiliets 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. Whenever, sindless is, what never he could deal to the control of the could be supported to the could b 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 the fell monster of disease should be silently and slowly erceping upon him. Any over-indulgence also of the passions will be 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 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 en-slaved to the destructive and fifthy 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 out a miserable existence, scarcely realizing what a delicious and blessed privilege is health?

Ah! there must be a return to simple habits and an undeviating course of life, based npon 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 domiuion 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 east a reflection upon God's wisdom and goodness, if we suppose him to be the Author of goodness. If we suppose him to be the control 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 architecturement when proporty need and procarthly enjoyment when properly used and pre-served in obedience to God's own laws, and eapable 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 sad evils of dyspepsia and its attendant consequences of nervous depression—to whom life is continually overshadowed by dark and dismal clouds, inter-cepting 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 may 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: confue yourself to your simple meal of coarse larinaceous diet and fruit, with ment occasionally; drink pure water, and bathe in the various modes prescribed, alreasy rising early and taking the morning bath, with a walk before breaty[ast. In a little time you will learn to relish this simple diet initiately 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., persevere in the use of the treatment just named.

When it is considered how many cases there are in which the patient is liable to discouragement, as is the case in all nervous difficulties, this advice appears to be highly necessary. In otheroic cases of long standing progress must be slow. It is generally conceded by Hydropathic physicians, and proved by experience, that a patient generally becomes verse before he becomes better. When nature is preparing to throw oif 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 persecurance.

What though at times you may be cast down? be not disheartened. These very states and conditions which you experience may be struggles of nature with the power of disease. The sterner the condict, the more is the citadel shaken and In the end nature will, by the aid of 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 contact: that water and water about 20 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 mostrums of the day, (of which the newspapers are full), throw them all aside. The use such only does violence to nature. There is little or uo 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 Hydropathie treatment, you will be surprised to see how effective is this agency. You will see and acknowledge that there 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: Fowlers and Wells. 1855. [Price, prepaid by mail. 87 cents.]

paid by mail, 87 conts.]

The author o' "Horsa ATO Hetra," a most excellent and popular work, latended for the young of hoth sexes, has been again presented himself hefore the public in a work for which we predict a wide circulation and a very useful mississes of a series of Lectures, in which the work of the public of the public of the property of

C.C.C.

Practical Water-Cure.

Facts are the arguments of God—the outworkings of his power. He who fights arguest facts fights arguest God.—DR. F. Lucs. 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 heliver all they read in the paperss." We are gird 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-Gure treatment, is a highly valued member of the Society of Frieuds, 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 apon an entire stoppage of the circulation: the hands and arms soon sympathized with the lower limbs, rendering the patient entirely helpless.

The paiu 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 legan 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 chock, and, after repeated trials, was laid aside as ineffectual.

By the end of the fourth week the family had

By the end of the fourth week the family had fully nnited in the opinion that the disease was palsy, and of that kind, too, that the most experienced pronounced wholly ineurable; the sleep-less patient, whose whole system was debilitated, became an easy prey to nervous excitability, eausing 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 offtimes 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 said 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 ease had passed through his hands, and without the least canse 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 their 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; 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 neual signs of animation, the bowels became paralyzed, and the tongree 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 Shew, 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. Shew changed the whole course of the Allopath, in many points advising exactly the reverse of the former prescriptions. The long closed windows were thrown wide open—the rich "nourishment" 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 agreeahle; a wet girdle constantly to be worn. All the hed-clothes and the bed to be changed twice a day, and every thing used to be well aired; no a day, and every uning used to be well aired; no sleep to be taken during the day, and hy 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 he 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 ear-lier. The advice of Dr. Shew was most rigidly adhered to even in the most minute particulars, and the first ray of hope gave additional zest to

and the first ray of hope gave additional zest to the already fully determined purpose of a thor-ough trial of the virtue of cold water. In less than ten days distant friends were no-tified 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

unproportious weather, to the anazement of the neighbors, who pronounced it foolbardy to risk a rheumatic invalid in so damp an atmosphere. The rigidly sparse hill of fare was now slightly extended. Seasonable fruits to he 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 heen her only drink,

but no sngar 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 750; the same again at 4 o'clock, P.M., and the bath in the tuh only at

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 gaus and neen 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 dict, and fast approaching a state of healthfulness her limbs stubbornly declined their usual service. She was carried us and down think the 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

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 before long hecoming her only support in her daily ramhles throughout a noble for-

est adjoining the house. A bath in the Atlantic close at hand was unquestionably an invigorating part of the strengthening prescription, hat was not indulged in until the recovery was far advanced. The treatment was modified as circumstances seemed to warrant, heing very easily graduated by the patient herself. If a bath or pack was omitted when it should have heen 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 ablutions was diminished, until finally all were dispensed with, except when from fatigue or any other temporary cause they became refreshing.

Over a twelvementh has now elapsed since the over a tweevements has now etapsed 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 wator 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 hear upon the malady. Neither was it an experi-ment; in each step the effect predicted was pro-duced, and the cure was consummated in a shorter even than was anticipated, and more thoroughly than the most sauguine had hoped for.

SPASMODIO CHOLERA.

BY DR. W. M. STEPHENS.

On Saturday, the 16th of September, a young man came to my establishment to he treated for hip 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 diarrhea. I ordered him to take a warm sitting bath, after which, my attention was not called to his condition until about 111 A. M. I then found him in the second stage of cholera, with intense thirst, vomiting, rice-water discharges from the howels, accompanied with a peculiar sickening odor, spasms of the diaphragm and muscles of the hack very frequent, the skin and extremities were cold, the fea-tures shrunken and pallid, urinary secretion snspended, and the disease still continuing uuchecked 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 develope 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 soon 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 pro-per degree of warmth was restored to the surface. He was enveloped in the blanket one half hour, He was enveloped in the blanket one half hour, when he was taken out and rubhed in the half-hath for three minutes by two persons. The skin by this time was red and warm. I now repeated the injection, there heing another discharge resembling rice-water. The nauses 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 discharge from were by this time ahated, but the discharge from the bowels continuing. I repeated the hot blanket pack about two o'clock, and followed by the rub-hing half-bath, with the water about 85° Faren-heit. 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 is 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 medicinc was used externally or internally, save water, air, heat, light, and friction by the human hand I ordered a free current of air to he kept circulating through the room constantly.

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

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 respi ration. 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 is concern 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 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 chauged from dark to bright red by bathiug, 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 rub-bing half-baths. We might here remark that that condition of the blood which brings on an attack of the cholern, may have been developing for years, by neglecting to arterialize the blood hy bathing and other attentions to the skin, and by the lungs not heing 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 ma-terials in the circulation may produce the cho-lera. 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 unassimulable 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 art which nature every where employs and teaches, can purify the human body, and render it free from all causes of disease.—Dansville, N. V.

CULTIVATE A LOVE FOR THE BEAUTIFUL.-Cherish 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 dnties with more checrfulness; added to this, it ever gives harmonions 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 ran laughing and hounding among the hills, look in the still evening hour upon the clear moon and hright stars, and sec if Beauty is not written upon all. And shall we not cultivate within our minds this heneficent 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 heen truly said that children whose morals are not good, whose parental influences have been bad can he the most easily reformed by the hearing of sweet sounds and the seeing of heautiful sights. Nor are those 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, hoth in nature or art should be of an elevating and rofining nature, for it is as equally true that as vicions 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

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 slarm 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, slouchy dresses that some old women of the more silly and obstinate kind pretend to like to see.

With the more general addition of warm underdrawers 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 faseinating in her dress, how would a lovely girl of eighten look dressed in essentially the same style. Who wants to see? Let each one who does say "L!" The I's have it, Mr. Chairman.

HENRY WARD BEECHER ON BLOOMERISM.

"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 erossed 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 flow-ing 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 bedrabbled 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 delicaey, 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 adaptativeness 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, seale 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 youchsafes: umbrella in one hand. the other rumpling, 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; onc scarce thinks of an impropricty, 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, healthdestroying 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 opiniou 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 easting 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 clebrated, 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 burthened 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 RISIKO.—Don't be alarmed ladies not in price—they are rising in fashion, not quality, texture, or fineness, or value of the fabrie, 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 was guilty of such a dirty fashion. The skirts are shortened from three to four

The skirts are shortened from three to four inches; the draggle 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 once—innocent of every thing but shavery 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

fashiou 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."



Miscellany.

PERSONAL EXPERIENCE .- Reader, have you ever been sick? Did you ever eat too much minee pie just before going to bed? And did you ever send for the doctor? Did he give you drngs which made you worse, instead of better? And did he not tell you plainly, that his "reme-dies" would make you more sick? Yet, having a hlind faith in the potency of "doctors' stuff," did you not swallow it by the spoonful,-and at the same time make terrible wry faces, as you gulped down the bitter drug? Then, did you not call for a little clear water, just to rinse out your month! Then, the internal commotion !- the heaving up of Jonah l The yearning, straining, rolling and tumbling, compared with which the original complaint was almost nothing, [which water-drinking and fasting would have soon entirely removed.] Then came a raging fover i The poison-drng, having penetrated every fibro of the body, through all the blood-vessels, till the brain fairly hurned, and the skull strained so that it seemed to erack.

> "Give him no water to cool him, But send for the doctor to bleed him."

He comes i lancet in band !-- calls for a bandage and a bowl, and, in a moment, the living liquid spirts like the Croton from a fireman's hose, with a force which astonishes all but the doctor. The patient becomes easier, be swoons, he faints. " Bring cold water:" "dash it in his face !" revives; he recognizes his friends; considers himself very sick; wishes his accounts were settled; sonds for a magistrate; orders his will to be made; considers himself elected for a donbtfni siege; wishes he had not eaten too much; sorry he ever smoked and chewed, or cheated the good man who prayed for him; forgives every body, and hopes to live long enough to he forgiven. The doctor gives him "one tea-spoonful every honr ;-when taken, to be well shaken: orders chicken sonp and gruel, as the most suitable nourishment; must not touch FRUIT of any kind. Wishes he had a nice, baked apple-don't like sonp. Bed smells bad; pure air not admitted. Gets no better very fast. Medicines don't agree with him, ean't swallow pills or powders without first inclosing them in proscryes, applesance, or coating them with dough. Recollects of hearing some one say something about water-cnre. Heard of a ease of fever cured by water; has a good mind to try it. Wonders what the doctor would say? Ventures to drink half a tumbler of cool spring water, without first boiling in a tea kettle; thinks it did him good. Omits the hourly doses. Slept a little, for the first time in nine days; drinks again: (don't tell the doctor.) Feels better. Doctor says, need not wake the patient to give bim medicine; If he sleeps, let him sleep. Patient loses confidence in drugs; wishes they were back in the doctor's saddle-bags, where they came from. Neighbor Healthy calls, on his way bomo from the postoffice, with WATER-CURE JOURNAL in band. Patient glad to see him; wishes he would loave that paper a day or two -would like to look at it, "Certainly," says Healthy, "will send you the back numbers to read, if you like." Patient would be glad to see them. Reads: "Water will pnt out fire |--wonderful | Will reduce inflammation, wash ont drugs, purify and invigorate the system, and put the body in the most favorable relations with the natural laws, and when a cure is possible, it may be effected by Hydropatble appliances and Hygienic agencies." Believes it. Doctor enters; finds patient reading. "Good morning: how are you getting along?" "Better, I thank you." "What— what's that you are reading?" Patient tries to hide it. "Oh, only a paper our neighbor left here the other day." "But," says the doctor, "you must not read. You are quite too feeble. Here, I will leave you a little something to strengthen your nerves. Take four drops of this once in every two hours, and a spoonful of that once in four hours, and, if you grow worse, take a spoonful of this every halfhonr. I will call again to-morrow. Good day." (Exit spectacles and gold-headed cane.) "Guess I shan't take any more of that infernal blood-heater. Give me some water. This Journal says one man drank half a gallon, and it did him good. Nurse, please hand me those powders, pills and drops from the burean; I wish to read the inscriptions and labels. Oh, it is all Greek and Latin, but I'll study it out." Sends the nurse for more water, raises the window, empties out the medicines. Feela hetter; is determined to try the wet sheet; does him good; repeats it. Sends word to the doctor that he has so far recovered, as not to need his services any more. Doctor apprised! supposed he would need attendance for at least six months, instead of six days, "Well, that was a remarkable recovery. I knew what ailed him, to begin with, and my medicines operated like a charm. That case will do to publish in the Medical and Surgical Journal of Calluteral Sciences," Patient soon "gets about," though he is weak, emaclated, and deploted,-has such a "strange sensation" in his head-stiff joints;-wonders if it can be the "mercury in his bones." Wishes the doctor had all the drugs. Receives a letter from the hand of a well-known collector, opens, and reads:

	Wm. John	son,															
To Doctor Drug-and-Bleed-um,															Dr.		
	For medical	atte	ndano	e,											\$25	00	
	Extra visits	at ni	ght												10	00	
	Medicines,									٠					15	00	
															8.50	-	
															\$50	UU	

Please pay the bearer, who will receipt for the same.

"Can't pay it to-day. Will see the doctor about it. Don't quite understand all the charges.

A friend sends him a copy of the before-mentioned cele-brated Medical and Surgical Journal of Collateral Sciences, in which his initials, Wm. J., of -, figure at the head of one of the most "Remarkable Cases of Care on Record " Reads; sends for the doctor; reveals the true state of the ease. Water-cure-threw the drngs ont of the window; doctor Indignant-demands pay immediately. Patient gives his noto, reading thus:- "For value received I promise to pay," &c. Reflects upon it; thinks be has wronged himself by such a promise. Refuses to pay; doctor sues; gets judgment. Patient proposes to compromise; doctor refuses. Patient sells his seed wheat, a young cow and a colt, at a sacrifice, to raise the cash. Pays his note, with costs of suit, and solemnly promises to have nothing more to do with that doctor. Neighbor Healthy calls for his Jonraals; finds them almost worn ont,—have been read and re-read hy every member of the family. Concludes to subscribe for a copy for himself; helps to get np a club; finds where the Journal is taken; the old doctor gets no practice; becomes enthusiastic; persuades all his townsmen to join

Sends for one hundred sample numbers, to assist in obtaining subscribers. The doctor, losing practice, gcts desperate; advertises to sell out; finds a green young doctor to buy; old doctor moves west. Young doctor takes down old sign, and puts up a newone; waits impatiently for patients; hires a piece of ground-determined to do something until be gets into practice. Has no calls; finds farming a nseful and necessary pursuit; thinks well of Water-Cure Journal, for the reason that almost all his neighbors praise it. Never saw so healthy a place in all his life. Koeps on with his farming; uses his now saddle-bags to earry bait and tackle when he goes a-fishing. Patient chuckles over his own exploits. Young doctor becomes convinced of the utility of Water-Cure; is advised to attend a course of lectures at the New York Hydropathic and Physiological Institute; tries it, and, after sufficient study, graduates, with all the honors, opens an establishment, receives patients, cures them, and so becomes a benefactor. Old doctor never heard from; supposed to have enlisted in the army, under an assumed name, where, if opportunity offers, he will still practice the art of bleeding. But the WATER-CURE JOURNAL is after him, and will continue to be published, as usual, at only one dollar a year, in advance, or twenty copies for ten dollars.

A WORD ON COUGHING IN CHURCH .- We copy the following from an autobiography which Hngh Miller is now publishing in the Witness:

now publishing in the Winess:

A simple incident which occurred during my first morning attendance at Dr. My-Gric's changel strongly impressed me with a sence of his sagaretty. There was a great deal of congling in the place, the effect of a recent change of weather, and the doctor, whose voloc was not a strong one, and who seemed somewhat annoyed by the ruthless interruptions, stopping suddenly short in the middle of his argument, but the summer of the summer

THE BEARD QUESTION AGAIN

THE article signed G. W. K. in our November number, bas called out several replics from zealous antishavers. We give the pith of two of them. The first is from Mr. E. M. Ricbards, of Annville, Pa-

REPLY TO "G. W. K.

Grown Nr. E. M. Richards, of Annville, Pa.

Being a strong advocate for wearing the beard, and a practical illustration of the custom too in my own person. I have been also a strong advocate for wearing the beard, and a practical illustration of the custom too in my own person. I November number of your Journal, in which he upholds the custom of shaving.

No antishave believes that the disuse of the razor would be a panacea; and G. W. K's assertion to that effect is, I have been supported by the strong of the custom of shaving.

No antishave believes that the disuse of the razor would be a panacea; and G. W. K's assertion to that effect is, I have been supported by the strong of the custom of

as to render the ingoing fraught impure; at least in the case of anti-tolaceot temperance memor on account of the heat. He objects to the heard in summer on account of the heat. Now my experience gone to prove that it is a cooler when one is in this sunshine; it protects the lower part of the face from the direct rays of the san, and prevents blistered lips, the contract of the face from the direct rays of the san, and prevents blistered lips, the contract of the face o

the access to pinks and misquismes over a silke proceeding the control of the con

and the control of th





G. W. K. thinks no lniury is done by shaving to either the beard itself or the skin! It is protty evident to the eye, I think, that one effect of shaving is to change the color of the beard, and renders its texture coarse and wiry, instead of its being long and flowing, similar to the hard of the bead needer and texture. See the difference between the beard around the jass, that has seldom or never been shaved, and the less fortunate part around the month. As regards the byteches, but evon 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 be that letting the beard grow, causes the skin under it to be

blotches, but even a rogular disease.

Another (to me) extra-roll language searching of Q. W. K.'s is, that letting the bear of grow.

In the control of the

plotted practices of our ancestors, forgetting that our posterity will turn many of our own into the same ridicule which they richly deserve.

A word to my "bearded brethren."—Be assured that these who attempt any reform, no matter how much needed, and visionary. Not except years ago a man was not regarded as admissible into good society except his head was shaved and covered with a rightfull vig filled with disgusting powder; and without dount the men that first gave up the practice worder of the down sa much as we are rowing the practice where or the down as much as we are rowing the practice where or the down as much as we are nown, and the proposition of the same time that the caping drivers and conduction or nalirousle in Great Britain were more exposed to the air during their rapid flight through it than they are here, owing to the different construction of the cars, on a certain milroad in Scotland, most of the train hands used to suffer during the winter from colds, some throats, six they being at the same time in the that were induced by some representations made to them to allow their heards to grow, and mark the convenance. In due time they published a clicular, stating that a remarkable freedom from colds of all kinds resulted from so doing, and they strongly advocated all their brethren on other railroads to adopt a similar pian.

We have taken the liberty to omit that portion of our friend Dr. Potter's communication which relates to the artiele of G. W. K., as Mr. Richard's reply is sufficiently fuil on all important points involved in the controversy.

USES OF THE BEARD .-- BY E. POTTER, M.D.

THE BOARD OF THE BEARD.—BY E. POTTER, M.D.

THE board upon the human male face was given by God for the express purpose of subserving a use that nothing else could authore. Physiologists know that each hair composing the human beard is farmished with a distinct gland, elaborately and beautifully complete. Undermeather nearest enteres, immediately connected with the various organs almost the control of the co

noots, as it were, in suspension a duantity of warm air, shown as it were in the suspension at duantity of warm air, shown as a suspension with the lungs.

I venture the assertion, that there is not a man in all the land that can give a sait/shelory reason for shaving. The only reason that a wairse can give for perpetrating. The only reason that a wairse can give for perpetrating observe him, and he follows their example. Shaving does not conduce to the preservation of health, but exposes the throat to the viciositudes of the weather. The shaver takes from the tips and chin the hair which would form a natural filter and the sum of the shaving producing momentary happiness, it is generally as a hard oporation. Nor does it add to masculine beauty, expansed and producing momentary happiness, it is generally as a hard oporation. Nor does it and to masculine beauty, such as the shaving producing momentary happiness, it is generally as a hard oporation. Nor does it add to masculine beauty, such as the shaving producing momentary happiness, it is generally as a hard oporation. Nor does it add to masculine beauty, such as the share of the share of the share in the share of the

MXXXX

ble: A foppish prince with a smooth face persuaded his courtiers to shave, that he raight not be odd, and they yielded to the solicitation of their 'little'tous ruler: and so we have this detectable custom, "a custom more honored in the breach than in the observance."

NEW YORK HYDROPATHIC AND PHYSIOLOGICAL School.-We are gratified to learn that the students of the current term number about fifty, and that about twenty of them are females. This is a gain of more than one hundred per cent, on the class of the preceding term, and places tho success of the School beyond all peradventure.

Arrangements are now in progress, to procure from tho present Legislature, a charter, which will seenre it an equal footing, so far as "rights, privileg:s, and immunities" are concerned, with those medical Schools and Colleges which the people, through their representatives, have seen fit to iegalize; and will doubtless attract a class, one year hence, of more than double the number of the present term; for, as we are informed, more than two hundred students, (nearly one-half of them females), have already signified their intention to graduate at this institution at as early a day as practlcable. These applicants are scattered all over the United States and the Canadas, and unlike a large proportion of the lazy drones who are sent to fashionable Medical Schools, because they are useless at home, they are, almost without exception, of the self-made, self-reliant, and self-determined kind. Untrammelied, and antrammellable by the sectarian dogmas of the past, they are "free and independent" to act well their part in the present, and press onward to a botter future, learning from all sources, adopting nothing as true, nnless the evidence of its truth is demonstrated, nor rejecting any proposition because it originated ont of the established schools of learning.

Dr. Trali and associatos, are even now contemplating the erection of suitable buildings designed expressly for the pnrposes of a permanent School, where all such persons, male and female, as desire to qualify themselves for practising the healing art as a vocation, or for teaching the doctrines of health for the benefit of their fellow beings, may have ample facilities for a scientific and thorough education at a comparatively cheap rate.

Such an Institution will soon prove a formidable rival, if not a succedaneum, 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 chance to be in 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 Facuity 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 softuess and elastleity, without their heatengendering, filth-absorbing, health-destroying qualities-a portable bed of spiral springs combined with the bedstead, cheaper, more judestructible, and in every respect better than the best live goese feathers It is so constructed as to furnish no lodgment 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, noticeable particularly in cities, is, the marked relief of the jar occasioned by carriages and heavy teams. A celebrated divine says of the springbed in sickness: " It relieves wearlness, allays the fever, and husites many a groan. Nay, its genial, spirai mystery combines the best of cordials, tonics, and anodynes."

This improvement is gaining the nequalified approbation of all who see it, and is destined to prove n 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 extonsive improvements and enlargements being made by the propriotors of our principal Water-Cure establishments, with a view of increasing their accommodations the coming season. This, together with the new Cnres 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 walt an opportunity to avail themscives of that blessed system which is destined to revolutionize the whole medical practice, and renovate poisoned humanity.

Early nnnouncements sh nld reach the Publishers at least n 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 JOURNALbut to encourage and inelte others, I will merely say, that I have obtained from fifty to one hundred subscribers for it and they are scattered around 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 agrecable 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 take two numbers of the JOURNAL, give one to some nufornnate or diseased friend, or influence such friend to take it for themselves? Do you fear that Messrs. FowLuns AND WELLS will make too much money? I don't know much about their incomes and ont-goes; but this I do know, (at least, I think I know it.) that the WATER-CURE JOURNAL is doing a more effectnal 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 a little choice in our selection; not pick up every old fogy 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," H. B.

OBERLIN, OHIO .- W. B. says: I shall do all I possibly can to spread the glorlous truths contained in your works, the WATER-CUBE JOURNAL especially. I have become a complete convort to that system, and also to vegetarianism, so that it will afferd me the greatest pleasure to introduce it among my friends in Canada. Why cannot we have Water-Care 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 boautiful 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 alloviate human suffering in that quarter of the globe? Drng-doctors hold full sway there, and so blind-

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 practising physician and Hydropathic Institution here in Polk Co. As for streams of pure water, we challenge Graefenberg. We havo falls of ten, twenty, and fifty feet, as pure and clear as ever issued from the mountains.

Notwithstanding our healthy climate-healthy before the Allopaths came in such numbers-there has been serious mortality under the drug-doctors' treatment. Numbers have refused to have one, when sick.

If you cannot sond us two or three Hydropathio doetors, do send us one, who will permanently locate and get np an Establishment. The wealth is hore to sustain one. If you can hear of one, send him to Polk County, where he is much needed; there is no donbt about realizing a fortune, besides proving an inestimable biessing 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 wholesouled and generous coworkers, 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 Philocophy 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, encoranging the cultivation and use of Fruits and Farinacea, 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

Variettes of Prose and Poetry, gathered from the spheres—mnndane and ethercal,—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 Enrope 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 at. We shall use the best quality of paper, type, ink, and presses, and serve np to our readers a Model Health Journal.

OUR PREMIUM LIST.

FOR ONE HUNDRED DOLLARS, two hundred copies of either the PTHENOLOGICAL OF WATER-CENE JOURNALS WILL SERIO, one year, to one or as many different post-offices as there are subscribers, and a premium of TEN DOLLARS, in any books published at this office.

FOR FIFTY DOLLARS, one hundred copies of the JOURNALS, and FIVE DOLLARS in books,

FOR TWENTY-FIVE DOLLARS, fifty copies of the JOURNALS, and Two DOLLARS in books.

FOR TEN DOLLARS, twenty copies of the Jour-NALS, and ONE DOLLAR in books.

For a single copy of either Journal, One Dollar,

FOR THREE DOLLARS, LIFE ILLUSTRATED, weekly, the Water-Cure Journal, and the Phrenological Journal, will be sent a year to one address.

Premium Books may be sent by express or by mail, according to the wish of the agent. If hy mail, the amount, in postage stamps, should be sent to prepay the same; if by express, the freight may be paid where the package is received.

PLEASE SPECIFY. — When renewing subscriptions the writer should specify which Johrnal is wanted, the Phrenological, Water-Cure, or Life Illustrated.

LIFE SUBSCRIBERS.—It is a source of great satisfication to us, to place upon our books the names of those 10 heartly interested in our cause, as to remit, in advance, their subscriptions for a number of years, with a promise to continue subscribers for tife. We hope they my live—Mays.

EXTRA NUMBERS of the JOURNAL, for specimens, will cheerfully be furnished (of such as we have to spare) with which to obtain new subscribers. The reading of a single number will usually be sufficient to incline every intelligent MAN or woman to subscribe.

New York or Eastern funds are always preferred, though bills on any specie-paying bank will be received, by the publishers, at par.

COMPLETE VOLUMES of our JOURNALS can be secured by all who commence their subscriptions with the January number. We cannot always furnish back numbers,

FRIENDS, What say you? Shall we have the pleasner of enrolling you among the hopeful band of coworkers for 1855. If so give us your name, your influence, and aid. See Prospiktus, on the last page.

PRIZES AND PREMIUMS.

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

Subscribers may be obtained in all the States and Territories, the Canadas and Provinces, and sent in, any time previous to the first of February next. Who will have the paper and prizes?

When a large amount is forwarded, it should be sent in a Check or Drafts on New York, Boston, or Philadelphia, properly indorsed, and made payable to Fowless and Wells, Wo pay cost of exchange.

LIFE ILLUSTRATED will be issued every Ssturday.
FOWLERS AND WELLS,

OWLERS AND WELLS, 808 Broadway, New York. REQUEST TO POSTMASTERS.—Postmasters will confer a special favor on their customers, on as, and all other publishers, if they will stamp the name of their post-office PLAINLY on all letters, so that when correspondents fail, as they often do, to insert in their letters the name of the town and Stafe, we may find out where they come from by the stamp of the postmaster. The present mode of stamping letters, and the carelessness of many writers often leaves as in the stark.

Franking Letters.—Post-masters often, unintentionally, subject as to the payment of five cents postage on letters relating strictly to Post-Office benienes. 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 frame.

TO SUBSCRIBERS.

THE WATER-CURE JOURNAL, will be sent in Clubs, to different post offices, when desired, as it frequently happens that subscribers wish to make a present of a volume to their friends who reside in other places.

On the Same Terms.—It will be the same to the Publishers, if swenty copies of either of roth the Phrenological Journal, the Water-Cure Journal, or Life Llustraated, are taken in one club at club rates.

Money on all specie-paying banks will be received at par, in payment for the JOURNALS.

CLUBS may now be formed in every neighborhood throughout our country, and be forwarded at once to the publishers, for the new volumes to be commenced on the first of January, EIGHTEEN BUNDERD AND FIFTY-FIVE.

SEVERAL bank-notes, post-office stamps, or gold coins, may be sent by mail, at single letter postage.

IN ADVANCE.—The exceedingly small price at which our Jonrals are farnished, singly, or in clubs, precludes the possibility of continuance on any other principle than that of payment in advance; consequently, no names are entered on on book till paid for, and none are continued longer than paid for, unless the subscription be renewed.

CLUBS may be composed of persons residing in all parts of the United States, or the Canadas. It will be all the same to the publishers, whother they send the JOURNALS to one or a hundred different post-offices.

RENEWALS may be made at once, for the new year. Those who prefer, may remitfor one, two, three or more years, as may be convenient. The amount will he duly credited, and the JOURNALE sent the full time paid for.

THE only way to sccure complete files of the Journals, is by subscribing for them at the beginning of the volumes. The Journals are not stereotyped.

THE POSTAGE on the two Journals is only six cents a year, and for Life Illustrated twenty-six conts a year, when paid quarterly, in advance, where received.

When Books are wanted to go by mail, the order should be written on a slip of paper, separate from that contsining the names of subscribers.

DISCOUNT.—For Three Dollars, the WATER-CURE JOURNAL, the PHRENOLOGICAL JOURNAL, and LIFE ILLUSTRATED, will be sent to one address a year.

LETTERS addressed to the Publishers should be plainly written, containing the name of the WRITER, the POST-OFFICE, COUNTY and STATE. Please address, POST-PAID,

FOWLERS AND WELLS,

808 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 conferring 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 eriminal should never be legalized. Whatever is outlawed by morality and justice, should be

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 cating 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 insinnates that the increasing "fanatical seutiment" against the grog-trade is in some measure attributable to the water-drinking and water-enring 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 crotchetty 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 nsed 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 nsed judiciously. At any rate, if the sumptuary reformers choose to break the command, and take heed what they themselves eat and drink, cannot they let alone the cating 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 cat 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 tills 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 lunchoon '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.

charges that are brought against wine could be a New Process for Bread-Making.—The folmarshalled against any proscribed article of food. lowing 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 Johnnet, 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 flonr 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 own 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 develope 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 workhonse 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 rationals 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.

Professional Matters.

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

RED AND BLUE INK.—Several correspondents have sent as long communications on dull blue paper with palo red ink. However excellent they may be, we could not afford to read thom for less than \$25. Those who ask us to read their lettors and advise them gratuitionsly, 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., Minnesola.—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 dectors prenounced organic disease of the heart, "which has been cured in treating them as nervous dyspepsia." Very likely yon could be enred by a moderate course of bathing, and a very stried diotetio regimen.

COLD WATER-CURE.—An Allopathic M. D. who thinks highly 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 handages 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, nor hot, nor warm, nor tepfel, but water of all temperatures.

Firs. J. R. T., Clinton, Mich.—The spasms, or fits of "seeming frightened," with hot head, cold feet, sick stomach, &c. may come from teeting, tadigestible all-ment, or congestion of the brain. Give bot-and-cold footbaths. Keep the feet warm constantly, cool the head when hot, and keep the bowels open. A tepid bath is useful daily.

Nasal Bath for Catarri. A S., Pottland, Ma.—"I find that in the 'Encyclopedia' you recommend for Catarria' "Fequent 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 modrately 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-Core Doctor, condescends to state, that a cold bath situndates the system, and thereby columes it. It is this theory correct? If so, much of the efficacy of the Water-Cure is 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 viality 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 nso? 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 almanaes, and if so, is it in the head, legs, or where is it?" The "sign" is not in the head, legs, or where is it?" The "sign" is not in the head, nor legs, nor indeed in the almanse, nor in the "mastomy of mads body as governed by the twelve constellations." But the "sign" is in the milk itself; whenever this article fails in quantity, or becomes deteriorative in quality, take the little fellow off.

EPILEPSY. E. A. T., Littleton.—"Is there any remedy for cpileptic fits? The subject is fifty years of age, accustomed to them in early childhood, but no recurrence of them until of a recent data." 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 age, after painting floors several days in a steoping posture, I felt a screness 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 double alternately; or if not conveniont, the warm leghath 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 provious to the immediate study of Hydropathy? What conse would you recommend to be pursued in the study of Hydropathy, preliminary to becoming a practitioner?" The only pre-requisites 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.

DEAP 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 plan coarse diet, bil-baths, and a daily dripping siteet, not cold enough, however, to occasion much chillness.

Lumber Abcess. 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 ont" on your face are owing to a diseased liver, and this may have been induced by drugmedicines taken years ago. Continue your daily balls, wear the wet girdlo 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 nse hydrochloric acid in ratising 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 Gook-book. The crackers are only manufactured by us, for this establishment expressly. We do, however, sell to any one who desire to purchase. Price, ton cents per pound.

ENTARGEMENT OF THE LIVER. P. H. J., South Hadley, Mass—Tho rhennatio systems, difficult breathing or short breath, palpitation, &c. are probably owing to a chronic disease of the liver, attended with enlargement. Employ a daily haf and hip-bath, apply the wel-girdle, ase simple and coarre vegetable food, and, if the bowels do not act freely, assist them by injections.

FLANNEL. J. B. C., Lawrence, Miss.—"Is the wearing of flamel next the skin healthy or otherwise? Do you think on who takes a cold bath every morning, would be bonefited by taking another at night?" We do not consider flamel noxt the skin as the best practice; cotton or linen should be worn next the skin, and then, if necessary to comfort, woulden garments may be worn as outside clothing. There is no particular advantage in the evoning 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 the stomach. My eyes feel as though I had been up late at night; cannot read by candle-light." You have chronic in-flammation with enlargement of the liver especially, and indigestion generally; precisely the condition that blue pill doses are apt to induce. Use the tepld wet sheet pack, followed by the topid half-bath or drip-sheet, if the system will react pleasantly after it; if not use the warm bath, followed by the cold pail douch, a few times and then the pack as above. The diet must be vegetable, very plain, coarse, and abstemions. A little of the "hunger cure" would benefit yon. You can be cured in any moderate climate, though very hot or very cold are 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 plentful 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 iu 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 i

F. B.--Ruma, Ill. We do not consider playing apon 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 debilitato.

C. H. C., Reed's Island, Va., says:—"Can you not furnish ns with a Hydropathic Physician? Our conntry 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 Phirsxocoicca. Journal, whether a person in a state of clairvoyance can see any thing beyond the present? For instance, can be 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 horn." Suppose you try it, and see. Norn 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 sngar or molasses with bominy, rice, wheaten grits, &c., injnrious?" 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 bloodwessels (the voins 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 more or less cold according to her temperature; a sitzabath daily, as cool as can be comfortably borne; a strietly vegetable and plain dietary, with proper gymnastic exercises, to Invigorate the addominal muscless and expand the lnngs.

INFANTILE CLOTHING. H H., East Wareham.—
"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 be covered.

Varieties.

THE FAMOUS HORSE TAMER. - Among the amusing episodes of the existing state of things is, that 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 ménage of the cavalry. This iady, it appears, in addition to a sort of intuitive knowledge of the points of a horse, bas made herself so perfectly acquainted with the morale of the animal, that by ald 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 offico which she left to the great regrot of the Emperor, of whom she has brought away many substantial tokens of approbatlon. She only resigned when war was declared. Sho is now being employed in the regiment of Guides, where her progress is said to be wonderful. She bas 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 hor manners are so charming and unpretending, that Captain Gueprette, the Captain Instructor of Cavalry, and Colonel Flenry, Colonel of the Guides, yield to and carry ont ber 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 ail her system is suavity and gentleness, no violence.

WONDERFUL CURE .-- Mrs. Gingham was "spleeny." She had been going to die so long, and didn't, that everybody-her husband in particular-had got over being scared. One day ho returned from business, and was thus accosted by his fidget'y better half-

Hasband, I'm going to die. In a few days your poor

wife will be no more I (hysterically.)

Husband, calmly-I have long been meditating your departure, my wife, and bave wished to converso 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 must (weeps) 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 raising to her feet, and angrily stamping the same—I'll not have Sally Smith in my house, by a grand sight-so at once break the engagement, Mr. Gingham, else yon'll find the honse too hot to hold us both !

Mrs. Gingham is still allve. Sho has never been heard to speak of death since being informed that Sall Smith was engaged to fill her place.

THE GOAT IN THE CHAIR .- Dr. Cooper, of the Sonth Carolina Collego, was one of the best-natured old gonts that ever lectured to mischiovous boys. On one occasion, when he entered the lecture room, he found tho class all seated with nownted punctuality, and looking wondrous grave. Mischief was the cause, and it was apparent that they were prepared for a burst of laughter as the old Doctor waded along to the professor's chair, for there sat an old goat, bolt-upright, lashed 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 l quite republican, I see, in your tendencies; fond of representative government! Woll, 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-byel Don't feel sbcepish 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 Tennes-

TO MAKE HARD WATER SOFT .- WASHING .- Dr. Playfalr, of England, asserts that the cost of washing is about one-twelfth 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 ont, and some articles much morc. Dr. P. says, for every bundred gallons of Thames water, thirty ounces of soap are entirely lost 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 subsoil plowed land they suffered but little. Upon land nnderdrained, subsoiled, deep plowed, and frequently stirred npon the surface, the young plants kept as green and vigorous as in a wet season.

It is a fact, then, that all clay lands, or lands with a stiff snhsoil, would be vastly improved by deep surface plowing, snbsoil plowing, and underdralning, in dronth as well as wet

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 Albuny Altas says: As an exhibition of the right kind of people for this word, we give place to the following letter of a woman to her hashand in California. It is bad enough for a woman to be left to her own resources, without being visited with other misfortunes in addition. She appears to the property of the proper

being visited with other misfortunes in addition. She appears to take things easy—as he should:

"My Dear Husband: As it is some time since you left as for California. I suppose you would be giad to hear bow we are getting along in your absence. I am happy to say that we are all enjoying year good health, on the whole, Just at Jane has you the typhose fover, Petsey is down with the measurement of the typhose fover, Petsey is down with the measurement of the typhose fover, Petsey is down with the measurement of the typhose fover, Petsey is down with the measurement of the property of the petsey of the typhose fover, Petsey is down with the measurement of the property of the petsey of the petsey

SHARP PRACTICE IN HYDROPATHY .- When you want a warm bath, and can't pay for one, just pull 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. We knew of such a case once. Portage County, Ohio, Democrat.

We object to having our Hydropathio Philosophy, 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 "duck" onr enemies. Obstinate ones are "held under," till they ask forgiveness, and promise to be good.

Coming On .- The Louisiana state paper, publlshod at Clinton, La., after copying some of the matrimonial advertisements from the WATER-CURE JOURNAL, Says:

advertisements from the WATER-CUER JOEENAL, 8932:
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 "Title
present a few extracts from that progressive periodical "Title
property of the progressive that the progressive periodical "Title
to a transport of the progressive periodical "Title
places, age, and sixters too. Well, why should not the printer
be a "match maker," as well as a "type sticker." Why
should not the politics of the heart be as freely discussed as
well as who should be fed at the public crit. Now should
we be favored with the same kind of adversiting, we will

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

No donbt you will be thus favored; and future generations will arise to thank you for your disinterested benovo-

An advertisement of a patent medicine says: "In all my sales 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 nee—my fortune is made—I an immortialzed, and I've done it myself. It have gone into the patent medicine business. It was a more interest of a minimum of the patent medicine business. Versal benefactor. The hand which bereat the fortune the record of Fame the names of Ayer, Sands, Townsend, Moffat, Morrison, and Brandristo must also inserthe, side by side with these distinguished appellations, the no less brillant cognomes of the undy ing beseticks. Emilions of the hand the state of the patent of the control of the con DOESTICKS INVENTS A PATENT MEDICINE.—New

"We take no notes on Time.

Triumphantly yours,
Dr. Q. R. Philander 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 seedlents of a like character, and the property of the pr ACCIDENTAL POISONING.-We have just heard

WHAT THE MAINE LAW WILL DO. - A Sunday What the Mark Law will do.—A Sunday paper says—If the prohibitory lipora law should become a law of this State, the first effects of it in this city would be to send an immease business over to Jersey City. All tho rectifying and distilling establishments of which there are would be removed over to New Jersey, and all the cargoes of foreign liquor would also be sent over there for storace. If Pennsylvania should pass the law, it would have the effect in Philadelphia of sending the liquor business over to Canden, and New Jersey would become the place of deposit for all the liquor based by these two great cities, for there is that State.

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

A Cold Spring .- The Pittsfield Eagle tells of a spring of water In Otis called the "Cold Spring." A recent visitor says, that when within fifteen feet of it he was taken with the ague, and, looking at his thermometer, he found the mercury had fallen from ninety-four to seventy! On laying the thormometer on the bottom of the spring, the mercury lumedlately 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 freshet.



Literary Notices.

ALL Works noticed in this department of the Journal, together with any others published in America, may be procured at our Office, at the Publishers' prices. EUROPLEN WORKS will be imported to order by every steamer. Books sent by mail on receipt of the price, and the procured by the procured with the procured by the procured with the procured by the procured with the p

PRACTICAL CHRISTIAN SOCIALISM; a Conversational Exposition of the True System of Human Society. By Adin Ballou. Now York: Fowlers and Wells. 1834. [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 Hopedale 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 hero most 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 Christlan 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 Fonrier, Owen, Warren, the Shakers, and the Perfection-Ists. Of the soundness of the oriticism presented in connection with these abstracts of the various social systems, we leave each to judge for bimself. There will doubtless be differences of opinion as there will be in regard to Mr. Ballon's own theory of social life; bnt 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-sceking enquirers. We hope it will be widely circulated.

RCTH HALL; a Domestic Tale of the Present Time. By Fannt Feen. Pp. 400. Price \$1 25, [postage prepaid, 15 cents.] New York: Mason Brothers.

One of the most common-sense works Fanny Fern has ever written. It is replete with instruction. It deals with homely matters in a straightforward and vigorons way, and yet it abounds with grace and beauty, romance and pathos One of FANNY FERN's most distinguishing traits is, her ability to throw a charm around familiar things, and invest with beanty 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 beanty, 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 portraitures; 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, parsimonions Ellet, and his selfish, snobbish son Hyacinth; that little rose-bnd, Daisy; Rnth's husband, the noble-hearted Harry Hall; the chivalrie Johu Walker; the business-like Mr. Lescom; the unprincipled Tibbetts; the contemptible Millets; the school committee men, and the immortal Skiddys; do they not all exist, and move, and have their being? Yea, verily; and "Ruth Hall' is the picture-gallery in which their portraits are ex-bibited for public inspection. We advise our readers to examine these pictures for themseives.

WAY DOWN EAST; or, Portraitures of Yankee Life. By Seba Swiff, the original Major Jack Downing. 12mo, 334 pp. [Price, \$1.25; postage, 20 cents.] New York: J. C. DEBEN.

It will be "notice" enough if we name the contents of this mirth-exciting volume. John Wadleigh's Trial— Tankee Christmas—The Tough Yarn—Christopher Crotchet —Polly Gray and the Doctors—Jerry Guttridge—Seating the Parish—The Money Diggers and Oil Nick—Peter Punctaal—The Speculator—A Dutch Wedding—Billy Snub —The Pumpkin Freshet—A Base for a Sweetheart—Old Myers the Pather—Seth Woodnum's Wife.

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

PUTNAM'S ELOCUTION AND ORATORY: containing specimens of the Eloquence of the Pulpit, the Bar, the Stage, the Legislative Hall, i.e. In Three Parts, Part I. Theoretic and Scientific; Part II. Rhetorical, Classical, and Poetical; Part III. Comical and Musical. By Worthy Petrana, 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 ou the Stage."

"It is the production of one of the most thorough students of Elecution 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, Eayard Taylor, Henry Ward Rechert, William H. Seward, Rufus Choste, Elihu Burritt, E. H. Chapin, E. P. Whippie, Edward Ever-Cauffe, John G. Saxe, Bungay, Dow, Jun., &c., in the Comical One of the Comical Control of Saxe, Bungay, Dow, Jun., &c., in the Comical Control of the Comical Control of Saxe, Bungay, Dow, Jun., &c., in the Comical Control of the Comical Control of Saxe, Bungay, Dow, Jun., &c., in the Comical Control of Saxe, Bungay, Dow, Jun., &c., in the Comical Control of the Comical Control of the Comical Control of Saxe, Bungay, Dow, Jun., &c., in the Comical Control of Comical Control of Co

With such an army of fresh orators as models, our yong 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 like, may be called upon to speak in public, shefore a court of justice, to a jury, or at a social gathering, it would be well to be prepared to speak without embarrassement. Schoolboys and schoolgiris should be trained to public speaking. This work will serve their purpose.

MR. MacLaurin's New System of Teaching and Learning to Write, oalled the Currente Calamo, (eapid pen) System of Penmanship.

We feel compelled to keep the public, our public—those who read our Journal, informed of every genuite reform in the arts, especially in those arts that relate to Education, and most especially in those which relate to I Iome 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. MacLaurin's System of Penmanship undoubledly is, if we can trust the most positive assurances 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 tho best, but comparatively the only systematic work on the subject It exhibits." Mr. McElligott, and other Educationists, spoak 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 Ferncii. Boston.

The publishers announce the twenty-sixth edition thus,

The problemsers announce the twenty-axine entition time,
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 adfrom 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
celevation, any 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 halfs 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. D. T. Moore, at \$2 a year. Eochester, N. Y. See advertisement.

THE WATER-CURE ALMANAC, for 1855, now ready. Single copy 6 cents, Twelve copies 50 cents, Twenty-six copies \$1,00. Let every family have one.

THE PHRENOLOGICAL ALMANAC, for 1855, with portraits of distinguished persons. Six cents single, fifty cents per dozen, \$1.00 for Twenty-six copies, prepaid to any post office in the United States. Address FOWLESS AND WELLS, 80S Droadway, N. Y.

Jome Voices.

J. G. P. Tioga, 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, despatring of a cure at home, have been making a sojonra at Elmira: Water-Care, with decided benefit. One a young woman, (my wife's sister) left here five weeks ago unable to walk three rols 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 Tennesse says: I have often been called on by old valentulinarians for advice who have made apothecary shops of their stomachs for twenty years, more or less I advise them to read the "Organic Lawa;" and take the WA-ran Corae Jours-Axt, and enter the reform list. Ab rother chip said he was astonished that Dr. II. would advise people to read such trash. I am happy to say that one to 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-lest 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 woll 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 twelvo years has been, my constant companion. My food is simple; I keep regular honrs, retiro 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 time 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 Harrison Co., Ohlo, says: I have been the means of procuring you more than one hundred subscribers for your different journals. I have done so much for the benefit of the subscribers than myself, for in many cases I have received nothing for my trouble—sepecially 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 calomot 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 Illineis. Strange bow much influence a well attered idea will have! Many who have heretefore considered attention to Natural Laws beneath the notice of Christians, now recegnize the principle, that in obeying the Laws of Nature they are yielding obedience to the laws of God. Kocp busy-send truth home. You will be rowarded.

VERNON, OHIO. - The success of the Water-Treatment in cases of dysentery bere the past summer, bas largely "increased my faitb" in water as a remedial agent. My brother-in-law, Dr. W-, of 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 Hydro-Here, this disease-dysentery-has been of a pathically. most malignant character. J. B., JR.

(Similar reports, from the highest authority, reach us daily. Can anybody, blessed with common sense, continue to peril their lives at this rate? Eighty-seven per cent. of deaths from a disease so easily controlled by the Water-Cure? Friends1 wlll you permit this wholesale slanghter? Teach your neighbors a better way. Teach them Hydropathy.]

TELL US WHAT YOU KNOW .-- We solicit the PER-SONAL EXPERIENCE of our readers. Every man, overy we man, has experienced something in life worth relating. Has it been an unfertunate experience? Tell it to the world, that others may avoid it. Has it been fortnnate? 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 henefit of humanity. Wo want each of our Subscribers to become Contributors. Come now, tell us what you know, and how you came to

Business.

New BOOKS, for notice or review, and ADVER-TISEMENTS for THE PHEENOLOGICAL and WATER-CURE JOURNALS, may be sent to Fowlers and Wells,

808 BROADWAY, NEW YORK;

142 WASHINGTON STREET, BOSTON, and

231 ARCH STREET, PHILADELPHIA. To seeure 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 ferth, are deemed proper, while patent medicines, lotteries, liquors, tobacco, etc., will be scrupulonsly rejected.

THE WATER-CURE ALMANAC and the Phrenolegical Almanac for 1855 are attracting a great deal of attention. So much interesting reading and many valuable facts cannet be get in any other form for the same moncy. 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, bave inquired of me more particularly of Water-Cure and Phrenology. So far as I could, I explained the nature, simplicity and efficiency of the Water-Cnre System, and the general principles of Phrenology 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,

our readers all that is new and nscful 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 JOUR-NAL." Certainly, Sir. Only tell ns where-to what Pestoffice 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 dezen times a year. Some of our best friends are among thoso who go frem place to place, intreducing 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 ene Post-effice 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 npen La Pert as the place of his future residence. Since he left the Jamestewn, N. Y., Water-Chre, he bas 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

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

GALESBURG WATER-CURE,-Dr. W. S. Bush. fermerly with Dr. Jackson, of Glen Haven, bas located himself in Galesbury, Knox County, Illinois, where he will do geed service in the practice and premulgation of Hydropnthy. Dr. Bush is an efficient physician and zealous cowerker in the cause, enlightening and convincig all with whem he comes in centact. There are two newspapers printed in Galesburg, and a manual labor cellege, which stands high among the institutions of the great State of Illineis. It will soen be in communication, by railway, with York and all the East-Pepulation, now about ten thonsand, will soon be deubled and trebled. May Dr. Bush receive the cooperation of our friends in his vicinity, and aid in washing ont the drugs and patent-medicines with which the people have been wickedly deceived, poisened, and robbed of money, health, and life.

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

A NEW LECTURER IN THE FIELD .- MRS. E. M. GUTHERE, 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:

and publish a pretty large edition in that language; also one in "panish"? If you would publish your Almanace in German, Spanish, and French, I have no doubt you would publish your Almanace in German, Spanish, and French, I have no doubt you would find a ready sale for large editions, which would seen 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. Proposed to devote a column of our new paper, Live Lilvestatement, to Phonerica. She will speak to promiseious andiences of private classes of ladies, wherever she may be called upon, in Illician, Indiana, Meligian, and Wisconshin.

Winnebago county, illinative winnebago winnebago county, illinative winnebago county, illinative winnebago county, illinative winnebago county, illinative winnebago winnebago county, illinative winnebago winnebago county, illinative winnebago winnebago county, illinative winnebago winneba

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

Werks en Phrenology and Hydropathy constantly on hand. Subscriptions received for the PhrenoLogical and WATER-CURE JOURNALS, and LIFE ILLUSTRATED.

RUFUS BLANCHARD, 52 La Salle st., Chicago, Illinois, will keep constantly on hand a full supply of our publications, which he will he happy to furnish at wholesale or retail. Subscriptions will be received for the WATER-CURB and PHEENOLOGICAL JOURNALS, and LIFE ILLUSTRATED.

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

WAUKESHA, WIS .- Our friend, Mr. H. D. BARRON, will be happy to supply the citizens of Waukesha and vicinity, with any of our publications,

Notes and Comments.

To VEGETERIANS .-- I like the idea of a vegetarian community as snggested by numerons correspondents of the Jonrnal. But why not bave it here in New England? Is land se 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 physiologial clothing without regard to prevailng fashions, to have leisnre for culture and improvement. To live quiet, independent, farmer lives, cultivating the earth and living simply on its products. To manufacture onr own clothing as far as possible and not be driven to the city and embarrassed with trade. How the mass of mankind live! Think of the swarming cities; the crowded towns; the embroilments of pelitics, the whirl of fashion | Only think of the time wasted in earning the means to supply an unnatural ficsb diet and its attendant train of condiments, spices, wines, tebacco, tea, and coffee! And then the doctor's bills must follow and the patent medicines!

The farmers, even, are bardly better off than other classes, enslaved as they are to berds of animals, and instead of living on their own creps, selling them to procure superfine flenr and forcign 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 net give us a plan? Semething specific? Particulars are what practical refermers want. But, instead of ferming 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, farinacea, &c. &c. and then the ficsh pots may be gradually with-

NOVEL MARRIAGE .- The Fort Smith Herald re-NOVEL MARRIAGE.—The Fort Smith Herald records the following: "The other day the sedate clerk of our
court was surprised by a marriage in his presence, of a
comple who whice into his office. It was in this wise: Ile
was sitting at his desk, huslly engaged in writing, when a
gentleman from the country, about fifty years of ace, and a
lady, not far hehind 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 property of the parties before him, to live together their natural lives,
and to have and te hold, as the law goes, all things in common
for their matural plenet; saked the clerk to record it, paying
for their matural heneft; saked the clerk to record it, paying and to have and to not, as the law wors, and the for their mutal henefit; saked the clerk to record it, paying over his fee, fifty cents, and both deliberately and quietly walked off, leaving the clerk in utter actionishment, and protty woll confounded by what he liad 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 MATRIMONIAL DEPARTMENT! The "results" of this interesting conrse can only be estimated, away-along-downin-the-future, when staticians enumerate the rapid increase of our population, the extraordinary growth of our country, and the glorious improvements of the ago! So much for the Water-Cure !!!

SOUND TRETH IN OLD AGE. Something rare.—
There is a gouleman in this city, New Orleans, who still considers himself a juvenile having just entered upon his mindp-third year. He is rather a now comer in New Orleans, having resided he resided the resident having resided and the resident having resided and the resident having resided and the resident having resident

How much mercury, 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 bo 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 SANITARY (JURBIS, ATTENTION.—WE TEATH, SAYS the Journal of UARDIS, ATTENTION.—WE TEATH, SAYS dided on the Eric Railroad train, from suffocation, on Tiursday, and that they were purchased by a dealer near Newburgh at a dollar a head, and dressed for this market.—N. Y. Jürron, Noc. 2d.

Those not vory particularly partial to this kind of diet, are respectfully referred to a new and valuable work recently published by Fowlers and Wells, New York, entitled, FRUITS AND FARINACEA, 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 Foix, who was a great collector of news, got leave to print sheets to distribute 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 modesty forbids our indicating what particular newspaper would serve the desired purpose, or we should-we should say-should say-Life IL-LUSTRATED and the WATER-CURE JOURNAL,

THE EARLY AMBER GRAPE .- Mr. Myrick, of THE EARLY AMER 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, without one dissenting voice, pronounced it the best native grape they had ever seen—that he feels confident it is a hardy native which has no superior, and although he has been in the cultivation of the native grape for fifteen years, and has now fruit in some twelve or four teen 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 varieties at the unitivated by our Shaker friends at New Leb-

variety as that cultivated by our Shaker friends at New Lebanon Springs, N. Y., called the Early Northern Muscadlne, 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 mastication of tobacco, in one's own home,
parlor, bel-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
—they are in abler hands than ours. If indugent wives
choose to have their door-steps and balcony floor discolored,
their carpicts rained, and their parlors and belf-rooms irverocably defiled with tobacco jutes—if they relish the contact
with their own mouths, of lips that have been all day satiswith their own mouths, of lips that have been all day satisseased breath coming from beneath dirty and disquisting
teeth—we have nothing to say. But wohave a right to protest, and do protest against the outrageous public unisance
of tobacco-deving. No man has a right to go to a church,
a theatre, or any public gathering, and, seating himself in
a treams of bokacco julice around him. To do a raison,
a treams of bokacco julice around him. To do a realmarked to the concert-come of ladics—into the dress circle of
the theatre, the concert-come, the church-pulled ropeand it is habitatally done in all these places—is little short of
To which the American Constrer adds: But "fittle"
To which the American Constrer adds: But "fittle"

bleckguardism.

To which the American Courter adds: But "little short!" It is positive, downright, and unmitigated black-garadism; and cext to it is the promisenous smoking, in the public and most populous thoroughfares, by villatinous the public and most populous throughfares, yet discovery and all all the public and white, or pipes, clarar, vold segars, and all all the public and white the public and all the public and white the public and all the public and the pu

brought in a verdict-convicted the vagabond. Will the judge now pass sentence? Nothing short of extinction, annihilation will satisfy an injured, corrupted, hamiliated, annimation will satisfy an injured, corrupted, mannated, though not totally deprayed people. "Give him phitz." Cast him into the fire which burneth to ashes, and then scatter them to the fore winds of Philadelphia.

Matrimony.

MATRIMONIAL CORRESPONDENCE. NEW SERIES.

CHMMUNICATIONS deamed by us suitable for this department will

Canaracterists demand by an antiable for this department will be inserted on the following conditions: They must be causility and legibly written, must be accompanied by the true name and address over 51 for the companied by the true name and address over 51 for the companied by the conditions of the conditions are expressly stated in the conditions are expressly stated in the certain conditions.

Ms. Enivon,—Pease inform the public, through the Jonnel, that "Lille, No.22," in Matrimonia. Correspondence, is woo'd and won; and that Emily P. Pains, East Bethel, YI, is now Mrs. Emily P. Murrey, Fruit Hile, Twenty Mic Stand, Warren Co. O.

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 bappiness.

No 45.—I am 22 years old, five feet eight inches bith, chenut hair, lich tomplexion. I am healthy and settive, with a predoutlance of the nervous temperament, and free from disease of every nature. Metamper is unform, kind and arfable to mercantile life, which I think will be more fucarities. I am quite a favorite with the ladies, possess some galantry, and I am very affailty with "the spitting humber," I am every office of the set of the spitting humber," I am every office the spitting humber, and the view of the states, industrious, and thorough in all my undertakings. I with ic units mergel with a lady whose tests will saminface with with cin mits mergel with a lady whose tests will saminface with man who is capable of foring its research, and whose hoat it always warn. Site should be not feet then directed nor note than twenty; and my one of pelected to. Any lady withing a hutband for the sake of upon nor objected to. Any lady withing a hutband for the sake of paptying to Fowlers and Wall.

No. 46—Is thirty years of age, five feet eight inches in height, dark lair and eyes, beathy, well-formed and "app as any kitting;" it as natisent of one of the large either, and in an independent position as to business and fortune, he may say without boarden's continuent of the large either, and the latter than the condensater, a lover of home-glessures, and of a kind and considerate disposition. Of his capacity for affection, and promises of sternal disposition. Of his capacity for affection, and promises of sternal large either age? "only." a few words to as you in restarts to the "invalidat of the "accellated".

develop, he has a few words to may in raisvars to the "invellent of her max" only.

It is a fitted of all true storms, but does not therefore believe.

It is a fitted of all true storms, but does not the three believes in a manufal and the faborund; and he thrink that redenees is a manufally and supplied to the storms of an expension of an equalitation with a "modest, sensible, discrete young woman," who may be similarly be found in this way, who would be expensed to the supplied to the su

No. 47.—A young man, twenty-three years of age, writes as follows: With my most cannot longing unearlished, why should not accept the means that offer of finding the soul I seek? Thou, perchance, art seeking me! And shall our lives be spent in waiting?

Thou, perchauce, at sesking mu! And shall curlives be spent in willing:

willing:

misself 1 would describe thee, my idea!

most, then, is or time, and a country life. The field, the wond, tha fam, attract thee rather than the busy street, the din and discountry, showed the fam, attract thee rather than the busy street, the din and discountry, showed the same in the property of the country, showed the country, showed the art rural, rather than by the stormy, decidate, heaving ocean. Yet love makes all places cheefful. The aarnest thought of the wise man is more to then than the showed; real life is active to the shall be showed; a street, the blief, the flowers, these are thy delicits.

Thus do I saek thee, O genitio and, sawned that if this should meet thin eys, thou will not forbest to answer. I would not describe they percose, but only seek the word them.

NEW HAMPSHIRE.

No. 48.—Wanting a wife, and thinking, perhaps, this mean may facilitate the supplyine sald want, I sond you the Law and the same may facilitate the supplyine sald want, I sond you the Law and the la

No. 49.—My fair readers of the WATER-CUNE JOURNAL, I am in search of a wife, the other half of myself. I am a search of a wife, the other half of myself. I am a search of a wife, the other half of myself. I am a more quist, industrious, and students behind, we will be a search of the search of t

No. 50.—Pair reader, I am about medium height, here seat twenty-five summer, temperament active, metal-mutice, have very fair intellectual and Moral powers—large Bene-and average animal propentities. Have a fair deacasten, which I have obtained by inner and hard attractive between powers and trace-leveling temperature and trace-animal control of the No. 50 .- Fair reader, I am about medium height,

should like to make the acquaintance of our of the following description; an active, intuiting the making, how feet once a feet of the control of the contro

No. 51 .- Being constituted social, as well as spiri-No. 51.—Being constituted social, as well as spiritual and animal, have consided PII mary, if I ran obtain a man congenial to my facey. If should be my superior; his as firsty, to the constitution of the man congenial to my facey. If should be my superior; his as firsty, to the constitution of the constin

class able to cratele me safely through this botherous world to the united, and it would make an effectionate wite. Mukin & Amer.

No. 52.—Believing that all brue love springe from convenients, would make an effectionate wite. Mukin & Amer.

and the safely and the safely and the safely sa

No. 53.—I am thirty-one years of age, large, heal-thy, good looking, good hearted, a practical veretarian and hydro-path, wear that Riomer when theorem. Should make a lowing wife. Should prefer a farmer or machanic. Nos ovar-particular, the mane bat Veter-Duck and Vegociation.



Adbertisements.

A LIMITED space of this Journal w.ll by given to Advertisements, on the following terms:
For a full page, one moath, . . . \$15 00
For one column, one month, 30 00 19.00

For a card of four lines, or less, one month, 1 00 At these prices the smallest advertisement smooned to Laus TMAN HALF A CENT A LINE, or forty cents a nn for avery thousand cornes, our edition being \$6.000 copies.

Payment in advance, for transient advertisements, or for a slagle insertion, at the rates above-named.

Copies of this JOURNAL are kept on file at all the principal Hotels in Naw YORK CITY, BOSTON, PHILA-

ALL ADVERTISAMENTS for this JOURNAL should be sent to the Publishers by the first of the month preceding that in which they are expected to appear.

Mater-Cure Bstablishments.

HYDROPATHIC AND HYGIENIC INSTI-TUTB. R. T. TRALL, M.D., Proprietor. This commodious establishment, 15 Laight St., can now accommodate one hundred or more persons. Its business arrangements comprehend:

1. GENERAL PRACTICE, in which Miss A. S. Cogswall assists. assists.
OFFICE CONSULTATIONS, by Dr. Trall, person

ally.

5. Department for Feature Diseases.

4. School Department, for the education of thysdepartment, for the education of thysdepartment, for the education of the educati

November 1. | xransas : Tultion for the Winter term, \$75 ; do., | ib | b | m d, \$150. Summer term, \$50 ; do., with

Expansas Tullon for the Whiter term, \$15, do., with band, \$16.0. Summer tenn, \$50; do., with 6. Paovision Daron, for the manufacture of pare and proper a titles of wheaten grite, housing, outment, fartine, crackers, &c. Orders for all kinds of mean fartine, crackers, &c. Orders for all kinds of experienced and preserved faults, &c. will be supplied.

6. Bo. Anounco, for those who deare the delatary of the institution.

the limituation.

N.B. Arrangements have been made between Dr.

Trail and Dr. O. W. May, of the Highland Homa.

Water-Cure, at Fishkill, N. Y., by which patients can be treated at either place, and have the advice of hoth physicians. Dr. May will personally super-intend the country calabilishment, and Dr. Trail will will it occasionally, as consulting play sited.

A CARD .- Dr. SHEW, earliest American author and practitioner in Water-Cure, will re-open his establishment, (improved and enlarged,) at Oyster Bay, L. I., near new York, first of May next, for the whole year. The healthfulfirst of May next, for the whole year. ness and basuly of the place are assurpassed; water the purest on record : accommodations of the first order, prices as reasonable as at other Cures. Full purticulars by circulars and otherwise bereafter.

WATER-CURE, Corner Sixth Av. and WATER-CURE, COFFIER SIXth Av. and sht st, N. P. Staw john Dr. Taxton during the fall and winter wason, at his large and commodions Establishment, a shows. The leastnot commodions Establishment, as shows. The leastnot commodister the state of a sees from all parts of town. Boarders, translutt and permanent, as well of the state o

N B - Down-town patients may leave their re-uests, at Messes. Fowlers and Wells', 30% Broadway JOEL SHEW, M D. GEO. H. TAYLOR, M.D.

ORTHOPATHIC WATER-CURE, Cleveland, Obbo-Dr. G. W. STONG and IRAG JANINGA.
The pallie are informed that they have oppared their
New Kashishimset in Forst Data, and are now resty
Than new cliffs in of brick and stone, and fastly
staged to the purpose for which it is designed, it is
staged to the purpose for which it is designed, it is
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designed to the purpose for which it is designed. It is
the purpose for the purpose for which it is designed, it is
designed to the purpose for which it is designed.
The room an plasman, the water not not all anadeds,
formerformercommodium.

notions.

expense has been spared in its construction, and are determined to make it second to none in rameincilinies.

same:- \$7 to \$12 per week, according to rooms, and the required.

s: - \$7 to \$12 per week, an required.

patient requires two cosms cotton and one lines one woollen blanket, one comfortable, and six or

night cream towers.

All communications addressed to Dr. G. W. STRONG
Figure 1 and JENNINGS, M.D., Cisveland, Ohio, postpaid,
will receive immediate attention,
Dec 1 yr

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CINCINNATI WATER-CURE, five miles CINCIANATI WAFER-CORE, HYE IMMESS
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canne smooth; lost a great deal of flesh, and is now smill. Scrotlubus Still Rheums Fruption; and the smill smooth of the smooth of the smooth of the smill smooth of the smooth

there months, to feel as much bettermer, in the condition of the condition

12. Man—Consumption; ahandoned by the doctors: had liver-complaint, dispepsia, land a had cough; raised blood expectorations, weak, rash crisis, and got well; is now very flestly, and works hard productions and consumption; brought to us in 13. Girl—Consumption; brought to us in 13. Girl—Consumption; brought to us to try, we consented. Her pulse, which was 130, came to 100 in a fortingist; cough increased, amonth had a rash, with fever, grew better, and got well, and to-day is as hearty as one could living wonder to all the drug; declors in her region.

got well, and to-day is as hearly as one could got well, and to-day is as hearly as one could write the country of the Language of the Languag

mother brought it to us, and we cured it by
water-freatment. Juvasing Sore Mouth; very
long stauding; tried all sorts of remedies, grew
discouraged, disheartened, dyspeptic, emaciated, and threatened with consumption; came,
stad some mouths, and a sever critical action,
20. Man—young, tall, thin, feeble, consumptive; came, took treatment, had a crisis, and
is now stronger and better than ever before in
his life.

"Occupantion of Consumption; Uver-complaint, or

recovered, and is now well.

20. Man—young, tall, thin, feeble, consumption.

20. Man—young, tall, thin, feeble, consumption.

21. Man—young, tall, thin, feeble, consumption.

22. Man—young, tall, thin, the state of the man was a second and the what alied her, gave her up, tried this, that, and the other thing; was induced the property of the was induced the property of the was induced to the property of the was induced one year, and completely recovered the the was a second one year, and completely recovered the health, one freeded wire us.

23. (irl—Brouchitis and incipient consumption.

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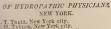
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