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HERE CONTRIBUTORS present their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PRAISE ALL THINGS" and to "HOLD FAST" only "TRUS GOOD."

HYDROPATHY

IN THE SPRING SEASON.—HOUSEHOLD TREATMENT.

BY JOEL SHEW, M. D.

It is the opinion of Hydropathic physicians generally, that the cool and cold seasons of the year are, on the whole, the most favorable for the majority of patients who resort to Water-Cure. It must, however, be admitted that *extremes* of weather, whether of heat or of cold, are alike to be avoided by the invalid; although, as a general fact, the extreme of cold will be found less pernicious to the constitution, than the extreme of heat. Thus, in a great city, or in the more healthy country parts even, the mortality from sickness may be great in the winter season; but it will, almost without exception, be found still greater during the heats of summer. We have then, as regards sickness, more to fear, as a general rule, from heat than from cold, and I may safely say a *great deal more*, although I am no advocate for extremes of either kind.



FOLDED WATER SHIRT.

There are several reasons why the spring months are a very suitable time in which to commence the use of water, some of which I will briefly state.

We are told, in the first place, by a majority of those who are ailing, that *they are apt to experience a feeling of lassitude as the warm weather approaches*. A reason for this is, that during cold weather, the vital processes of the patient, if he is not closely and continuously housed in overheated rooms, are carried on more actively, a proper degree of depuration and waste go on in the system, the result being high tonicity and

strength. But as the warm weather approaches, the same amount of food is taken, while the tonic effect of coolness being less experienced, the blood and fluids become overcharged with carbonaceous and other matters, and a degree of lassitude is the result. But this does not always happen, as there are several modifying circumstances to be taken into the account, such as air, exercise, light, &c., to be spoken of presently. But in those cases where lassitude is experienced in the spring, the tonic effect of water treatment is a valuable resort.

But the spring is not the period at which the greatest degree of debility is usually felt. It is during the hottest part of the year, in mid-summer, that we feel our vitality to be at its lowest ebb. Here is what, in our American climate, we may well call an extreme. Water is useful, assuredly, in such debility; but mid-summer is the time of all others, in which we have least to expect from the treatment; although to many it is the most grateful. Hence it is, that our "Cures" are so much crowded during the hottest weather, although some seek them at this time because of being driven out of the hot, unhealthy cities, and for the want of good air.

There is one class of patients—*such as have great torpor and inactivity of the skin*—who will find it highly favorable to commence water treatment as the weather begins to grow warmer, for then some degree of perspiration can, by reasonable exercise, be the more easily brought about. At such time a *crisis* will be more apt to take place upon the cutaneous surface, which, under proper treatment, is always to be looked upon as a favorable omen. Besides, also, *insensible* perspiration becomes, in warmer weather, increased, and a greater degree of purification is made to go on.

Another reason why the spring is a good season in which to commence water treatment, is, that the *invalid can spend more time out of doors*. Many are too weak to go out much, if at all, during the cold weather of winter; but as the days grow longer, the sun warming the earth and the air, rendering every thing mild and inviting in this latitude and climate, the invalid can the better avail himself of the advantages of change, air, light, and exercise, and thus, by the better and more efficient adaptation of the "curative agencies of nature," a more rapid res-

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DR. KITTREDEGE IN THE FIELD.—We are happy to state that Dr. E. A. Kittredge, the celebrated Hydropathic physician, has concluded to give up his extensive private practice, and devote himself entirely to the dissemination of the great principles of the Water-Cure by preaching the great truths of Hydropathy throughout the land, which he is eminently qualified, both by nature and practice, to do, and we cheerfully recommend him to the public; and we bespeak for him a patient hearing, being convinced that they will be the gainers by so doing, as the Doctor is not only an exceedingly instructive Lecturer, but an excessively amusing one.

toration of health will be experienced, or, if the case be an incurable one, *palliation*—an ever-important consideration—will be greater, and the sufferings in all respects less.

As appropriate for the present year, I may mention the fact that there are some—large number—I may say, in our cities, who need water treatment, or *Hydropathic hygiene*, if we prefer to call it such, because of their having been idle and housed up more than common, during the past winter. Thus have their bodies become weakened, in a measure; and if the "times" should prove more propitious, so as to afford the usual labor to such, the tonic effect of water would prove a very good help in restoring strength. As for weakness caused by hunger, there is not much of that, fortunately, in this country. *Tobacco, tea, and coffee*, harm the poor a thousand-fold more with us than the mere want of food.

Thus, then, there are various reasons why the spring is a favorable time for commencing a course of water treatment. At this season, when the weather grows, if possible, more pleasant and inspiring than at any other time of the year—the buds, the leaves, and the blossoms; the singing of birds; the skipping of lambs; the prancing of horses, and the joyousness of nature throughout, tend to inspire us with feelings of buoyancy, and courage, and hope, to battle with the "ills of life;" who would not if they could, avail themselves of the great advantages of this "new world" in the healing art?

But it is said by an objector, "the establishments are so expensive I can not go to them. I am not able to pay even one-half the sum that is required in concerns of this kind." I admit that the price charged at Water-Cures generally, appears large, although it must be acknowledged that the proprietors of such concerns are not found to be getting rich. Taken all in all, the business of Water-Cure is not a very lucrative one at present, for the reason that it is a reform, and reform is always attended with sacrifices, more or less.

Now I wish here to assert, although it is a repetition of what I have often before affirmed, that I consider the water treatment as being pre-eminently valuable as a DOMESTIC or HOUSEHOLD PRACTICE. True, the *scientific principles* relating to this method are as difficult and complex as in any other; but the *practise* may so far be comprehended by any person of good common sense, who will give his attention to the subject, that he may proceed, at least *safely*, in what he does. And this, surely, is no small recommendation—*to be able to do good in a given case, and at the same time be sure of doing no harm.*

Let then, I say, those who wish to commence a course of water treatment, and can not leave home for the purpose, at *once begin where they are*. Let them read the best works on the subject, and study especially the *PROCESSES* of the system. Let them begin at once with the rubbing wet sheet, (this we have before explained; see *Hydropathic Family Physician*, and the *cut*), which is one of the very best of all *Hydropathic appliances*, and at the same time *ABSOLUTELY SAFE*. And then the *TOWEL BATH*, one of the most valuable among all *Hydropathic and Hygienic resources*. Let these speak of it with as faithfully tried it. The sitting bath, (not too cold, at first), the wet sheet pack, the wet dress, the wet girdle, (of which see a cut and description in the work before referred to), the water drinking and the clysters, in their place,—all of these severally constitute a set of resources, which it would seem no one need, at this time, be at a loss in resorting to. The rules of exercise, too, let them be observed. Let it be remembered, moreover, that there are multitudes of invalids, all over our country, who *think they are very sick, but who need only a little regular bathing, and correct dieting, with CONSTANT and REGULAR EMPLOYMENT OF BODY AND MIND, TO CURE THEMSELVES.*

There is one safe and valuable appliance, well

calculated as a domestic remedy, not much used, but very safe and easy of application, which I am here tempted to explain. I refer to the *FOLDED WET SHEET*. It is a *wet sheet pack* in principle, only on a somewhat smaller scale. A coarse sheet is folded, first one way, and half of it wet and well wrung. It is then also folded the other way, which makes it four double. It is then wrapped about the body from the arm-pits to the knees, or as low as it will go. The person then packs himself in bed in such a way just as to be comfortably warm. He remains 20 or 30 minutes, as the case may be, or even longer if he is not too closely covered, and in such a way as to *smother* the body. A smaller sheet, and but one thickness wet, may be used if desired. After this "pack," the towel bath, rubbing wet sheet, or some other ablutio is observed. A great advantage of the folded wet sheet is, that the patient, if not a great cripple and very weak, can take it alone. As a great *poultice* in relieving pain, a tonic and a purifier of the system, it is invaluable.

One other thing relating to household management in cases of sickness I will here mention, and close. There are many who, when sick, think that something must be done at any rate. If they can not have water treatment exactly to suit them, they must have drugs. Or, if they can have water treatment as they would like it, and then find that it does not relieve them, as it were, in an instant—no matter how much and how culpably they may have transgressed in bringing on their sickness,—they must at once have calomel, opium, &c., as if their very life depended upon being poisoned. Now, I wish the reader to understand, even if it be for the hundredth time repeated, that there is not one case in a thousand of sickness, in which it is not better to avoid the use of drugs, even if nothing at all is done. Leave nature to herself by all means, rather than thwart her in her operations by poisons which can do only harm in the end. And then to see how utterly foolish some persons are when sick—some persons, too, who know the art of drugs—in saying, "I must have sleep even at the expense of opium, and no matter what the consequences; sleep I must and will have." And so of pain, we see too often, alas! among the sick, those who exclaim, "I must and will have relief; I will use opium, morphine, chloroform, any thing in the world to relieve my pain." So inconsistent are some people, and so little courageous withal, when pain comes upon them, they would almost tempt one to believe that they are scarce worth curing, and that the world would be quite well off without them.

WATER.

BY D. W. RANNEY, M. D.

WHEN oxygen unites with hydrogen, there is a flash of flame, and the result is water. Combustion, therefore, instead of causing destruction, is the grand agent in the production of that element, which is God's crowning gift to man.

In the great chemical laboratory of Nature, nothing is lost: the decay of seeds clothes the earth with verdure; and from the flame of combustion, however minute or great, has been formed all the water contained in the vast oceans, lakes, and rivers of the world.

Its formation by this process has been continually going on, from the time when the earth first revolved upon its axis, to the present time. Sold at times in the deserts for its weight in gold, its very universality prevents its due appreciation. In the very dawn of creation, as if in token of its vast value, "the Spirit of God moved upon the face of the waters." It flowed—a broad river—through Eden, and the land of Canaan was "a land of brooks of water, of fountains and depths of water, that spring out of the vallies and hills." It flowed from the rock of Horeb for the fainting Israelites, and an angel gave the crystal treasure to Elijah.

Water, from the earliest ages, has ever been regarded with feelings of reverence. The Egyptian worships the Nile, and the Hindoo bathes in his sacred Ganges. The Koran inculcates bathing as a religious rite, and the glowing imagery of the Greeks gave to every fountain a spirit. Every collection of water had its tutelary genius, from the tiny pool with its Naiad, to old ocean guarded by Neptune. The Romans adorned their baths, both public and private, with all the graces of architecture, and their emperors perpetuated their greatest triumphs in the enduring aqueduct. The corroding tooth of time has touched but lightly the wells, the pools, and aqueducts of the past; while the earth is strewn with the ruins of temples, of palaces, and monuments. The Moslem now waters his flocks at the well of Jacob, Jerusalem, with its temple, which once reflected the flashing sunlight like

"A mount of snow, tressed with golden pinnacles,"

has long since crumbled to dust; while the waters of the Pool of Siloam and Bethesda flow on as ever. The palaces of the Casars have mingled with the dust, and

"Sicilia's tomb contains no ashes now;"

while the aqueducts of the seven-hilled city yet continue to flow, as through a marble wilderness.

Wherever the Roman eagle conquered, baths were established, and those built in the second century in Britain, are now among the greatest remains of the Roman conquest.

The gymnasium and the baths fitted the hardy warriors who fought at Actium, and at the gates of Carthage. For six hundred years, Pliny emphatically records, Rome had no other physicians.

The remedial virtues of water, prefigured by numerous types in the sacred writings, early became incorporated in the experience and customs of mankind. The fanciful idea that there was a profane, whose waters would regenerate the human system, appears not to have been without foundation. The crystal element was clothed with imagery graceful as Undine, and the zeal of its admirers rivalled the votaries of Bacchus. The true nectar of Jupiter—the philosopher has contemplated it with rapture, and the poet has sang its praises:—

"Most blessed water! neither tongue can tell
The blessedness thereof nor heart can think,
Save only those to whom it hath been given
To taste of that divinest gift of Heaven."

Over one hundred years ago, Wesley published a work on water, which went through thirty-four editions. Thousands in all ages have admired it with the zeal of Pliny; but at the head of the long galaxy stands the name of Priessnitz.

A peasant of Germany, by intuition he discovered its hidden virtues; and the rugged mountains of Frievalden became the Mecca of the invalid. Over 18,000 patients have gone away from Graubunden, retaining in the magic virtue of water. His advice to his visitors was like that of the Prophet Elisha to the proud and leprous Naaman: "Go wash in the river Jordan, and thy flesh shall come again to thee, and thou shalt be healed." The increased appreciation of water is a subject of pleasure; and the time is not far distant when such an event as the introduction of the Croton would every where be celebrated with the honors of a conquest.

Water enters largely into all our rural scenes and enjoyments. In our early associations, the remembrance of the tiny cascade, which then excited our wonder,—the ramblings to find the source of so much beauty,—the sweetness of the draught from its mossy granite cup, is yet pleasant. How vividly the recollection of holding the old oak bucket, as it came up from the deep, cold well, with the words:

"How sweet from the green mossy brim to receive it!"
It is full of use and beauty, whether sparkling in the dew-drop, or glittering in the iceberg.
Nature's only solvent, water, is her *chanter's wand.*

Its pressure forms the rocks; by its aerial tints are painted on the glowing landscape, and even sunset is often rendered a scene of gorgeous splendor. Its power is seen in the dissolution of the different strata, in the formation of the wide delta and savannah, and in many a cave-worn labyrinth.

We see its sublime action in the surges of the Maelstrom, the sweep of the Gulf Stream, and the thunders of Niagara. Babbling in brooks from the hill-sides, flowing in broad rivers, or rolling its vast tides in the majestic main, it is a source of perpetual wonder and delight.

It casts a feathery mist in the early morn; it hangs in flowing drapery along the far-off hills; dances in the shower, and arches the heavens with its bow of beauty.—*Binghamton, N. Y.*

TO A WATER-CURE SKEPTIC.

BY DR. W. M. STEPHENS.

KIND READER:—We wish to say a few words to you relating to that system of treating diseases called *Hydropathic* or *Water-Cure*. You have never investigated the foundations of medical practice—never studied the action of the human system when casting out disease. You have unconsciously imbibed a belief in the curative properties of drugs, and from your earliest infancy you have been told, that diseases must, in some way or other, be bled, purged, vomited, sweated, blistered or poisoned out of the system. You have heard of the Water-Cure, and can not comprehend how water can cure all diseases, and you have made up your mind, that although water system may be good in some cases, it can not possibly be good in all, and you, of course, believe that those who entirely discard the use of drugs, *alias* poisons, are poor deluded fanatics—men who can have but one idea at a time, and who, blindfolded, ride but one hobby.

We have passed through this state of mind, and know all its phases. We thoroughly understand the agencies at work in society by which opinions are formed, prejudices manufactured, and superstitions perpetuated. We also know how difficult it is for men to change long-established and early-cherished opinions; to get out of the sphere of prejudice into the clear, serene atmosphere of truth, and to free themselves from the slaveries of superstitions. But it is a work that can be done, as thousands can testify. All it requires is investigation, in a candid, honest, truth-seeking spirit. We assert that your opinions are erroneous—mere prejudices, that your view of the subject is partial and contracted, and that upon a more thorough investigation you will become satisfied that *water, simple, pure water—when intelligently used, will answer every curative effort of the system in its struggle to overcome disease.*

Upon investigation you will find that the Water-Cure practice does not consist merely in cold-water bathing. It has grown into a system governed by laws and principles. Its effect upon the body are certain and determinate. Water is used in various degrees of temperature from 32° to 150° Fahrenheit, and in almost every conceivable mode, in order to produce a great variety of effect. The manner of its action upon the human body, and the various effects which it produces, require study and experience to comprehend, and more space to detail, than we have allowed ourselves at this time. We will mention a few of these effects.

By water we remove all obstructions to the natural performance of every function of the body. This effect (removing obstructions) is all that is claimed by the more candid portion of the medical faculty for drugs, which are emetics, purgatives and cathartics. It is admitted at the same time that these effects can only be produced by reason of the poisonous nature of the drug used. In removing obstructions, water produces

no injurious effect upon the system. It does not irritate, inflame, corrode, or produce any deathly or painful sickness, as all drugs of any power do; but it cleanses every part and organ, and gives to every new tissue to perform their functions. Water is also a diuretic and a diaphoretic, (producing sweat), and both effects are caused without the slightest pain or poisoning.

By water we regulate the circulation of the blood in a manner that it is not possible for any drug medicine to do.

By water we strengthen the nervous system and give tone and contractile power to every fibre in the body, which no medicinal agent in the universe can do permanently. All medicinal tones are followed, in a short time, by greater exhaustion.

By water we produce a greater change in the "elementary matter of the body in six weeks" than ordinarily takes place in two years—it being possible to cure some diseases only by removing and washing away the old and diseased body, and building up one of purer and better material.

By water every foreign and impure substance is washed from the body, so that the *basis* of diseases is removed; whilst all drug systems fill the body with foreign and unassimilable substances, which become the seeds of new diseases, which sooner or later appear to torture the unfortunate victim.

These are but a few of the effects which we produce by the action of water. But if all men were satisfied that these effects could be produced with an invariable certainty, drugs would be looked upon as useless and unnecessary, yea, injurious and poisonous; and all would resort to the Water-Cure as the most simple, natural and effective mode of acting upon the human body to regulate its functions and promote its health.

II. It will be found upon investigation that the Water-Cure does not consist in the use of water merely. Diseases not hereditary, have been caused by the violation of some law, and they can only be cured by the person being placed in harmony with law. He who expects to be made whole and still remain in his "sins," may as well expect to rise in Heaven by plucking a worm out of his nose on Mount Ossa. There is no such thing in God's universe as escaping from the consequences of our acts. Hence the Water-Cure teaches that before health can be obtained, there must be an entire conformity to Hygienic law. Whilst it holds out to no person an immunity from suffering when a law has been violated, it points to the goodness and benevolence of the Creator in so constructing our bodies, that they are able to eradicate and entirely cure so many and so great violations of Hygienic laws.

In Water-Cure we regulate the amount of air and exercise which should be taken; we pay rigid attention to the quantity and quality of the food; to the amount and kind of clothing; to the manner and habit of sleeping; to the temperature of rooms; and to the exercise of the mind and the passions. We allow no unnecessary expenditure of the vital power, but awaken it, strengthen it, and direct it against the disease. In some cases a cure can be obtained by leaving off the violation of some law. In these cases the time of recovery is shortened one-half or two-thirds by the Water-Cure.

III. It will be found upon trial or investigation that Water-Cure treatment is neither unpleasant nor inconvenient. When properly given, a bath is always followed by a feeling of comfort, pleasure, and increased strength. It renders the appetite keener, and digestion and assimilation is more active. It is accompanied with no nausea, no gripings, no deathly sickness, such as constantly accompany the use of medicines.

Life in Water-Cure, after the first few days, is one continued holiday. When properly given, a bath of business, life and health, are all laid aside and forgotten for a season. The patient joins in all the innocent amusements and sports which prevail there. He returns to the innocent pursuits

of his childhood, and enjoys once more his free dom from care, its innocent sports, its sweet sleep, its keen appetite and vigorous digestion.

IV. It will be found upon investigation, that the Water-Cure treatment is more successful than any other. It performs its cures, after all other systems have been tried and failed. In curing chronic diseases, it has performed wonders—almost miracles. In acute diseases it has been equally successful—invariably curing in a short time without any relapses or protracted sickness. Fevers, which last from four to six weeks, under ordinary treatment, are by Water-Cure reduced to one. Measles and Scarlatina are so successfully managed and thoroughly cured by water, that they are followed by *no sequela* or lingering chronic diseases. In the many diseases peculiar to the female sex, it has proved an effectual remedy. If it had never done any more than to relieve the sex of the many complicated, weary, painful and tedious sicknesses to which it is liable, it would merit the gratitude of mankind. This it has done, and much more. Childbirth, under its influence, becomes a natural and almost painless process, followed by no sickness or confinement.

Such you will find, upon inquiry, to be some of the advantages of Water-Cure. A deeper investigation will show, that it has a rational and intelligent philosophy for a basis—a philosophy as beautiful as it is simple and rational. It brings its followers back to nature, and when once in harmony with their laws, it showers upon them the blessings of health, contentment, and happiness. If we could indicate to you the path which leads to any of these, the object we purposed to ourselves has been attained.—*Dansville, N. Y.*

SLEEP.

"Tired nature's sweet restorer, balmy sleep!
He, like the world, his ready visit pays
Where fortune smiles; the wretched he forsakes—
Swift on his downward path he glides,
And lights on beds unsullied by a tear."

So sang the author of "Night Thoughts," when deep grief had driven Somnus from his couch. But this essay on sleep is to be physiological, rather than poetical. The functions of the human body are divided into two classes—the animal and the nutritive. The former must have more or less rest. At intervals the latter continue their action from birth to death, with but little modification. Under the head of animal functions we have sensation, voluntary motion, expression, and mental and moral manifestations. These all expend nervous energy more or less rapidly during their action, and hence there must be stated seasons of rest. During this period of reparation, which we call sleep, the voluntary muscles cease to act, the brain no longer appreciates, and all the functions of relation to the outer world are in a state of partial or perfect torpidity. The nutritive functions, such as digestion, respiration, secretion, and circulation continue their action from year to year, "both when we wake and when we sleep." For them there is no cessation, and but slight declension of activity.

Sleep, in the language of Poetry, is compared to death. Sleep is the torpidity of the voluntary organs, while the involuntary continue their action. Death is the torpidity and sleep of both. Sleep is the renovation of the organs of animal life. Death, their permanent suspension. The signs of the approach of sleep are always referable to the brain. The great nervous centre calls for rest and renovation. Noise and mental excitement tend to keep the brain aroused to activity, but at length it becomes irresistible, and sleep draws on, even when the internal effort and external surroundings conspire to ward it off. So the fatigued soldier has often fell asleep amid the discharges of artillery.

An engineer has been known to go to sleep

within a boiler, whilst his fellows were beating on the outside with heavy hammer.

In sleep, as in every thing else, we are influenced by habit. If accustomed to sleep where it is still, we are greatly disturbed by any noise. If accustomed to a noise, we wake when it ceases. The proprietor of vast iron works sleeps sweetly within the sound of sledge-hammers, forges, and blast-furnaces; but awakes immediately if any interruption occurs during the night. The motion of the cradle and the singing of the nurses, which are soothing to an infant accustomed to that sort of quietude, would awake any child unused to them.

We have the story of the snoring husband, whose wife tried in vain to sleep when her "guide man" was gone, until "Betty, the Cook," he thought that the sound of the coffee-mill was similar to that of her snoring master, and "so kept that agoing" until it soothed her mistress into a sound sleep.

The need of sleep makes all animal functions more and more obtuse, until they finally fail to act. The power of volition over muscles is lost, so eyelids fall; and if sitting up, arms drop and nodding ensues. The senses become enfeebled. Sight fails first, then taste, smell, hearing, and lastly, tact or touch.

During the first sleep there is the most perfect suspension of the animal functions. Before morning some of them are less asleep, and more excitable or easily aroused. Hence, the time for burglary is in the fore part of the night, or *was*, when people went to bed in season. Of all the senses, tact or touch is the most easily awaked, so we change our position if we do not lie comfortable, and draw up the bed-clothes if we are cold, even when we are in every other respect asleep.

During sleep respiration and circulation are retarded, perspiration less active, and digestion more tardy. Hence the waterer wants a second supper.

Who sleeps, dines, is an old proverb. So we eat three meals within twelve hours, and none for the next twelve, and then feel less hungry for our first meal than our second. Such is the "refreshment" in good sleep. When sleep is complete, the brain seems to be in a state of perfect rest; but when only partial, as in slumber, ideas fit in a disorderly manner, constituting a sort of delirium.

During this kind of incomplete sleep, the external sensations are not wholly at rest; hence, impressions made on them may excite the most exaggerated representations in the brain, in the shape of dreams. So Des Cartes thought the bite of a flea to be the puncture of a sword. An uneasy position of the neck may give the idea of strangulation. An undigested supper may cause the sleeper to feel as if a heavy weight were on his stomach. A person having a blister applied to his head, dreamed he was scalped by the Indians—a slight mistake.

When we have had sufficient sleep, our nervous energy is so recruited that we feel in us an amount of energy which asks for something to do. As to the time required to accomplish it, it varies with age and occupation; then, too, there are individual differences. Some require from eight to ten hours, others live with only three or four out of the twenty-four. Those of active minds sleep less than the lazy and listless, and wear out sooner.

It is a common remark that women require more sleep than men, and still, it has also been long observed, that she will best endure prolonged watching, or rather, we might say, will "keep awake the longest." The female frame is more excitable than man's, and her affectional nature more active; so where her feelings are enlisted she will watch longest and most untiring, but, in the end, may suffer as much or more.

Does not the anxious watching of many a mother help to bring the wrinkles and gray hairs prematurely, and make her old in look while her husband is still young? The fact that an indi-

vidual can keep awake, or does not want to sleep, is in no wise proof that they do not need sleep; but rather indicates an irritability of the nervous system, which nothing but sleep can cure. True, sleep is as natural and as needful as the waking state, or as eating. It is supposed that persons can live longer without food than without sleep. A proper amount of it is indispensable to prolong life or preserve health. Especially is it required to keep a proper mental balance, a healthful state of nervous system, and to maintain muscular power. According to a recent writer, who for years had charge of a Lunatic Asylum, want of sleep is the most frequent and immediate cause of insanity.

When weary in body and brain, whether worn by manual or mental labor, sleep is the safe and sure panacea. It is always

"Man's rich restorative; his balmy bath,
That supple, lubricates, and keeps in play
The various movements of that nice machine
Which asks such frequent periods of repair."

Such is not the sleep which drunkenness, narcotics, and cordials bring, but such as nature gives to those who invite and accept her gift.

WATER-CURE IN HOME PRACTICE.

BY DR. WILLIAM S. DUSH.

WATER-CURE is practiced to a very large extent outside of Establishments. While exclusive Water-Cure Physicians are few in number, it is adopted to a considerable extent by practitioners of other systems. Allopaths who scorn quackery, are as much in favor of "cold water" as anybody, and resort to its use in desperate cases, when they have proved the utter uselessness of drugs. Eclectics, in obedience to their motto of choosing the good from all systems, wish the public to understand that Water-Cure makes an excellent appendage to their system. In Homeopathy we find the Western or liberal school in earnest conflict with their Simpliciter brethren of the East, on the question of recognizing Water-Cure as a supplement to sugar pills. Thus, physicians of the drug systems, ALL are anxious to drag in water as an antidote for the short-comings and misdoings of drugs.

Why such a change? Because ample experience has proved the absolute folly and perniciousness of drug-taking. So utterly futile for all healing purposes are drugs, that even drug-doctors have not a single drug specific upon which they can place reliance. No drowning man ever caught more eagerly at straws, than they catch at any remedies. If they have faith in the old, why transfer their patronage and confidence to new drugs? If, too, the Eclectics, with their concentrated extracts, can successfully cope with all diseases, without injuring the constitution, why invoke the aid of Water-Cure? If Eclecticism is so reliable, why approve, on the bedside of the sick with fear and trembling, as a professor in an Eclectic College admitted he did? Homeopathy claims, above all others, to be a specific system. Its remedies are numerous, minute, infinitesimal; their relations to symptoms of disease definite and constant, operating under one grand law—like cures like. Water-Cure does not act under their grand law, and can form no part of such a system. Hence the adoption in either acute or chronic diseases of Water-Cure by Homeopaths, is a virtual confession that their grand law is partial and defective, and that drug preparations neither specific nor reliable.

If the three competitive drug-systems stand so low in the estimation of their own champions, is it any wonder that the people should have a still wider distrust? Experience first awakened it. Then followed the discussion attendant upon the introduction of new methods, which, defying

the frown of antiquated error, claimed merit because they were reasonable. The utter empiricism of orthodox medicine was proven, and the laws of health explained to the people. The glimmerings of truths first enunciated by Priessnitz have dispelled in some measure popular ignorance. Still, very few understand the laws of health, so as to live understandingly, or treat diseased conditions of the body upon rational principles. Mistakes are made, and mercenary doctors rejoice at it.

When Water-Cure is tried by the doctors, they are prone to mistakes. An Allopath seeks to learn of Priessnitz and his disciples, "what always was known to the profession," and uses "cold water" at random. If he cures, his drugs generally get the credit; if he fails, no one is more wide-awake to the dangers of Water-treatment. Yet he takes no further pains to inform himself about practical Water-Cure, till a new emergency drives him to it. So it is with other classes of drug-doctors. I have heard an Eclectic denounce Water-Cure as an unsafe, one-idea method of treatment, stating that he had tried it, having used cold water for an antiphlogistic purpose in measles, with no benefit. The time of taking a bath, its duration and temperature, and the condition of the patient, are points overlooked by such men.

Like doctor, like patient. The people join the doctors in their distrust of drugs, and hope for something new and certain in its action. But they, too, in far too many cases, use water ignorantly. Their errors arise from their ignorance of what needs to be done in disease, and of the manner in which water acts. Few persons have correct ideas of the functions of the human body, and no intelligent conception of what should be done to remedy a diseased condition. Cases reported in the JOURNAL, are the basis of treatment, perhaps, without any regard to the difference in the constitutions of the patients, or the causes which produced the disease. They make, as may happen, a successful hit or disgraceful blunder. Nothing haunts them so terribly as the idea that they must do something, or nature will succumb to the disease. They have no faith in nature, and must have heroic processes, for the water, perhaps the oldest obtainable, is used. If a case of fever, pack is added to pack, and head-pouring baths follow each other in quick succession. No time is given for the recuperative powers of the system to rally, and they are exhausted. Not long since, in one of the "rural districts," a young man was attacked with typhoid fever, and treated with water, by a relative, a botanic physician. Pack was piled upon pack, bath followed bath, and no rest was given to the system. The fever ran forty days, and the patient died.

Whoever uses the Water-Cure processes, should have a distinct perception of not only what the case requires to be done, but also on what principles these methods act to accomplish the desired result. Without this knowledge, all attempts to aid nature will be bungling, ill-advised, and empiric. To attempt to use water in the same manner in which drugs are used, merely substituting it for them, is a species of quackery and routine practice, which can end only in positive evil. Far better is it to trust to nature, than to blunder along with irrational treatment.

Another source of error is the indefiniteness with which cases are sometimes reported, and directions for treatment given. A case is sometimes reported for the JOURNAL, when the treatment described is the converse of that used by other physicians. For instance, a case of cholera is reported. It is stated, for the diarrhea, a warm sitting bath was ordered, but no reason given for using warm instead of cool sitz baths. "There was an intense thirst, but I did not allow any water to drink," says the writer. Yet no reason given for differing from other Water-Cure doctors, and many Allopathic doctors, who advise drinking according to the thirst. Why prohibit a natural demand for water? Na-

ture, we are often told, is to be trusted in acute diseases, and her indications followed.

In the practice of Water-Cure, Friessnitz is not an infallible guide. His treatment, vigorous and heroic in character, was guided by his own instincts rather than based on scientific principles. His sphere was action rather than thought. His success was great, but it gave him no right to pass unquestioned, as to the propriety of his methods. Hence, whoever quotes Friessnitz's methods to us, as the best, should logically prove their superiority to others. In a case of typhus or nervous fever, we ordered fifteen wet-sheet rubbings, with three or four head-baths, daily. The fever still increasing in spite of this, for two days, he "ordered then daily twelve wet sheets, barely wrung out, and but very slightly covered over; four, of a quarter of an hour each, to be taken at a time, and to be succeeded by a shallow bath for a quarter of an hour. Under this treatment the fever entirely left him in the course of a fortnight, so that the treatment was reduced to three wet-sheets daily, and he was out again before the third week was over."

To copy such treatment in America would be unwise. Allopaths have treated such fevers on all conceivable plans, and have had the best results when they gave no medicine, and used tepid sponging and water-drinking. Homocaths have better success than the old school, in typhoid fever, a result attributed to the lack of positive medication. Dr. Jennings and his followers, who discard all interference with nature, point to numerous cases of typhoid and typhus fever, which terminated successfully without aid. The lesson to be learnt from these facts is, that nature can be trusted in acute diseases, that the aid rendered her should be mild and well-considered. Far better is it to rely on tepid sponging and water-drinking, to allay the general fever, and bandages, and small cool injections of water, to check the tendency to ulceration of the bowels, than to use frequent packs and pouring baths upon the head, as some have done in home practice, to the prostration of the vital powers.

It is universally admitted in theory, that we must look to the vital powers of the human system for healing, but in practice the reverse is too much the case. Nature is thrown into the background, and the result she effects attributed to the heroic means used. On every hand special medicaments or methods are invoked, lest nature's efforts prove abortive. Instead of expecting health to be regained, only according to fixed laws of the human system, some irrational, unnatural, or better miraculous way is chosen. Bread pills have wonderful efficacy, if just imported from China, and no less miraculous are starch powders fresh from the laboratory of some distinguished German chemist. Humbug and charlatany rule the world of drug-don.

This state of things is partly due to force of habit, partly to an ignorance of the causes of disease, and the true principles of cure. The people have trusted to the parson their spiritual welfare, and consider themselves guiltless so long as they obey his commands. He frees them from all responsibility for physical transgressions, because

In Adam's fall,
We sinned all.

Are they sick? God chasteneth whom he loves. Does a child die? No matter whether it is dragged to death or too scrofulous to live, the same cant is heard,—"God has taken the idolized child away, that the parents might transfer their affections from it to Him." So parsondom professes great reverence for God, but blinks at his laws, preaches fidelity to Him, but infidelity to them. What better can we expect of a ministry, the majority of whom live in continual violation of the laws of health? Nor do the people fare much better at the hands of the doctors. Their speech has been from time immemorial, not to *treat* people, but to *cure* them. Not to prevent disease, but to drug it. As well might you expect a juggler to explain the secret of his art, as

the doctor of the drug-school to give the public the benefit of his wisdom.

Some people talk as though the all-wise God they reverence had conspired against their physical happiness, turning every element of the material world to weapons against it. The climate or water, the deadly miasma and unseen courses of pestilence, are accused as the sole causes of disease. While the artificial and false habits of life, ill-proportioned labor, and ill-chosen diet, excessive use of stimulants, and sexual excesses, which lie within the control of man, and are the real causes of disease, are passed by as unworthy of notice. The torpid livers, deranged stomachs, diseased lungs, and shattered nerves, which form such a staple of talk on every hand, are no bestowment from the Creator, but the fruits of human misdeeds.

Readers of the WATER-CURE JOURNAL can confirm this statement from their own experience. The disuse of pork and coffee, has wrought in many of them a freedom from sick headaches, biliousness and fevers. A physiological life improves the health. Disease attacks less frequently, and is more brief and yielding. Prevention is better than cure—safer and more feasible. Hence, where no Water-Cure physician can be had, the true policy is, to study the laws of life, and live up to them, thus attaining the highest degree of physical and spiritual development. When, in spite of this, disease does invade the hearth-stone, place your faith in the healing power of nature, select your methods on rational principles, and apply them with judgment and discretion. Use no hap-hazard treatment, but have a reason for all you do. So will health crown your efforts, empiricism cease, and a rational system of healing acquire its true position.

Dietetics.

DIETETIC USE OF STARCH.

BY G. H. TAYLOR, M.D.

THE seeds, roots, and other portions of plants useful as food, abound in starch; the nitrogenized principle being usually in considerable less proportion when the two are associated. Woody fibre, or lignine, though nearly identical with starch in ultimate chemical composition, is yet a stable compound, and quite insoluble by any ordinary solvent, while starch being laid up in those portions that are designed to perpetuate the plant in a future season, or in a succeeding generation, is capable of readily suffering such change as the uses of the plant require. It acts a similar part in serving as food for animals, and it is an inquiry of great physiological interest, *how*, and by what process of change, it may become thus useful as animal food.

It is well understood that the animal is sustained, by means of the tissues of which it is composed, being capable of appropriating such matters from without, as the performance of their functions require. These constitute its food, of which the alimentary canal is the receptacle. But whatever is included in the boundaries of this canal is *outside* of vital tissues; and in order that aliment shall pass inward, and through its membranous walls, which are poreless and present no open offices as absorbents, it *must be rendered fluid*. Hence, vitality provides, in a manner analogous to the ordinary processes of growth, secretions adapted to render soluble whatever substances are fit for food, and in just the proportion that the requirements of the body demand.

And as articles of food are of diverse qualities, they are made to pass through an elongated tube, that all the components may be successively acted upon by different influences.

The elements of the food of man, from whatever source they may be derived, will always consist chemically of a mixture similar consist-

tuents of two general classes: albuminous matter, as gluten, fibrine, casein, are conjoined with the oils, starch, the sugars, &c. All of these principles seldom coexist in the same specimen, and it will generally be noticed that these composing the latter class, mutually displace each other, and that some one principle of the class will predominate. The oils occur in animal food and in some seeds. The cereal grains and the potato are rich in starch, the beet, and turnip, and the corn and sugar-cane stalk, previous to ripening, and fruits, contain sugar, to the exclusion of amylaceous substance.

Now, the animal derives his existence more or less directly from the organized product of the plant; and if we study nature attentively, we shall see that she ever exhibits the most fostering and kind intentions towards all the different tribes of sentient existence. The forces of which the organs of the animal are the instrument, though ever the same in *quality*, are ever fluctuating in *amount*; hence the various provisions that exist in the system to compensate the indications of our ignorance, in the choice of means of continuing them in operation. Man is directed in his physiological course, at first by the gentlest motions, afterwards by severer pains, toward a conduct of rectitude. We will inquire what relation *one* of the usual constituents of food has to the digestive apparatus.

The mouth is the vestibule of the physico-chemical laboratory, and the style of introduction that the food receives here, will materially modify the deportment of other vital parts towards it; and will even determine the relations of friendship or enmity, as the case may be.

A part of the business of the mouth is obvious. The food is crushed, comminuted, and thoroughly intermixed with the juices that are freely poured into the buccal cavity, and much atmospheric air is entangled. The mechanical preparation that the food thereby gets, is not the only or most important object effected. The juices of the mouth come mainly from the three pairs of salivary glands, that, like other secretory apparatus, act in response to appropriate stimuli, these are the contact of food and the motions of the mouth. These juices continue to flow so long as there remains any food for it to mix with. The food is retained in the mouth so long as it requires moistening, and hence the amount of saliva.

In addition to moistening the food, the object of these juices is to perform a *true digestive act in the mouth*, by so changing strictly substances as to render them soluble. In a word, starch is converted into a grape sugar. It will be recollected that these two substances differ in that the former is insoluble, while the latter is capable of passing the digestive boundaries. Chemically, they differ only in that the sugars contain an additional amount of the elements of water. This addition is the change that starch readily suffers in contact with the buccal secretions. This change of starch to sugar is readily effected by art, and is constantly going on in the laboratory of the plant. The juices that are going to form the starchy seed, are often eminently sweet, and in the ripening of fruits and in the germination of seed all the starch contained in the fruit or root, is changed to sugar. The action of saliva is to convert starch into grape sugar. This, to the chemist, is readily proved.

We can collect the saliva from the mouth, by means of holding the open end of a test tube (a vial will answer) under the tongue, and permitting the pellucid and slightly viscid fluid that readily comes from the glands, to flow into the open tube or receptacle. If now we mix the saliva thus obtained with an equal quantity of a solution of starch, (starch paste), it is *immediately changed to grape sugar*. The change is instantaneous, with every portion of the starch that comes in contact with the secretion.

As the Hygienic deductions dependent on this statement are of great consequence, the reader may wish to verify its truth for himself by means of the appropriate chemical tests.

A test liquid may be made with sufficient accuracy, by mixing equal parts of a solution of sulphate of copper (blue vitriol) and of liquor potassæ. A decomposition takes place, a hydrated oxide of copper being set free of a bluish white appearance. If, now, a small portion of this be added to a solution of honey, (grape sugar) the copper is still further reduced, and a deep orange precipitate is formed, (sub oxide), which is characteristic.

Chromate of potash, with an excess of potash is also a good test of grape sugar, affording a green precipitate. Iodine is a delicate test for starch, and the mixture of saliva and starch may be tested for the starch, and it will be found to have disappeared, showing conclusively that contact with the saliva has caused the starch to take four atoms of water, and thus change its chemical and physical characters, so as to become easily soluble.

It might be here mentioned, that the pancreatic juice acts in a similar manner upon starch, but no other animal secretion or tissue will thus act. It is plain, then, that *so much of the starchy matters of food are rendered soluble and enabled to contribute to vital uses, as the system chooses to provide a solvent for, and no more.* Hence it is that the man who feeds upon potatoes alone, even, can assimilate all the albuminous portions of his ingesta, and just so much of the abundant supply of the non-nitrogenized element as his necessities require, and no more. It is found that the excrements of such contain starch. It has only acted to distend in a wholesome manner the canal through which it has passed, and thus stimulate its proper functions. The digested portions are further changed to lactate of soda, and are finally eliminated as carbonic acid and water, through the medium of respiration.

It is evident that whatever sugar is used as food, *displaces the use of so much starch.* Sugar is already in a condition not requiring the aid of the salivary solvent. Suppose, now, that sugar in some of its forms be largely added to the already bountiful supply of the starch of food, and that the salivary fluid continues to perform its wonted act upon its legitimate object, and suppose, further, that the respiratory necessities are at the same time abated, by sedentary habits and heated apartments, is it not abundantly evident that the blood and secretions would be loaded with a large excess of hydro-carbons? And this is precisely the condition of seven-eighths of the people in the community. And when the hydro-carbons of the blood are knocking at the door of every outlet of the frail tenement, by inducing diseased action, how strange their presence is never rightly interpreted! The mucous membrane of the stomach, throat, &c., or the liver become congested, in an effort to secrete or excrete more than is their due; pain, inflammation, and derangements of various kinds supervene, telling of outrage; that is strangely interpreted as the infliction of providence, rather than the infractions of His will, that are thus plainly written in the very elements of our physical being.

It is well to remember, also, in this connection, that the use of sugar has a direct relation to that of the *oils.* These latter substances find a more ready access into the blood, and scarcely require digestion, and will invariably displace an equivalent amount of the amyaceous and saccharine element. Sugar, *unlike oils and starch, must suffer a speedy change in the stomach if not readily received into the circulation.* And the acid product of its decomposition is certain still further to irritate the stomach tissues, upon which it acts as a foreign substance. It will also assist in producing ferment, and propagate the same condition to the succeeding meal, and through succeeding time, till arrested by intelligence, or accident, or disease of the whole body, and ultimate death.

We need never go far to find those of sanctionous visage, who will talk long and eloquently of the immutability of the divine law, and who yet practice on every day of their lives

the most flagrant desecration of that portion of it that relates to their persons, and by their example teach others so. We believe the health, and morals even, of communities are suffering more from ignorance of the doctrine of nutritive proportions, than from all other causes.

WHOLESOME FOOD.

ALL admit that fresh air and pure water are excellent. Even persons who are injuring themselves by unnecessary confinement in-doors, praise fresh air. Most, if not all, allow, that water is the best drink to quench thirst; it is unnatural to drink for any other purpose. Water is not only the best drink to satisfy thirst, but it is better than any other to purify and invigorate the whole man, morally as well as physically. Stimulating drinks, especially medicinal ones, at best, but temporarily increase the power of the system, only to permanently weaken it. This is trading on borrowed capital at a ruinous rate, especially for children and invalids.

All agree as to the importance of wholesome food; but as to what is, or is not, wholesome food, the diversity of opinion is so great, that it has passed into a proverb with some, that what is one man's meat is another's poison. There is some reason for this, in the fact that different men sometimes require different food, and also that the same man sometimes needs a change of food. Notwithstanding these facts, nature has furnished us with an unmistakable rule by which we can always determine whether an article is, or is not, wholesome for us. If we mistake not, the rule is this: any thing is wholesome in proportion as it supplies a necessity of our system; and, as might be expected from the goodness of the Creator, in proportion as it does this, will it be palatable to us. All unpalatable articles are unwholesome; no matter how stealthily they may be smuggled into the system.

Nature requires us to eat only palatable things, as appetite demands them, and not as some one else may fancy to mix them. And when we have no appetite for any article, she bids us to fast till we get one. It will do us good to allow our abused appetite time to recover itself. We shall not need to fast many days, at the furthest, before we shall have an appetite that will enable us to enjoy pure articles, more than we formerly did mixed ones. Unbelievers, try it.

The tendency of eating mixed food is to blunt the sense of taste, which, of necessity, lessens enjoyment. As one evil always begets others, it is not surprising that eating mixed food tends to drinking mixed beverages—the evil of which may not stop with this life. This is the broad road the multitude delight to enter; but, alas, how many find, when too late to retract their steps, that it leads only to ruin. Mixing food deprives us of one of our greatest blessings—the power to know whether we are eating wholesome food. Inferior, partially decayed, and other unwholesome things, are every day disguised, by artfully mixing unpalatable condiments with them, so as to form a palatable compound. This is the great art of modern cookery. Is it not an honest and noble art for Christian women to practice and teach their daughters?

While it is evident that nature never intends us to mix food before tasting it, it is evident that she intends us to cook some things, but not all. Every thing that is made more nutritious and digestible by cooking, should be cooked so as to develop these qualities as fully as possible. It is still farther evident, that nature intends us to cook some things, for if we do not, we shall be obliged to waste several hours a day in tediously macerating hard seeds and roots, in order to prepare them for proper digestion. The wisdom of their being produced hard, and so requiring to be cooked, is very apparent, when we consider, that in the nature of things, they must be hard, to keep through the year. Farinacea, vegetables, and dried fruits, need cooking.

Nature condemns fine flour, because that has injured the wheat by destroying much of its vitality in the excessive heating which it receives in the powdering process. It is still more injured by being robbed of some of its most valuable flavoring, nutritive and digestible properties, which, strange as it may seem to some, are all contained in the fashionably-despised bran.

All of the wheat should be cooked. It can be done best by having it carefully ground—not pulverized—and then boiled, or made into unleavened bread, which is more nutritious, easier digested, and more palatable to one accustomed to it, than any other. Fresh steamed, it is far more palatable than fermented buckwheat cakes, or raised bread of any kind.

Fermented bread is very pernicious. Fermentation, besides otherwise injuring the wheat, changes the sugar it naturally contains into carbonic acid gas and alcohol—*thus converting nutriment into poison.* Some are fanatical enough to believe that eating fermented bread prepares the appetite for fermented drinks, especially when assisted by wine sauce, brandy-flavored pies, and preserves, and all the exciting condiments that are daily used by the multitude. Nature, being inexorable, demands that the loss occasioned by fermentation be supplied to the system; consequently few persons relish fermented bread, unless it is spread with something nice. They are right in thinking that it needs improving; but as they know not its defects, they can not apply the proper remedy. Of course their additions make an inferior thing still worse. Is it any wonder that men frequently eat too much, when they attempt to satisfy nature with unsatisfactory things?

Failing to satisfy nature with artificial food, the next step is to try artificial beverages. The more prudent go as far as they dare in this direction, and pass the alternate excitement and depression. Every thing is made to depend on excitement—business, pleasure, and even religion. Is it strange that most persons are strangers to that peace of mind that comes only to them that live rightly—naturally and morally.

The best fruits are as wholesome as they are delicious: the more delicious, the more wholesome. Inferior and unripe fruits of all kinds are unwholesome, in proportion to their unpalatableness; they are better when cooked, but best when let alone. It is great praise for apples and grapes, that men have not yet sufficiently perverted their tastes, to need these most wholesome fruits seasoned, before they can relish them. Most things must be seasoned, or they are unpalatable to blunted tastes. Even delicious strawberries are sometimes seasoned, and peaches are, sometimes. *There are but two ways that nature approves to increase our enjoyment of fruits, and, in fact, every kind of food: improve them by better culture, and our own taste by living more naturally.*

Palatable fruits are an excellent medicine; just to the extent that they are craved—no farther. Even bowel complaints are more permanently benefited by palatable fruits, than they are by unpalatable drugs, or constipating food. All drug-doctors would cure more, and kill less, were they to prescribe fruits instead of poisons. This, however, is too much to expect of human nature; it would dispel delusion, and then the people would see that nature has not given doctors power to grant indulgences to violators of her laws, by caring (?) them with poisons, without reforming them.

Omitting the discussion of the meat question, we will only make a few remarks about pork. Nature condemns it as an article of food, for it is too gross to be palatable. Were it not for seasoning, none but the more grossly depraved, or starving, could relish it. Swine's flesh, more than any other meat, produces impurities in the system, and eruptions on the surface. It tends to develop scrofula and other diseases common to swine. Nor does the injury it does the body

stop there; they that think so might learn an important and highly practical lesson concerning the influence food and beverages have on the mind. Even the raising and butchering of hogs is degrading to the higher nature of man. It is a fact that all concerned are injured by swine. It is a wise arrangement, that when one suffers, all suffer. Swine are useful where nature placed them—in the forest—to improve the soil, till man shall improve it, and exterminate them; which they will invite him to do, by their appearance and odor, which, naturally, are much more offensive than they are as we see them, after long cultivation.

Eggs are unnatural food; they are not essential to our health or enjoyment. However, more can be said in favor of them as an article of diet, than is true of any other kind of unnatural food. When slightly boiled, they are quite palatable without seasoning—nature's warrant for using them—and more easily digested by most weak stomachs—it is very unnatural to have weak stomachs—than some kinds of natural food,—beans, cabbage and nuts. Eggs are too nutritious for their bulk. However, this can be corrected, by eating at the same meal with them more than usual of apples, potatoes, or something else containing much bulk and little nutriment. Eggs are objectionable because they prevent enjoyment. If they are not positively injurious, they are so negatively, by preventing us from enjoying more palatable and better food; so that after all that can be said in favor of eggs for food, they can only be regarded by natural lovers as unnatural and inferior food.

Milk is our natural food before we get teeth; afterwards, we enjoy our food more to chew it well. We enjoy drinking water more than milk when we are thirsty, and that is the only time that nature allows us to drink, with real pleasure. Cows' milk is the natural food of calves. It is unnatural to force cows to give more milk than will support their own young. It is very unnatural to kill calves to get cows' milk; and it hurts man's moral nature to do so. In proportion as our finer feelings are cultivated, will the killing of inoffensive creatures be repugnant to us. *Man's natural diet requires no one's injury*; but, like all other natural things—used naturally—blesses all, producers as well as consumers. This truth will be more and more apparent, as farmers avail themselves of the benefits which science offers them. Thanks to a cheap press, important facts—which no farmer can afford to be ignorant of much longer—are being rapidly and extensively circulated among them.

Butter is a very unnatural product—almost as unnatural as alcohol. Nature decidedly condemns it; for it is too gross to be palatable. The gross flavor of fresh meat can be corrected by salt; but the gross flavor of butter can not. Before it can be relished, it must be served the same as alcohol—mixed with something good, or at least tolerable. It is about as natural to improve wheat with salted grease as it is to improve water with alcohol. Buttered food is always more difficult of digestion than the same food is without butter. And as the Creator is wise and good, hurtful food can not relish as well to depraved tastes, as healthful food does to undepraved ones.

It does not speak well for a man's acuteness of taste, that he needs something unpalatable—unwholesome mixed with wholesome food, before he can relish it. It looks as though he had sustained a loss by pampering his appetite. The truth is, the world is governed so wisely and so justly, that wrong doers, of whatever grade, always defeat themselves. Their success is delusive.

Salt is the favorite condiment that is mixed with every thing but fruit. It is indispensable to a perverter of nature. It overcomes the naturally gross flavors of flesh meats; which nature intended should deter man from eating them. Salt, of course, very readily overcomes the naturally delicate and exquisite flavors of vegetable

food, which are regarded as insipid, by a taste educated to relish so acrid a flavor as salt imparts to food. So that the sad fact exists, that most men do not relish the food that the Creator made expressly for them.

Salt is doubtless, very useful in its place; but that is not in the human stomach. This is conclusively proved by the fact, that it is extremely unpalatable. The only persons who ever succeed in relishing it, even in small doses, are they who have accustomed their tastes to the flavor of salted food. The experience of all who have tried the experiment, is, that the longer one abstains from the use of all salted food, the more distasteful it becomes. This is irreconcilable with the idea that it is necessary. For the longer one abstains from necessary food, the stronger his appetite becomes for it. Were this not so, a man might starve amid plenty. How forcibly this shows the protecting care of the Creator.

Tobacco, like every other poisonous weed, was doubtless made to serve a useful end, which is not done when it is put into a man's mouth. This is proved by the fact that it is very unpalatable, even much more so than salt, alcohol, or butter. They can be swallowed with a tolerable relish, when they are mixed with something wholesome; but tobacco can not. It must be smoked or chewed, and as the saliva forms, it must be expectorated. Why this great waste, if it is good? Nothing else has to be treated thus.

The mode of learning to use tobacco is enough to condemn it. One must either commence its use with the greatest caution, or be made sick by it. And always, determine to overcome nature's repugnance to it, by persevering till success is achieved. Man's bravery is worthy of a better cause than opposing nature. It is always a losing business.

Our evil habits, the use of tobacco. This is not the place to enumerate all the evils of it. A glance at a few must suffice. It is so powerful a narcotic that it deadens the sense of taste, so that food must be highly seasoned—which, again, causes other evils, before it can be tasted. It keeps the whole system in an unnatural condition, by alternately exhilarating and depressing it. Of course, every exhilaration is followed by a greater depression, so that the necessity for increased indulgence is always felt. Poor slave of a depraved appetite: no wonder you discourage your wife and children, and young friends, from imitating your bad example. How selfish it looks to see a man in a family use tobacco, alone.

Tobacco injures man morally, as well as physically. Its use always develops impurity in the mind. This is just as true of the minister as of the rowdy. The great care is taken to keep the purity of thought finds vent in vulgar expressions, and worse actions. Using tobacco prepares the appetite for alcoholic beverages, which are abstained from, only where restraining influences of a powerful kind are applied. The use of tobacco is, from beginning to end, only evil, and its victims generally find it to be so; when, alas, it is too late to help themselves. It makes a greater slave of a man than alcohol does. A man may leave off using that with less difficulty than he can leave off using tobacco. It is the hardest thing to learn to use, and the hardest thing to discontinue using. This is a beautiful arrangement of nature, or rather the author of nature; and it ought to deter all sensible persons from ever commencing its use.

The mind, as well as the taste, has to do with our relishing food. Were food and drink "delicacies" containing unpalatable articles generally regarded as unwholesome, and the poor were obliged to live upon them because they were cheap, they would despise them, just as they do now wholesome food for the same reason. Most men despise wholesome food without knowing any thing about its taste. Not one man in a thousand ever tasted pure wheat bread. And if one should, he would not like it, if he were preju-

diced against it. Thanks to a cheap press; the people are being instructed in the nature and effects of natural and artificial food and beverages.

Nature heeds not the distinctions of men. She requires that all—high and low, rich and poor, good and bad—should eat only the most wholesome food, and drink only the best beverage, and eat and drink only to satisfy hunger and thirst. Is it necessary to add that, in proportion as we obey, we shall enjoy life?

The world is ruled so benignly, that right action in one thing helps to right action in every thing. In proportion as we obey nature in eating and drinking, we shall cease to be the slaves of depraved appetites, and shall have both time and disposition to cultivate our immortal natures.

Thanks to the exhaustless goodness of the Creator, the most wholesome food can be produced abundantly for all, and all the other material wants of every one be amply supplied with only pleasant labor, just enough to develop and strengthen each one's faculties, so that all may the better enjoy all the blessings of this life, and thus prepare to enjoy eternal life.

Brooklyn, N. Y.

F. H. K.

Dress Reform.

A RESPONSE

TO FANNIE'S LETTER IN THE FEBRUARY NO.

FANNIE,—I do not understand exactly what you mean by a "regular Bloomer," as there is no authorized institution to manufacture them. I have worn the short dress altogether over three years, and have seen it worn by some hundreds of women, many of whom I influenced to adopt it. During that time I have studied to find out the most convenient and tasteful forms, and the best materials for the dress, and have come to have some ideas of my own in regard to it. Would you call me a "regular"? If so, perhaps you may like to hear my views, though, undoubtedly, they differ materially in the sphere of taste from those of others, who have just as good claim to the appellation of "regular Bloomer" as myself; for it is not to be supposed, neither is it desirable, that any one particular form of dress should appear the most beautiful to all persons. We are constituted with a very great variety of tastes, so that while one likes the dress-form best for a Bloomer, another thinks it much prettier made to resemble a man's sack coat; one likes always to see it made of plain stuff—another likes it figured or plaided. In my estimation, one of the most desirable features in the dress reform is, that while it asks every woman to reform, so as to make her dress subserve the purposes of comfort, convenience, and health, it asks no one to conform to a standard, or fashion, but allows each to consult her own idea of beauty, or necessity of economy in its style.

And here is a point of importance to those who wish not only to be unexcelled in wearing such a dress as they deem proper, but also to prevail on others to adopt the reform dress; a point which has been too often overlooked by those whose hearts are in this movement. *We should endeavor to make our dress beautiful.* Many a sensible woman has been made heart-sick from observing the extravagance and folly with which the mass dress. She has seen the rich expending enormous sums of money, and most of their time and thoughts upon their attire; and the majority of those in common life, even more extravagant in proportion to their means, in attempting to copy those more favored by fortune—rich and poor, alike slaves to fashion, finding little time for the cultivation of their intellectual or moral qualities; and so she, in determining not to be gulped by this fickle tyrant, has gone to the other extreme, and on regard to comfort and health in the construction of her dress, and the spirit

Experience.

WATER-CURE FOR SLAVES.—An intelligent Louisiana planter, who is himself an invalid, and has been led to investigate, experimentally, the benefits of water-treatment, sends us some interesting cases of his experience in applying the system to the negroes:—

"I wrote to you some days ago, and in that letter promised to write to you again, and give you some account of some cases of acute and chronic diseases that I had treated by water. I now proceed to do so, but as I never took any notes of the cases, or treatment, I will be compelled to rely upon my memory entirely. Case 1. The subject was a negro man, aged 40, stout and hardy, but subject, at times, to bilious cholice. This had always been treated by giving pepper and whiskey, or cholera syrup (a Thompsonian remedy) at first, followed by a dose of purgative medicine, as rhubarb and magnesia, or blue mass. His general health was good, and his constitution robust. Two years ago, he was taken sick with something like inflammation of the stomach; he complained of pain, nausea, and cramp—could take no food at all, or when he did so, violent vomiting was produced. He was treated by being blistered over the stomach, blue mass and calomel pills administered, followed by some cathartic medicine, as castor oil, or rhubarb and magnesia. This course would relieve him for a day or two, when the inflammation would come on again, accompanied by pains, cramps, vomiting, &c., &c. This condition of things went on for a month, at the end of which time the man was reduced so low, that he could scarcely stand up, or help himself. I volunteered, at this stage, to treat him by water, and visited him to see what could be done for him. I found him then purging, from a dose of mercury in some form, which had been administered to him, and complaining of great cramps and uneasiness about the stomach. Being afraid to do much at the commencement with a patient who had been filled full of mercury and other drugs, I ordered him to have a wash down with tepid water, an injection of tepid water, copious enough to remove all the mercury, slime and fecal matter remaining in the bowels, and a compress put around the body, some nine inches wide, covering the stomach and a large portion of the abdomen, first wet and wrung out of cold water, and then covered by a dry bandage of flannel. The next day I found the patient somewhat better, and had him removed from his own house, where he had been confined, to the Hospital, a building kept exclusively for the sick negroes of the plantation. The treatment the second day was a tepid half-bath at 11 o'clock, a sitz at 5 p. m., at 7⁰, for 10 minutes, the compress wrung out afresh and replaced three or four times per day, injections of a pint of water twice, and water to drink as desired,—as he did not seem to be thirsty, he did not drink more than a pint of water in the 24 hours. No food of any sort was permitted. The third day he was ordered a dripping sheet at 6 a. m., sitz at 11 o'clock, at 7⁰, for ten minutes, and the same at 5 p. m.—three injections, a pint each, were administered, and orders given to retain them. Some slight food was given, as he desired it—a cracker, or a few spoonfuls of gruel. From the moment the water was begun on him, he ceased to complain of pain, or any sort of uneasiness about the stomach, rested well, and improved hourly. Every bath refreshed and invigorated him, appetite began to return, and he was mending, as if acted on by charms. The same treatment ordered for him on the third day, was kept up, with some slight modification, until he was well. He seemed to improve so rapidly under it, that I saw no necessity for making any change. If I had the same case to treat now, I would pack the patient vigorously, as much as the general strength would bear, but at that time I had not gotten so far along, and did not know how sovereign a remedy the pack is in all inflammations, of every sort and degree. About the fourth day, a large boil began to make its appearance, just at the upper edge of the compress, a little to the left of the ensiform cartilage. It continued to increase in size, until it grew to be enormous, the swelling extended across the breast, and around under the arm and to the shoulder blade, so that the man could scarcely raise, or use the left arm. At the end of some five days it came to a head, burst, and discharged profusely. I ordered nothing to be done to it whatever, from the first, but to keep linen compresses, wrung out of cold water, to it. From the time this boil began to make its appearance, the patient mended with redoubled rapidity, the appetite returned, digestion went on smoothly, the bowels acted regularly, and his

strength increased very fast. Food was given to him very cautiously at first; a cracker, or some gruel, then a roasted potato, only from three to six ounces being allowed until the fifth or sixth day, when the quantity was somewhat increased, but only plain and simple things allowed. About the seventh day, he began to walk about, and improved constantly, until the fourteenth or fifteenth day, when he was pronounced well and fit for work. This man's health has been better ever since this course of treatment; his attacks of cholice are not so frequent, nor so violent, and his faith now in water is so strong, that he cures himself, but his remedy is rather a heroic one, and not to be found among ordinary Water-Cure folks, no matter how strong their faith and enthusiasm. When he finds an attack coming on him, he resorts to the nearest creek, pulls his clothes off, lies down in the water, and wallows about like a hog. He remains until the attack is over, (sometimes an hour), when he puts his clothes on again, and resumes his business. When the boil made its appearance on him, I asked him if he was subject to them, but he said not—that the one he then had was the severest bill that he ever recollected to have had, in the whole course of his life. His faith in the new system of healing, disease is very strong, and being ignorant of the GREAT IRRITANTS abroad in the world, he thinks that I am the chief actor in doing, and can cure any one I undertake to cure, if there is breath in their bodies. This faith in me is thus strong, probably from the fact, that he and myself were raised together, and hunted a great deal together. He says now, to the young members of the white family, when speaking of his severe attack and sudden cure—that he will always feel much obliged to me for curing him, "that he never would have SUBVIVED, if it had not been for master Doug." Negroes try sometimes to use very big words, and generally make mistakes which are enough to excite the risibles of even a dyspeptic.

When speaking to some Allopathic doctors about water-treatment, and citing this case, as one showing the great virtue of the treatment, even after drugs had been tried for one month, and failed to benefit or cure, they were unwilling to acknowledge that "water" did any thing more than refresh the patient, that the medicines previously taken had worked a favorable action on the system, and the man only required nursing, to get well. If he had died, they would have said that the water killed him, probably, or if he had died under the drug treatment alone, that the disease killed him.

Case No. 2.—The subject was a negro woman, of tolerably good constitution, aged 25, had borne children, and enjoyed good health up to 1851. She was taken with some sort of illness (do not know what was treated by doctors and drugs; she would sometimes be better, and again worse, finally, became chronically diseased—was generally able to be about, but could do no work—complained of pains about the stomach, dyspepsia, want of appetite, and would very often be taken with fits, or spasms, during which time she was hardly sensible, and would, generally, be several days recovering. The neighborhood Doctors had her on their hands some two years, and finally pronounced her to be playing "possum" (pretending), as they could find no cause of disease, and had given her all sorts of medicine. They had gotten my parents (to whom the woman belonged) to believe as they did, in a measure, and but little attention was given to her in her sickness. When I took hold of her she was pregnant, in about the fifth month, and of course I labored under greater disadvantages than if she had not been so. I began very mildly with her—first, wash-downs, injections, water-drinking, exercise, a proper diet, and the ordinary compress, day and night. After a few days, gave her dripping sheets at sunrise, tepid half-bath, and pail douche at 11 o'clock, a. m., and sitz bath at 7⁰ for ten minutes, at 5 p. m. She was ordered to drink about three pints of water, fresh from the spring, in the twenty-four hours, take three enemias per day, to be only enough to be retained and absorbed by the bowels, but not inconvenience her, the compress to be wrung out, and applied fresh, three or four times per day, exercise to be taken before and after each bath, and a close observance of the diet—this consisted of corn bread, hominy, rice, and potatoes for breakfast and supper, with the addition of molasses, when desired, and bread, potatoes, and lean meat for dinner. Under this course, she improved rapidly; occasionally one of her old attacks of fits or spasms, would come on, when she was ordered to go to bed, drink tepid water, take copious enemias of the same, and keep quiet. This soon relieved her, when her regular treatment was resumed. These attacks grew less frequent and violent, and after a few weeks left her entirely, and have

never since returned (now two years). At the end of two months, the woman had grown to be so much improved in every respect, that she was sent to do some light work in the fields, near the negro quarters, coming in regularly to take her baths and meals. She continued to do well, without any backset, until her delivery, except a common bad cold. While this was on her, she was ordered a dry pack at daylight, following by a rubbing sheet, and a rubbing sheet again at 11 o'clock, and 5, p. m. When the cold had subsided, she resumed her former course of treatment. Boils and eruptions made their appearance from time to time, and some critical action by the bowels. At the proper time, she was delivered of a male child, which was universally admired and praised as one of the largest and finest babies ever born on the plantation. Unfortunately to relate, however, by some mismanagement on the part of the mother, or nurse, the child was permitted to die when some ten days old. I can not say what the trouble was, as I was in Arkansas at the time, but some gross carelessness, or neglect, on the part of the negroes. Since that time, the woman has enjoyed good health, has now another fine child, some five months old, and is as hearty, lively, and gay, as ever in her life. She does not play "possum" or have fits, or dyspepsia, plainly showing that she was really diseased, has been cured by water, and that the drug-doctors did not know what ailed her, nor what to do for her. There are hundreds and thousands of just such cases to be found at the South, where valuable negroes have some chronic, but curable malady, which renders them unfit for work, and a tax on the hands of their owners. Sometimes drug-doctors are called to practice on them on the plantations, sometimes they are sent to their houses, where they remain, under their charge, for months, and again they are sent to the public hospitals in the cities. The planter has a long bill to pay, sometimes more than the negro is really worth, and at least no good done to the patient. In *all my experience, I never knew a chronically diseased negro cured by drugs, or drug-doctors.* Now, if there were a large Hydropathic hospital in this country, under good management, with a department exclusively for the cure of slaves, it would be well patronized, and pay well. Planters would be very glad to have an opportunity of sending valuable slaves where they might be cured, and their services made valuable to them again, whereas, in many cases at present, the slave is a tax for life, there being no cure to be expected from ordinary practice. Slaves make, generally, excellent patients, and may be ordered to do what is proper at once—diet, &c., &c., when white patients might prove refractory, or leave. They generally have good vitality besides, and the treatment is well responded to. I will say more on this subject at a future time.

I shall begin to look for a letter from you soon.

Your obedient servant,

DOUGLAS M. HAMILTON.

MESSES. FOWLERS & WELLS.—With much pleasure do I turn from a deeply interesting perusal of the last number of your valuable Journal, to speak of a few items of personal experience. When, for the first time, many years since, I saw the Water-Cure Journal, and was informed that it advocated water as an universal remedial agent, like multitudes of others, I scouted the idea as supremely ridiculous. Suffice it to say, that I have been, for three years, a subscriber to the Journal, and have derived from it much of practical interest and profit.

I was formerly reminded of a beloved brother departed, by the personal experience of a subscriber, given in the last number of the Journal. While living with a beloved sister, whose faith in the efficacy of water-treatment was weak, a little brother, of delicate health, also a member of the family, was taken very suddenly and violently ill at night. He complained of a pain in his lower extremities, and on examination, he was found in a high fever. I immediately made known his situation, and urged no delay in packing him, which was done, to his speedy relief. In half an hour, he was in a sweet slumber, and the morning found him pretty much free of fever. By undue exposure, a few days after, the fever returned, when a long, and rigid course of treatment became necessary to his recovery. The sister, and an older brother, doubted the power of so simple an agent as water, to effect a cure, and strongly talked of sending for the doctor, which I stoutly and successfully resisted. Our neighbors declared, that if the child recovered, they should begin to believe in Hydropathy; for my firm reliance in its principles had provoked their sarcastic wit. The child died, however, and my friends were ever after convinced that my favorite idea was not a chimera. But alas! my patient has

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

Talk and Topics.

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

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

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

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

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

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

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

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

For my part I must say, the most favorable opinion that I know for female beauty in America is the utilization of Water-Cure healthily in the water, where our ladies, if they get nothing else, do gain some idea as to the necessity of fresh air, regular exercise, simple diet, and the laws of hygiene in general.—*Savannah Enterprise.*

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

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

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

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

Now, a single dollar, or even less, for a cheap edition, would put any wife, or *would-e* wife, in possession of complete information in regard to "bread-making," on the most improved principles, besides the cooking of a hundred other useful and healthful dishes. Of course we refer to *The Illustrated Hydropathic Cook-Book*, by Dr. Traill, published by FOWLER and WELLS, New York. Sent by mail to any post-office. Cheap edition, 62 cents; colored monthly, 57 cents; gilt, \$1.

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

PLEDGE

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

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

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

Business.

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

805 BROADWAY, NEW YORK;

142 WEST WASHINGTON STREET, BOSTON, and

211 ARCH STREET, PHILADELPHIA.

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

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

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

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

The Almanac will be supplied at \$1 for twenty-five copies. Single copies, 61-4 cts.

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

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

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

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

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

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

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

OUR BOOKS IN OREGON.—The good cause progresses. Where civilized man resides, there shall be found our reformatory publications. We clip the following from a late number of the *Oregon Spectator*:

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

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

PACKAGES IMPROPERLY CHARGED WITH LETTER POSTAGE.—When a sealed package, chargeable with letter postage, is opened in presence of a postman, and found to contain printed matter, with anything secreted therein, he may remit the letter postage, and deliver the package at the rates charged for printed matter.

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

LIFE ILLUSTRATED.—OUR FIRST NUMBER is now printing. (Oct. 24), and will be mailed to SUBSCRIBERS at once. Those who would like to *begin* with the *beginning*, should make up their clubs and send in their names as soon as possible. We shall print an edition of 50,000 to commence with, but cannot engage to supply back numbers. Those, however, who subscribe now, or during the present month, (October), will be sure of complete sets. Will you begin with the beginning?

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

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

The Evening News says:

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

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

Tennessee. For terms and other particulars, see advertisement.

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

Dr. J. W. CLOWES, No. 7 Eighth Avenue, New York.
Dr. DAVID K. HIRRCOCKE, Boston, Mass.

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NOTICE TO VEGETARIANS.—The proprietors of the WATER-CURE JOURNAL respectfully announce that they have completed arrangements by which about four pages of each number will after the present month be devoted to the insertion of contributions from Dr. ALCOCK, Professor HURSEY, Dr. GARDNER, Professor WHITTAKER, C. H. DE WOLFE, Esq., MARY ANN WHITTAKER, ANNIE DENTON CRIDGE, Wm. TEBB, LEWIS S. HOGUE, JESSE WRIGHT, A. M., RYAN, W. METCALFE, M. D., JOSEPH METCALFE, and SEYMOUR HUNT, of this country, and ROBERT T. CLUBB, of England, and from other eminent vegetarians; the department to be superintended by an editor appointed by the American Vegetarian Society.

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

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

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

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

"FRUIT TREES."—A general assortment is advertised in the present number of the WATER-CURE JOURNAL, by JAMES W. GRAY, Bell's Pond, Fairfield County, Connecticut, of whom descriptive Catalogues, with prices, &c., may be obtained. Mr. Gray is an honest, intelligent man. He engaged in the fruit and nursery business more from the love of it than as a source of pecuniary profit. Those in want of trees, residing between 38° and 44° north latitude, may be sure of receiving from him such qualities, quantities, and varieties as they may be pleased to order.

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

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

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

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

Besides the above, they enthrall
Burton's Early August; ripe 25th August; dark purple color, large size, pleasant flavor.

Sage's Mammoth; ripe 1st October; dark amber color, very large size, good flavor.

Lovell's Imperial; ripe 5th October; lightish red color, largest known, good flavor for so large a grape.

These varieties will ripen well anywhere south of the Canadas. Those who may wish for plants can procure them at \$1 to \$3 each, by addressing EOW and FOWLER, New Lebanon, Shaker Village, Columbia Co., N. Y.

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

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

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

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

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

Literary Notices.

THE RUDIMENTS OF BOOKKEEPING, designed for the use of Schools and for Self-Instruction. With an Address to Students, and the Essentials to Success in Mercantile Pursuits. By JAMES NIXON, Accountant. New York: F. J. Hinington, and Mason Brothers. 1854. [Price, prepaid by mail, \$1.00.]

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

COMPENDIUM OF PHONOGRAPHY: An Exposition of the Principles of Phonetic Shorthand. By ANDREW J. GRAHAM. New York: FOWLER and WELLS.

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

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

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

THE LIFE AND ADVENTURES OF PERCIVAL MAYBERRY: An Autobiography. By the Author of "Laditie," Philadelphia: T. B. Peterson. Bnce & Bro., New York.

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

THE BRITISH QUARTERLIES and BLACKWOOD'S MAGAZINES.

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

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

OUR NEW PAPER.

[First half year, nearly completed. We reproduce a condensed prospectus, to show the objects of the paper—together with a few notices of the press.]

LIFE ILLUSTRATED—A NEW FIRST-CLASS WEEKLY NEWSPAPER, devoted to News, Literature, Science, the Arts, to Entertainment, Improvement and Progress; to encourage a spirit of HOPE, MANLINESS and ACTIVITY among the people; to point out the means of profit and economy, and to discuss and illustrate the leading ideas of the day; to record all the signs of progress, and to advocate the political and industrial rights of all classes. Published every Saturday, at \$2 a year, by FOWLES AND WELLS, No. 305 Broadway, New York.

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ESSAYS UPON AGRICULTURE, HORTICULTURE, RURAL AFFAIRS, AND THE ARTS OF LIFE connected therewith.

FOR THE CHILDREN—a special corner will be reserved well stored with bits to their liking, including anecdotes, stories, poems, puzzles, calculated to instruct, reprove, and amuse the growing mind.

COTEMPORARY WIT AND WISDOM—of the best things in the comic papers, home and foreign.

IN A WORD—whatever may tend to illustrate life as it passes—whatever may assist our readers to live wisely, to live happily, or to live long, is comprehended in our plan. We aspire to make our paper worthy in every respect of its name; and we have abundant means and facilities for attaining our object, as well as an experience of twenty years in publishing popular periodicals.

OUR TERMS are two dollars a year, or one dollar for six months. Three copies, five dollars. Five copies, eight dollars. Eight copies, twelve dollars. Ten copies (with one for Agent), fifteen dollars. Sixteen copies, twenty-four dollars. Twenty copies, thirty dollars. Any additional number at the same rate. Payment invariably in advance. Papers sent no longer than paid for. Please address, post-paid, FOWLES AND WELLS, No. 305 Broadway, New York.

One of the handsomest, and the most useful papers that ever came under our observation.—*Rising Star.*

It increases in beauty of execution and interest of contents as it advances in age. We have no hesitation in pronouncing it the most valuable and unexceptionable weekly family paper in the United States.—*Owego Co. Gazette.*

Filled with excellent reading of the progressive kind, and deserving wide circulation.—*Wenmouth Register.*

It commences a more general view of science and literature, and is more devoted to that which will PROBABLY INSTRUCT mankind, than any other journal we have seen.—*Southern Teacher.*

One of the very best family papers published.—*American Sentinel.*

It has not been our privilege for an age to welcome a more readable paper. It is cheap at two dollars per annum.—*Gospel Banner.*

It has a remarkably clear face and clean hands, which will recommend it to people of taste.—*Home Journal.*

It is of large size, of faultless typography. Almost every branch of human knowledge is treated of by able writers. It will prove a welcome visitor wherever it goes.—*Scientific American.*

It is a beautifully printed sheet, and the various departments exhibit an amount of care and industry seldom seen in newspapers.—*Christian Advocate.*

It is filled with a noble matter, and treats of subjects interesting to the human race.—*La Croix Republicain.*

The most beautiful Weekly in the Union.—*R. I. Reformer.*

Water-Cure Journal

NEW YORK, APRIL, 1855.

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

APRIL AGITATIONS.

BY R. T. TRALL, M. D.

DEATH AND THE DOCTORS.—For full three thousand years or more, grim-visaged death has waged incessant and ruthless war on the human race. His emissaries have been fevers, palsies, inflammations, "joint-racking rheums," plagues, leprosies, choleras, dyspepsias, fluxes, constipations and diarrhoeas, and "all the ills that flesh is heir to." For nearly as long a period of time have the disciples of Esculapius done battle with this destroying angel. Their weapons have been bleedings, and vomitings, and sweatings, and purgings, and calomel, and opium, and antimony, and cod-liver oil, and alcohol, and arsenic, and quinine, and prussic acid, and Epsom salts, and Glauber salts, and jalap, and ipecac, and dogsbane, and wolfsbane, and ratsbane, and castbane, and deadly nightshade, and stimulants, and irritants, and purgents, and stupeficients, and intoxicants, and narcotics, and corrosives, and reductives, and revellents, and concoctants, and ingredients.

In this warfare there have been arrayed on the side of death about one thousand diseases; and under the banner of Esculapius have enlisted more than three thousand medicines. But notwithstanding this vast disparity of numerical force—two to one *versus* death—the latter has not only held his own, but, according to the confessions of the Esculapians themselves, continually gained ground, *vide* the language of Dr. Rush, "We have done little more than to multiply diseases and increase their fatality."

What meaneth this strange result? Esculapius is himself a host. He is represented by one hundred thousand of the most learned men of the civilized world. All of these are studying incessantly to discover new remedies, as well as to apply the old ones skilfully. They wield the three thousand missiles of drug-medication with all the science of the schools of medicine, than which no institutions can boast of more learning. Why, then, do they continually lose ground? Why does the human race, so far as constitutional stamina is concerned, continually degenerate?

Here is a puzzle. Its true solution will cause humanity to stand aghast with horror! When the PEOPLE see the truth as it is in this matter, they will cry, "save us from our friends!" They will implore of the Esculapians to be left to themselves; for they will have made the terrible discovery that they are suffering more, vastly more, from the assistance of the remedies, than from the assaults of the diseases. They will have made the discovery that the human constitution, like the battle-ground of two contending armies,

is itself ravaged and ruined, whatever may become of them.

They will have discovered that the struggle between death and the doctors, is very much like that between Russians and the Allies around Sevastopol. Between these belligerents *as men*, there is no cause of quarrel. But their leaders have raised a false issue, and deluded them with an abstraction, a phantasy, into a commotion and contention, whose only fruit is bloodshed and havoc.

What is disease? Clearly the effect or penalty of violated laws; or rather, the vital struggle to recover again the normal conditions. And what are the remedies of the doctors? Just as clearly, they are poisons; *other* causes of disease; and their use is a further violation of the laws of life. And their remedial effects, so called, are but the manifestations of the vital struggle against their injurious presence. Hence, then, the doctor, so far from counteracting or neutralizing the emissaries of death, actually cooperates with them. The diseases of death, and the remedies of the doctor, instead of warring against each other, actually fraternize, and both war upon the vital domain! Will not this, indeed, be a fearful discovery? And yet, sooner or later, it must be made.

ANOTHER BABY SHOW.—Great excitement, it is whispered, prevails amongst the mothers of handsome babies,—and what mother's baby is n't handsome? New York, the great metropolis—even Gotham—is to be the theatre of an exhibition of babies, to "come off" about June next. And Barnum, the getter up of National Poultry shows, of Graffe performances, of caravans and menageries, has proffered the use of his Museum for the "manifestation" of the squalling spirits, and has offered premiums for the best specimens of juvenile humanity.

And why should he not? He has got money, and this branch of domestic industry—home-manufacture—is sadly in want of encouragement; not so much on account of deficiency in quantity—we rather think this is in excess—but of defective quality. We hope the committee of award—will they be pa's or ma's, or promiscuous?—will be able to tell a baby "as is a baby."

Our people, irrespective of sex, seem to understand pretty well the good points of a horse, a cow, a sheep, a goat, a pig, a hen, and even a dog and cat. They seem to know all about breeding them, feeding them, playing or exercising them, schooling or educating them, so as to secure a good physical and mental development—"a sound mind in a sound body."

But what do they know about babies? Generally speaking, nothing at all. They seem to think babies come by chance. Pigs and poultry, geese and goats, cattle and horses, brute creatures and domestic animals, are conceived, born, reared, and developed according to the laws of organic life. Every body seems to know this. But this same every body appears to have no recognition of law and order in the reproduction and rearing of the human being.

It is high time the public mind was directed to this subject. Nothing else can arrest the degenerating tendency of the human race. In fact,

baby shows ought to take the place of cattle and swine exhibitions, in every state, county, and town. And we have a word of advice for those mothers who intend to compete for the prizes. Study only the *health* of your baby. If it is in the most perfect state of health, it will look its best. Do not go to stuffing it to make it appear smooth and pretty. If the judges are as intelligent as they should be, they will determine a *best baby* just as our farmers have long been accustomed to pronounce on the good qualities of a colt or calf; by the perfect development and exact harmony of all the parts of the bodily conformation.

We can not help anticipating great good to result from this assemblage of select specimens. Of course it will be ridiculed, as was the baby show at Springfield, Ohio, last year, by the ignorant and vulgar; by those incapable of appreciating the great design of nature in the production of offspring. But no matter. Baby shows will soon become, as cattle shows now are, one of the "institutions" of our country. Then will the people begin seriously to reflect on the problem, What are babies made for? And soon they will cogitate a little deeper, and ask, How are babies usually manufactured? And then the startling truth may, perchance, flash upon their mind, that whilst all the lower animals are generated in harmony with the laws of being, the human being is usually conceived in physiological sin, and brought forth in pathological iniquity. That is to say, when the parents are jaded with care and anxiety, their blood fevered with excitement, their bodies exhausted with labor, their stomachs befouled with indigestible food, and their brains disordered, and all their senses in confusion, they beget children. Nature abhors the deed and punishes the violation of her most sacred of all laws, in the enfeebled and imperfect offspring. Our baby shows ought to be appointed two or three years ahead.

COMPLIMENTING THE ALMIGHTY.—At a meeting of the friends and admirers of the late William Poole, of this city, the following resolution, among others, was passed, of course unanimously:—

Whereas, It has pleased the Supreme Ruler of the Universe to remove from our midst (using as his instrument the hands of an assassin) our friend and esteemed associate, the late WILLIAM POOLE, &c.

It is our serious opinion that sick persons often die from the effects of drug-medicines which their physician prescribes as remedies. Such we believe to have been the case with, at least, four of the Presidents of the United States. But how would it sound to charge all this upon the Almighty, in the following style?—

Whereas, It has pleased the Supreme Ruler of the Universe to remove from our midst (using as his instruments the medicines of three Allopathic physicians) our esteemed friend and fellow-citizen, General Zachary Taylor, President of the United States, &c., &c.

WATER-CURE FOR CATTLE.—It is beginning to be suspected in some quarters, that four-footed beasts are liable to be killed by drug-medicines, as are two-footed beings. The following method of treating the "Dysenter of Cattle"—pneumo-

nia, inflammation of the lungs—has been communicated to the Agricultural Cattle Insurance Company of Doncaster, Ireland, by Mr. Ford, Veterinary Surgeon. It may afford a profitable hint to our farmers, who are too much addicted to drugging their sick cattle and horses. Of course we do not attach any value to the "spirit of nitric ether." The water-treatment would be better without it than with it:—

Remove the animal into a large airy box, or stall; take a couple of thick horse-rugs, or other thick covering; saturate them with the coldest spring water, and place them on the body of the animal; put five or six other rugs, or other thick covering upon these, and a long wrapper would over all, to keep them close to the body,—also two girths, one behind the shoulder and the other just before the udder. A long girth fore and aft, to keep the clothing from shifting, is advisable. Immediately after adjusting the clothing, give four ounces of spirit of nitric ether in a little cold water—a wine bottle, with water and ether up to the shoulder; in half an hour or three quarters, give another dose; then place a bucket of cold water before the animal (in some cases it will drink two or three buckets). In a short time the animal will perspire; keep clothing on for five or six hours, then remove the cloths and put two dry rugs on, with wrapper and girths; keep these on for a few days, and cast off gradually. The diet should be a little thin gruel or sloppy bran mash. If the bowels are torpid, give one pound and a half raw (boiled oil is very bad for cattle) linned oil. In the majority of cases this is not necessary. If the animal is not considerably relieved in ten or twelve hours, repeat the application and doses. Sometimes this has been requisite two or three times, but usually the first only is necessary. Mr. Ford says, that eighteen out of twenty animals have recovered under it, in that district; whilst nineteen out of twenty have died under the usual application of depletion, sedatives, counter irritation, &c.

THE BOSTON MEDICAL AND SURGICAL JOURNAL.—Not long since a bill was reported in the Legislature of this State to incorporate the "New York Hydropathic Medical College," wherat the Allopathic Journal aforesaid, took upon itself to feel exceedingly indignant, and to utter various expressions of wrathful disapprobation. It called the "scheme" an imposition, humbug, speculation, &c.

Now, we have been in the habit of keeping the run of this exponent of Allopathy for several years. We have read some good things and sensible remarks in it, and many things which struck us as exceedingly silly. Nevertheless, we exercise patience, for we have always understood that the Journal, with all its faults, was the most *liberal* of all Allopathic Journals. It parades, also, the names of three M.D.'s as the editorial corps, and hence, it would seem, can afford to be liberal, or at least decent. But in relation to this Hydropathic School, it can not utter liberality, nor decency, nor even truth.

In our application for a charter, we selected the names of several prominent and wealthy persons, to hold as trustees the title to the property. The capital was \$250,000. And among these names were those of S. W. Bennett, Horace Greeley, Rev. Henry Ward Beecher, S. R. Wells, Dr. G. F. Adams, P. T. Barnum, and a dozen others. The Boston Journal, with a meanness peculiar to some other journals and papers, selected the name of P. T. Barnum to publish, and then charged upon us the scheme of a speculation, &c., &c.

Now, it so happened that Mr. Barnum was out of the city and entirely ignorant of the whole affair. He had not even heard that his name was used, nor had he even heard of the intention of applying for a charter for such a school, until *after* our Boston contemporaries had made their valorous onslaught on the "scheme."

On seeing the attack in the Boston Journal we immediately wrote an explanation of the circumstances to the editors. This they have in part published, but could not forego the opportunity to deliver themselves of a little more of the assa-fetida of Allopathic slang. They say:—

"THE HYDROPATHIC MEDICAL COLLEGE."

We have received a letter from R. T. Trall, M.D., proprietor of the "Hydropathic and Hygienic Institute" in New York, in allusion to Mr. Barnum's connection with a bill for incorporating a Hydropathic College, which was the subject of some remarks in our issue of February 22d. In accordance with the writer's suggestion, that "it is but justice to you, to the public, to say, and to us, that the *facts* should be correctly published," we willingly insert the following extracts from the letter, though we do not conceive that the explanation is calculated to raise the promoters of the scheme in the confidence of the public.

"The promoters of the scheme," Messrs. M.D.'s! Who are you down there in Boston to charge this upon us? The schools of your system are chartered. We have a school on another system—a better, as we believe. Our Professors are, to say the least, as well educated as those of your school. They have been through your school, and they have studied many things never taught in your schools; for example, true physiology, correct pathology, dietetics, hygiene, &c. All that you know we have, and a great deal more—hoping no offence. We teach the same anatomy, surgery, and chemistry that you do. But we teach a very different physiology, pathology and therapeutics. Not only this, but we go before the public with our principles; we expose them to the light of day; whilst you seek to enshroud yours in darkness, and bury them deep in the obscurity of technical terms and phrases. And yet you, graceless Sangrados that you are, will not go before the public—YOU DARE NOT—and discuss differences with us, but from your own quiet corner send forth the slanderous imputation that, because we labor to enlighten the world which you are striving to keep in ignorance, we are promoters of a selfish scheme which is not deserving the confidence of the public. Well, gentlemen, such opposition, such unfairness, such *meanness*, only shows us the greater need the world has of our teachers, and nerves us to greater exertions to demolish your system, and establish a better.

THE DISCUSSION.—We have just received the March number of the Physio-Medical Recorder, containing an article from Dr. Curtis, in relation to our controversy. And as he intimates a disposition to continue the discussion, he will be attended to in the May number. Why this long delay, Doctor?

HYDROPATHIC PHYSICIANS WANTED.—We have almost daily applications for competent Hydropathic Physicians. There are scores of places where they would be well received, and what is better, well supported. While Allopathic doctors are obliged to seek for situations, and in many cases wait for years for a practice that will give them a decent support, we will engage to furnish as many Hydropaths with situations during the year, as will bring us satisfactory certificates of recommendation.

To Correspondents.

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

Professional Matters.

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

OIL, LARD, AND SPIRITUAL RAPPINGS.—D. R., Maryland, wants us to say what can be substituted for oil, lard, &c., for lights, shortenings, greasings, &c., if animal food is dispensed with; and also requests our opinion of spiritual rappings. It does not follow that the flesh of animals must be eaten because it is convenient to employ their adipose matter to burn or anoint. Besides, we can use other burning fluids and greasings as shortening materials, as good or better. Smith's "Fruits and Fumigations" will answer all your questions about meat-eating satisfactorily. As to the raps—that is above our sphere, just now. When we get there, we may be able to tell you all about it.

INQUIRIES.—NEW HARMONY, IND.—M. D. G. "1. What should be the diet of a person of exclusively sedentary habits? 2. Is the eating of meats always detrimental to activity of the brain? 3. Is a purely vegetable diet best adapted to the life of a student? 4. What is the least amount of active exercise necessary to maintain an equilibrium of the physical and mental powers of one pursuing an extended course of study? 5. Is daily bathing practicable and beneficial under the above circumstances?"

1. Purely vegetable. 2. Yes. 3. Yes. 4. Exercise can not be measured nor weighed. This question does not admit of a definite answer. 5. Yes.

CONSUMPTION, &c.—A. M., Vermont. "1. What is the indication of, and remedy for congested lungs? 2. What indicates ulcerating lungs? 3. Is there any infallible symptom or symptoms of confirmed consumption earlier than its latter stages? If so, please tell us what they are? 4. Is consumption curable in its latter stages? 5. In what stage is it curable?"

Congestion is indicated by difficult or laborious respiration, and remedied by promoting the external circulation. Ulceration is known by the purulent discharge, and if there be also cough, and hectic fever, or emaciation, the consumption is confirmed. It is curable generally in the early stage, and very seldom after that.

DIARRHŒA.—W. H. Brookfield, Conn. The diarrhoea which troubles you is a symptom of your general disease, which is dyspepsia, and this dyspepsia has been greatly aggravated, if not induced, by your habit of making an apothecary shop of your stomach. It is of little use for you to try water-treatment so long as you are being dragged to death. Such cases are easily cured at a good Water-Cure establishment, but all persons do not manage home-treatment well. A daily tepid wash, one or two mild sitz-baths, and a careful vegetarian diet, comprise the plan of cure.

DISPLACEMENT WITH DYSPEPSIA.—C. C., Bethel, Me. We can not remedy bad cases of displaced uterus, without having the patient in hand a short time. No doubt the case above described would be materially benefited by adopting a plain diet, leaving off coffee, and using tepid sicc and sitz-baths. We would like an inhalation or two of yon mountain air, but far your "good cooking" would go hand with such radical vegetarians and cabbage-eating animals as we are.

INFANT VOMITING.—J. J. H., Columbia. "What is the cause, and what will cure or prevent, an infant from throwing-up while nursing? The child is about three months old, and in other respects healthy." There is probably something defective in the mother's diet. If her food is too sloppy or too irritating, the milk may be too thin and copious, or of bad quality;—hence the remedy may be found in proper attention to the dietary.

SEVERE NERVOUS HEADACHE.—J. E. T., Waterbury. This case is probably complicated with prolapsus, or other uterine derangements, and probably would not succeed under home treatment.

WEAK BACK.—C. W. L., Manchester, Ill. Your whole muscular system has been weakened by the multitudinous drugs the doctors have dosed you with; hence, a "sprain" of the muscles of the small of the back was easily induced, while lifting or exerting yourself in a wrong or crooked bodily position. It may take years to overcome it. Always keep the trunk of the body perpendicular. Bend on the hips in all your motions, and rest on the spine or back-bone. Hip-baths, five to ten minutes, once or twice a day, will be serviceable, as will also the wet-girdle, a part of each day.

DEAFNESS AND PURULENT DISCHARGE.—C. J., Scioto, Ohio. "I have been afflicted from infancy (am now nearly twenty-one) with a slight deafness, and a discharge of fetid matter from my right ear, and for the last six or seven years, from both ears." There is chronic inflammation of some of the structures, which, if not checked, eventually destroy the hearing entirely. The case requires full general treatment: packs, half-baths, sitz-baths, and foot-baths, as frequently, and as cool or cold as can be borne, without debility or discomfort. A strict, plain, coarse vegetable diet, is also essential.

TRAVELLING FOR A CONSUMPTIVE.—G. McD., Burlington, Vt. "Would a summer tour through the Western territories—Kansas, Nebraska, &c., be likely to benefit a young man, who is of a consumptive tendency, and who has suffered from 'good living,' dead hogs, tea, coffee, and bad habits generally? Could he pay his expenses by canvassing for Fowlers & Wells' publications?" To the first question we say yes. To the second, yes, provided he has tact, talent, and enterprise.

TUMOR IN THE VAGINA.—A. B., Ohio. "In consequence of a tumor, my wife's last confinement was very difficult; and our physician informs us that it should be removed by application to promote absorption. What is your advice in the case?" We can not tell, without knowing the exact nature and location of the tumor, whether it should be removed by cutting, by the ligature, or by caustic; nor what kind of cauterization to recommend. It should be removed in some way.

ERYTHEMA.—J. C., Taunton. "When my infant was seven months old, I had to wear her, on account of a humor in my breast. She was soon after taken with measles, and is now, at the age of five years, affected with an eruption or small pimples on the skin, and a similar affection all through the alimentary canal." No doubt she has an inherited humor. Give her one or two tepid baths daily, and keep her on a strict diet of coarse, unlevained bread, fruits, and vegetables.

SORE UPPER LIP.—T. W. C. J., Campbell, Ky., has a sore upper lip, which some doctors call cancer, others scrofula, others barbers' itch, &c., and which has been doctored in as many different ways, with no benefit; he wants to know, now, if it is curable. No doubt at all of its curability, but we must have the patient in hand.

CURIOSITY ON SILTS.—The Fairmont *True Virginian* asks: "We should like to know if anybody in the world lives as the Water-Cure Journals advises everybody to live—that is, without salt, or spices of any sort, or molasses, or beef, or pork, or fish of any kind, or fish, or butter?" Verily, there are such folks. Come here and we will show you a few specimens. And they are those who do not have cholera, yellow fever, dysenteries, &c., &c.

PROLAPSUS, &c.—C. A. S., New Hampshire. The general plan to be pursued in such cases, is a strict and plain diet, tepid but *not painfully* cold sitz-baths, and vaginal injections. Rub and bathe also the whole surface daily, in water as cold as can be pleasantly borne, but no colder. If the displacement is severe anteversion or retroversion, mechanical treatment may be necessary, and this you can not do at home.

ENLARGED SPLEEN.—A. B. H. Just tell your doctor for us that, so far from "blue mass and quinine" being the "entire-all" for this disease, they are most emphatically the *kill-alls*. The patient should be put on a plain, vegetable diet, tepid rubbing baths, and sitz-baths of very moderate temperature; and exercise on'y according to strength.

SORE EYES.—H. W. B., Leoni, Mich. Bathe the eyes frequently in tepid but not very cold water, and attend to the general health. If there are hard granulations on the lids, which are themselves a constant irritation, they must be destroyed by means of caustic or the knife.

STAMMERING.—H. H., Bethel, Ia. Mr. Bates, the inventor of the instruments for the cure of stammering, was in Philadelphia at our last address. No doubt you may learn from him by addressing as above.

STICH IN THE SIDE.—J. W. B., Columbus, Ohio. Apply fomentations to the part affected until the pain is relieved, and then apply the wet-girdle.

ABSCESS IN THE LUNGS.—S. R., Canada West. There is no doubt a consumptive tendency in your case. In addition to a daily bath, be very strict in diet, and use all convenient appliances for expanding the lungs; such as abdominal manipulations, deep and full inspirations, with slow expirations; throwing the arms outward and backward, &c.

DYSPEPTIC CONSUMPTION.—A. W., Key West. A summer residence North would no doubt very much improve your condition. When there is consumptive tendency, every thing possible should be done to expand the lungs and invigorate the general system. A careful and strictly vegetable diet is indispensable.

CALCULI OF THE LIVER.—S. R., E. W. E. "What is the best remedy for this painful disease, and how may a recurrence be prevented?" The best remedy is plain, vegetable food, and a daily bath; and this remedy is also an infallible preventive.

QUANTITY OF FOOD.—J. E. C., Mechanicsville, Tenn. Your several questions are so stated that it would be impossible to answer directly, yes or no. You will find them all not only answered, but the subjects explained, in the *Hydrostatic Encyclopedia*.

CATARRH.—T. W. "Can a catarrh cough, of twenty years' duration, be cured?" Yes; if the health is good in other respects.

VEGETARIAN HOUSE.—F. W. Butternuts. "I wish also to know whether there is a vegetarian house for public entertainment in New York, at which a gentleman and his wife could stop for a week or two?" They can be accommodated at the Water-Cure, which are the nearest vegetarian of any public houses in the city.

DISEASED LIVER.—S. A. W., Maine. Your symptoms indicate a long-standing disease of the liver. In addition to your present management, use a good proportion of coarse, unfermented bread, with fruits. Avoid sewing, and all sedentary occupations.

SYNOVITIS.—L. D. S., Elgin, Ill. Attend to the general strength strictly in all respects, and use leg or knee baths one or twice a day, for fifteen or twenty minutes, as cold as can be borne without pain.

SPASMS.—I. M. J., La Fayette, Ind. Give the boy a tepid sponge bath every morning; a cool hip-bath in the afternoon; a hot and-cold foot-bath at bed time; and keep him on a very plain and strictly vegetable diet. Do not give him grease nor sugar.

PERFUMERY.—G. C. R., Tennessee. Is perfume, such as cologne, essence of cinnamon, &c., injurious when used on the hair? Is it injurious to breathe the air containing such perfumery?" Yes. Yes.

IRITABLE SKIN.—D. C. W., Granville, Ohio, complains after having practiced bathing for several months, of an unusual itching or stinging sensation after each bath. This is probably owing to the effort of the system to deterge itself of morbid humors. Continue the baths, but do not have the water so cold as to occasion great chilliness.

SPERMATORRHŒA.—Several correspondents.—The work on Sexual Diseases (\$1.25) will give you the desired information on Lome-treatment.

HIP DISEASE.—A. W., Wethersfield. Continue the foot-baths and wet cloths as usual. Pack only when there is general fever. Be careful in the diet, avoid meats and acids, whether separate or mixed.

LARYNGITIS.—L. A., Hartford, Conn. Your affection is probably chronic inflammation of the larynx. It requires a very strict vegetable diet, and such bathing as the general condition of the system calls for. It is often very difficult to cure.

HEMORRHOIDAL TUMOR.—A. B., Canada West. The painful tumor you describe is an ordinary condition of piles. Probably the bathing induced it to take the external direction and suppurative termination, instead of becoming an indurated lump or a fistula. It was a fortunate circumstance that it resulted as it did, and was evidently owing to your "diet and bathing."

G. H. S., PORTLAND, MAINE. You will find Combe on Infancy, (price, prepaid by mail, 57 cents), and the Hydropathic Management of Children, by Dr. Shew, (price \$1 25), to contain much valuable information.

SUPPRESSED MENSTRUATION.—A. S. M., Canada. Use hot-and-cold foot-baths, tepid sitz-bath, as much outdoor exercise as possible, without great fatigue; and adopt the vegetable dietary.

SOAP.—J. A. S., Grand Rapids, Mich. "How can Vegetarians make their soap?" They can employ tallow, or olive oil, or any other vegetable oil, not too expensive; with water and alkalies—say potash, or soda and ammonia.

WORMS.—J. W., Racine, Wis. "I am troubled with small pin-worms. They are evacuated in large numbers with the feces, and cause a constant itching at the rectum. Another tells me the itching is only at night. What are the causes, and how can they be exterminated?" Canses are, improper alcohol, or drink. Unfermented wheat-meal bread and good apples are the best exterminators. Johnny-cakes and baked potatoes, or parched corn and boiled parsnips, and other samples of excellent vegetables, are worm-killers. Cold injections may also be useful.

MILK SICKNESS.—H. L. B., and T. L. C., Taylorville, Ill. "We are takers, readers, and believers, in your Water-Cure Journal." In reading discussion No. 2, page 194, between yourself and Dr. Curtis, he speaks of a poison, as the cause of Milk-sickness; a disease which is said to be prevalent here. Several of your subscribers who reside here, wish to have your opinion on the subject, through the WATER-CURE JOURNAL.

"1st. Whether there is any such disease as the Milk-sickness?"

"2d. If there is, What is the cause of it, and what should be the treatment?"

A disease resembling, and, in fact, amounting to a malignant typhoid fever, has prevailed in several Western States. It affects horses and cattle, and persons who feed on the milk and flesh of such animals. It has usually commenced about the first of July, and terminated as soon as the frost destroys the vegetation. It is also worse in dry, hot seasons. Hence, it seems to be caused by the vegetables which are eaten in a certain state of decay or decomposition. This idea is corroborated by the fact that the disease prevails mostly along the borders of streams, and disappears whenever the timber is removed and the land cultivated. In some instances, the hay cut in such localities has communicated the disease. It should be treated precisely as ordinary typhus fever of the same type.

W. M. S.—Yes. We will purchase for you any kind of astronomical or philosophical apparatus needed by your institution, and forward by Express.

G. W. M.—The Syringe can be sent by mail; but letter postage is charged, amounting to \$1.32. It will be cheaper to have it sent by Express.

A. W.—You will find your question fully answered, and the subject discussed at length, in Combe's Constitution of Man. Price, 57 cents, postage paid.

Miscellany.

VEGETARIANS FOR KANZAS.

BY HENRY B. CLERD.

In reply to numerous inquiries in relation to the Vegetarian Society Emigration Company, a prospectus of which has been published *Albion*, we are glad to be able to communicate the fact, that this company has already been the means of bringing together Vegetarians from various parts of the country, several of whom, members of the company, are now on their way to Kansas, with instructions to report the results of their explorations as to locality, soil, &c., to the secretary, with a view to the ultimate location of a Vegetarian settlement. When such reports are received, more decided action will be taken with regard to the permanent settlement of a larger number of persons. In the carrying out of such a project, care and caution is necessarily taken to avoid raising the expectations of those desiring to embark in such an enterprise, in order to prevent disappointment. There is one object of the Company which has already been gained; namely, the making known to each other, such Vegetarians as design going to Kansas, and who, but for this Company, would never settle at remote distances from each other, and feeling themselves solitary and alone in their Vegetarian practice, might sink into desponding habits; while by the introduction afforded by this Company, they become known to each other, and are thereby sustained in their practice. If no other good than this resulted, it would be a benefit fully adequate to the dollar paid by each member as a guarantee of his determination to co-operate in the work.

But there is no reason why the whole plan of the Company should be worked out; and from the practical nature of the correspondence already going on, there is every reason to believe that it will be. There is nothing more needed for the permanent success of the Vegetarian movement than a concentration of effort for the accomplishment of the following objects, which the Vegetarian Kansas Emigration Company has undertaken to effect:

I. The establishment, in the centre of the United States, of a permanent home for Vegetarians, where all the appliances for the production of their favorite articles of diet, fruits and vegetables, are abundant, the soil is rich, the climate salubrious and healthful; pure water, &c.

II. The concentration, in a joint stock company, of the means for the purchase of the necessary tools, and other rich savings, implements, building materials, &c., for the settlement, at the wholesale prices.

III. The concerted action of Vegetarians so associated being used for the establishment of a system of direct dealing, supplying the productions of the soil of the best quality for the use of the consumers, without the intervention of specious profits of speculators and retailers coming between these respective parties.

IV. The dissemination of practical Vegetarian information in connection with the supply of the articles of Vegetarian diet.

The calling public attention to the subject of Vegetarianism in a way no more theoretic movement in the form of lectures or publications ever can be expected to accomplish.

The articles most needed for the success of Vegetarianism are the various kinds of fruits, ripe, dried or preserved; farinaceous productions, such as homony, cracked wheat, Indian meal, Graham flour and Graham crackers, farina, &c. Now these, if produced in abundance, and supplied at moderate prices, would be sure to command a sale all over the United States, and a company of persons associated on principle would soon be established in public estimation, for supplying genuine articles, just as the Shakers are established here as packers of genuine herbs, &c.

It is not to be expected that such an enterprise worthy the exertions of young and enterprising Vegetarians. By going to Kansas in such a company, they would be preserved from all the temptations of the principal cities, they would be united, and by united effort they may become the means of inducing thousands to adopt a system of diet so highly conducive to their happiness and well-being.

It is not to be expected that some members of the Company desire to work out, such as the commencement of a thorough dietetic and physiological school, where at a low price, or in return for labor performed by the young men or women, the enjoyment of life. Also, the establishment of a Water Cure on the Vegetarian principle, and at such a cheap rate that thousands of small means can avail themselves of its advantages.

With regard to the form of settlement, it is proposed to locate in such a manner as that each member shall have plenty of room rich to 100 acres, to be situated around an Octagon park or public grounds, so as ultimately form city lots. The octagon form to be preserved in all the streets around the central park, from one angle of which avenues are to extend, dividing in the first instance, the farms of the settlers, and in the after working out of the plan, the various blocks of the city to be situated in the same manner, and to form an avenue. When such city is constructed, it is proposed to call it "Octagon City." The first houses would be built in an octagonal arrangement, each having a front porch of one mile, and as the city became populated, the front porches of the farms on which the first houses are built, could be sold as building lots, and the settlers could remove further back to make way for the same.

Such is briefly the plan of the Vegetarian Kansas Emigration Company, and it is for Vegetarians residing in various parts of the country to say how far they will join in carrying out the project.

We have already received from different sections of the Union expressions of cordial sympathy in the work, and in some instances such expressions have been accompanied with the most substantial proof of sincere and earnestness. We shall be most happy to afford further information to inquirers as the plan progresses.

CISTERNS AND FILTERS.—I observed in the March number of the *Water Cure Journal* some timely remarks by Dr. Shew, on the importance of using pure soft water, with suggestions how to procure the same. On this subject I have wondered that so little has been written on the necessity of pure soft water, as having a direct sanitary effect upon the general health; while there are a variety of books and papers treating largely on the importance of pure air, proper ventilation, food, exercise, &c., and while these are very important, still the purity of the water we drink, and use for culinary purposes, is scarcely second to the purity of the air we breathe, as affecting the general health.

From chemical analysis we know the human system is composed of about three-fourths water, and is so constantly in circulation, it ought to be as pure as possible, by whatever means procured; presuming that whatever is taken into the circulation is healthy in proportion to its purity.

It is, I believe, admitted by all our most experienced physiologists and medical men, that the *hard* waters holding in solution organic impurities, aside from the carbonate and sulphate of lime, are a direct irritant, if not a crotonic cause of many diseases of the bowels, kidneys, and, in fact, all the digestive organs; especially in cities and large villages where great impurities exist from the decomposition of animal and vegetable matter. These deleterious substances inevitably find their way through the porous earth from wells, sewers, and other repositories of decaying matter, into wells and springs, and no method can be devised to prevent it. The people living in the Western States particularly suffer much from the use of impure water; and it is no doubt a fruitful source of agues and fevers, and other common ills. Persons living in lime-stone sections of country, where the water is impure from other causes, ought to have recourse to rain-water cisterns, and properly constructed filters.

I wish to call attention to a filter (see advertisement) I have made, which has been fully tested, and has given the highest satisfaction to hundreds of our own citizens here and elsewhere, who have used them constantly for many years; but were not complete in the inside fixtures, so they could be transported in safety, until within two years. They are made of oak iron-bound tubs, with a stone-ware reservoir so arranged that from one to four gallons can be drawn every hour, according to the size of the filter. They are of sufficient capacity and endurance for all family uses, and are kept in order for a very nominal sum. They are being used with the greatest acceptance at the west and other sections of country, with increasing demand, as they become known, and have agencies in many of the principal cities. Have sent them, per order, to Canada, Cuba, California, Australia, and other distant places. We intend here to make five, six, eight, ten, and twelve dollars each, subject to transportation, if ordered from here, or if purchased of agents elsewhere. Have also added some other important additional improvements recently. We wish, at another time, to speak of cisterns, mode of keeping them clean, and other incidental items connected with the subject.

Rochester, N. Y.

JOHN KEEZIE.

A REVOLUTIONARY PROJECT.

TO THE PUBLIC.—In all parts of the United States where the Water-Cure system has been agitated, the people are asking for more light. They want also physicians of this school, both male and female; and they want these physicians to be most emphatically health-teachers; not only capable of curing disease, but able also to instruct the people in the way of preventing disease. They want persons who, by means whose scientific attainments in all departments of the philosophy of life, and in the practice of the healing art, combined with exemplary personal habits, lead the community into a better way; and they want persons of scholarship sufficient to stand up before the doctors of the

drug-school, and expose the fallacies of their theories, and give the reasons why their practice is ruinous and destructive to the human race.

More than three hundred places are on our list, to which we have been solicited to send a "thorough physician," or a "competent lecturer," or both. But we have as yet none to send. Perhaps some twenty of our present class will graduate in May next, and take the field as co-laborers in this great work. But all, or nearly all of them have their locations already determined. We can do nothing to answer the demand for hydropathic physicians, except to provide facilities for their education.

But we have a proposition to submit. It has been suggested by many of the friends of our system, and seems precisely adapted to the exigencies of the case. It is this:

Let the people who desire to have competent practitioners of our system in their midst, select a suitable person of their acquaintance (one of each sex would be most desirable), and loan them the amount necessary to attend our school one year. Three hundred dollars would cover all expenses for each person. They would soon be able to return it with interest. And they would save the people in the next five years ten times that amount, in the matter of teaching them how to get along without the expensive machinery of apothecary shops, nurses and drug-doctors, to say nothing of those incidental inconveniences, broken-down constitutions and premature decrepitude. Such an investment would pay the proprietors many hundred per cent., besides doing the world incalculable good. It would put our cause rapidly forward in all parts of the country at once. It would soon revolutionize the whole aspect of society in the matter of doctoring.

It can not be expected that the sick, nor the sons and daughters of the wealthy, will engage in this work. It is all they can do to *enjoy themselves*—perhaps more. Nearly all who have come to our school are from the ranks of the working classes. They work on the farm or in the shop, or teach school, till they acquire the means for a professional education. These are of the right stamp to do the work, but it is a very slow way of supplying all the country. It will take in this way a quarter of a century to do what ought to be done, what can be done, in five years; and five years is as long as this horrid system of drug-poisonings, which has neither science nor common sense to recommend it, and which is five centuries behind the age, ought to be permitted to exist.—Respectfully submitted,

R. T. TRALL, M.D.,

Principal N. Y. Hydropathic School.

AN ARGUMENT FOR BABY-SHOWS.—The following facts, which could be multiplied by similar ones to any extent, afford the data for an argument in favor of Baby-fairs as well as Cattle-shows:

We know a man who last summer hired four colts pastured on a farm five miles distant. At least once in two weeks he got into a wagon, and drove over to see how his juvenile horses fared. He made minute inquiries of the keeper as to their health, their daily watering, &c. He himself examined the condition of the pasture; and when a dry season came on, he made special arrangements to have a daily allowance of meal, and he was careful to know that this was regularly supplied.

This man had four children attending a district school kept in a small building erected at the cross roads. Around this building on three sides is a space of land six feet wide; the fourth side is on a line with the street. There is not an out-house or shade tree in sight of the building. Of the interior of the school-house we need not speak. The single room is like to many others, with all its apparatus arranged upon the most approved plan for producing curved spines, compressed lungs, ill-health, &c.

We wish to state one fact only. The owner of those colts, the father of those children, has never been into that school-house to inquire after the comfort, health, or mental food daily dealt out to his offspring. The latter part of the summer we chanced to ask, "who teaches your school?" and the reply was, "he did not know, he believed her name was Parker, but he had no time to look after school matters."—*American Agriculturist.*

The above is a fair specimen of the inversion that generally exists in social and domestic matters, and in reference to the higher interests of religion. Men are often found devoting more attention to their colts than to their children, and to their money than to their God. It will not always be so.—*Circular.*

A PATENT MEDICAL ADVERTISEMENT, slightly altered, and adapted to the Water-Cure. The alterations are in full-faced type.

PAIN, UNHAPPINESS.—These proceed in a majority of cases from physical causes. Never disregard these warnings; you can not have pain or a sense of approaching evil, but from the presence of these humors in the body which Hydropathy would be sure to remove. Sudden death, long attacks of sickness are prevented by these means. When you can not sleep well, when your head feels heavy, or you have pain in any part, but especially in the temples, with throbbing, fly at once to

THE WATER-CURE.

Properly applied, it will be sure to do you good. The next day even, you will feel a new creature. Should these warnings have remained some time unheeded, Rheumatism, Fevers, Small Pox, Consumption, Apoplexy, Costiveness, Bilious Affections, Jaundice, Dropsy, Piles, or some other form of disease, will present itself. But even then, no medicine is equal to the Water-Cure. Use it in these cases, according as the symptoms may seem to require, it will cure sooner than all the medicines of the drug store.

In order to know truth from conjecture, we must be guided by the light of experience. One hundred and three years have proved that the principles of Hydropathy and the human body are mutually adapted one for the other; it entirely regenerates and purifies the blood; is sure to do good, because it only takes out of the body what is hurtful. *I can refer to those who have used water over seventy years.*

Man will be born to days of comfort, compared to what has hitherto been his lot, weighed down as he has been by disease, infirmities and sufferings, which no earthly power knew how to relieve until this blessed Water-Cure was discovered. And yet, comparatively, how few have availed themselves of its great benefits. Not over one in twenty in the Union use it as they ought! Oh, prejudice, fatal prejudice! when wilt thou relax thy iron grasp upon the intellect of our millions!

Alas! the world continues to use harmful Mercury, to lose blood, to be thus often ruined in constitution, when Hydropathy would, in three days, have restored the patient to an improved state of health. Over one million persons have experienced the good effects, and daily recommend the Water-Cure to the afflicted.

The Water-Cure is NOT sold at 25 cents per box, with full directions, at the Principal Office, but may be had at all well regulated Water-Cure Establishments in the United States.

PILLS—PURELY VEGETABLE.—A SHREWED PHILADELPHIA DOCTOR.—A man named Jennings undertook, a few nights since, to give a colored physician from St. Domingo, named Dr. Charles Le Brun, residing in that city, a severe drubbing for malpractice. It seems, that Jennings had been troubled with dyspepsia, and had applied to Dr. Le Brun for a cure; but after taking the doctor's physic for a month, he found himself much worse, told the doctor so, and then a quarrel and the assault just spoken of followed.

"Monsieur le Mayor," said Le Brun, "I no pretend to be ze wizzard, but I cure any body dat do vat I say. I tell dis man he must take two of my pill to-morrow, four ze next day, and den go on du'b ez ze dose forty day, and if he no cure den, I tell him he come to me I will give him haek his money *loa suda*. Sare, dat is de bargain vat I make vid him, and he no do dat, so if no vunder he get worse."

Jennings replied to this—"I took his pills, sir, according to directions, for five days, doubling every day, as he told me, and found, on the fifth day, that the dose amounted to thirty-two pills, and then I began to figure up what it would come to in forty days, and found that I should have to take some half a peck."

"No matter if it was a bushel," said Dr. Le Brun; "ze pill is vegetable, just same as von turnep, and he might live on zem all ze time and zey no hurt. But if he no give ze pill a fair trial, vot for I give him haek his money?"

It was plain enough that Jennings did not go according to contract, and so he had no pretence for asking Dr. Le Brun to refund. The doctor promised to say nothing about the assault and battery, if Jennings would persevere in the purchase and use of the medicine, but Jennings, in this extreme case, preferred the operation of the law to that of physic, and was accordingly bound over to answer for the outrage he had committed.

"I've twenty-five cents a box," "I warranted to be purely vegetable!" "Put you enough by day, put it!" Remove dirtiness from your head and "common cents" from your pocket. Try a single box. Good for men, women, and donkeys. Dose from two to "half a peck" only. Twenty-five cents a box.

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' price. EUROPEAN Works will be imported to order by every steamer. Books sent by mail on receipt of the price. All letters and orders should be postpaid, and directed to FOWLETS AND WELLS, 505 Broadway, New York.

COMPENDIUM OF HYGIENE. By LUCIUS MILLS. For sale by FOWLETS AND WELLS. [Price, prepaid by mail, 75 cents.]

This is a work compiled for the use of the Winsted Hygienic Association, and contains in a small compass, a great deal of useful information in reference to the means of preserving and restoring health. It comprises articles on bathing, clothing, general habits of life, Water-Cure processes, treatment of various diseases, food, cookery, and diet, and contains many things that every one should know.

THE INVENTOR says of it: "This volume gives in a condensed form much valuable instruction for the preservation of health, without recourse to medicine. As a book of information it will be very useful. It is evidently intended to supplement the labors of physicians by useful knowledge and judicious counsels."

MODERN SPIRITUALISM.—Its Facts and Fanaticisms, Its Consistencies and Contradictions. By E. W. CLARSON. New York: FOWLETS AND WELLS. [pp. 498. Price, prepaid by mail, \$1.25.]

This is one of the best, most candid, and most interesting works which has yet appeared on the subject of Modern Spiritualism. The author has been familiar with the movement from the first, and has given an excellent history of its rise and progress. As a chapter, and an important one in the history of our times, it is truly valuable, whatever we may think of the author's estimate of the just claims of the manifestations upon our helter and scatter.

THE INITIALS. A Story of Modern Life. Philadelphia: T. B. Peterson. 1855. [pp. 402. Price, prepaid by mail, \$1.50.]

One of the most delightful and successful works of fiction in the English language. The fair author, a native of England, but now the wife of a German nobleman, depicts most charmingly and with great fidelity the better phases of German life. The book is full of romance and genuine feeling. It is already widely known.

CHEMISTRY FOR THE PEOPLE.—We have received from D. Appleton & Co., publishers, Part VII. of Johnston's "Chemistry of Common Life," comprising two numbers of the English edition, and containing "What we Breathe, and Breathe for;" "What, How, and Why we Digest;" "The Body we Cherish;" and "The Circulation of Matter." It should be read and studied by every body. [Price, prepaid by mail, 30 cents.]

We have also received from D. Appleton & Co., "Mandelville's New Primary Reader," designed for the youngest children in our schools, and well adapted to their use.

MANUAL OF PHONOGRAPHY. By BEN. PITMAN, Cincinnati, Ohio. [For sale by FOWLETS AND WELLS. Price, prepaid, by mail, 56 cts. by dealers, 67 cts. cloth.]

We heartily recommend the above work to those desirous of acquainting themselves with this time-saving art. It is superior to any other treatise on the subject, comprising some valuable features not heretofore introduced in Phonographic works. We would embrace this opportunity of exhorting our female readers to study this invaluable art, for it is the best mental discipline they can adopt, as well as a fine accomplishment.

THREE HOURS SCHOOL A DAY.—We can do more at this time than to merely announce this work as being of more vital importance to parents and children of our country, than any which has been produced in a long time. We shall speak of it more at length in our next; and, in the meantime, will send it to those desirous of examining it, for one dollar, prepaid by mail, as per advertisement in another column.

Business.

A LETTER from Wyoming county, N. Y.—In my last, I wrote you of the intended enlargement of our establishment. The new buildings are to be four in number, two wings 50 by 26 feet, joined right and left to the present building, a new house for the domestic department and a new gymnasium. Already (March 1st) nearly one-third of the work is done. We have no doubt of the completion of the entire work by the first of May. We can then comfortably and pleasantly accommodate seventy-five patients and boarders.

Our new gymnasium is to be a double octagon, one hundred and sixty feet in circumference, built after a somewhat novel and original plan, an account of which I will furnish for the JOURNAL, if you wish. [Send it along.] We have felt compelled to make these additions to our buildings, from the constant increase of our business. Much of the last year our house was over-filled, and our number for the winter just past, has been a third larger than usual. We claim credit for many scores of good cures effected here.

The grounds belonging to the institution comprise sixty-four acres, lying in three great natural terraces rising gently above each other; they not only serve us for gardening, fruit-growing, and farming purposes, but they include woods and lawns, ravines and water-falls, accessible by easy gravelled walks, from the establishment. For an account of the intrinsic beauty of our grounds and scenery, please see a description by Wilson Flagg, in *Hoveo's Magazine of Horticulture*, for November last. Mr. Howland is making a new engraving for us which will be ready for the May number of the WATER-CURE JOURNAL.

P. H. HAYES.

THE HUDSON RIVER INSTITUTE at Clavarrack, N. Y., of which a notice will be found in our advertising columns, occupies deservedly high rank among the educational institutions of our country. We feel no hesitation in commending it to the attention of our readers who desire to patronize a school where the physical and moral, as well as the mental welfare of the pupils receives attention.

FURNITURE.—An intimate acquaintance with the advertisers—see HOGGROSS & MELLOR's announcement in our advertising columns—has led us to commend them with confidence, to our friends, in city or country, who may have occasion to purchase at wholesale or retail, or who may have goods to sell by auction, or on commission. This House will be found prompt and reliable, in all their transactions. Orders from a distance for any article of furniture will be filled at market prices. Proprietors of Water-Cure establishments, hotels, and private dwellings, will do well to give them an call.

SEEDS BY MAIL.—With the hope of encouraging and facilitating the cultivation of flowers in all parts of our country, and thereby promoting the refinement, elevation, and happiness of the people, rather than with any expectation of profit to ourselves, we publish in the March number of the journal, a list of choice flower-seeds, in packages, which we will send, PREPAID BY MAIL, to any part of the United States, on receipt of One Dollar per package. All letters must be prepaid, and the money in all cases accompany the order. The seeds will be sent by return of first mail.

Package No. 1 contains sixteen varieties.

Package No. 2 contains thirteen varieties, and No. 3 thirteen varieties.

FOURTY-EIGHT VARIETIES for Three Dollars. Those who wish for only a part of these FLOWER-SEEDS, should specify according to the numbers which they prefer: No. 1, No. 2, or No. 3. One Dollar pays for one package. Three Dollars pay for the whole three packages. We pay postage on the seeds at the New York office. Address, prepaid, FOWLER & WELLS, 108 Broadway, New York.

A FATHER can scarcely make his daughter more joyous or happy than by presenting her with the means of securing a beautiful flower-garden. Prepare the ground for her, and she will plant the seeds and shrubs with alacrity—and she will find pleasant and healthful employment in cultivating them too. Then the charming fragrance; it the lumanizing and invigorating influence which this home-surroundings exert, is beyond computation. Try it.

We have a list of GARDEN terms, which, together with any other varieties the market affords, we shall be happy to send to our friends.

THE WORCESTER (Mass.) WATER-CURE, which has for some years past been under the successful direction of BERN ROGERS, M. D., has been thoroughly repaired. Dr. Rogers will be joined this season by his brother, E. F. ROGERS, who has been for over two years engaged in our office, and who is hereafter to have the general superintendance of the establishment. There is no Cure with which we are acquainted that presents more attractions to the invalid than this. Worcester is one of the most pleasant and healthful of New England cities, is easy of access, and the visitors of the Cure, will find combined the beauties of the country and the conveniences of the city. Our personal acquaintance with the Messrs. Rogers fully warrants us in recommending their house to our readers, with the assurance that no trouble will be spared to render the visit of their patrons pleasant as well as beneficial.

CINCINNATI WATER-CURE.—The attention of the reader in the vicinity of Cincinnati is directed to the advertisement of the Carthage Water-Cure under the direction of D. A. PEARSE, M. D.

DR. PARKER, formerly of the Forrestville (N.Y.) Water-Cure, will have charge of the Cure at Jamestown, N. Y., during the coming summer. Dr. Parker's former success is a sufficient guarantee of his ability in the management of disease. See his advertisement.

It will be seen by his advertisement, that DR. TABOR, late of Pawtucket, R. I. has purchased a new situation for a Cure on the Narragansett bay, three miles from Providence. If the doctor and his associates receive the patronage the situation and their merits deserve, we doubt that you will soon be more noted as a watering place, than their neighboring city, Newport.

PATENT OFFICE AGENCY DEPARTMENT.

FOWLER and WELLS are doing all kinds of business relating to patents for inventions, and improvements of every description; and for the sale and transfer of patent rights—as will be seen by reference to a notice in the advertising columns of this number. We have often been called upon to transact business of this kind, and are able to take an interest in inventions and patents which had already been obtained. We have heretofore declined doing so, and referred such persons to others for aid in securing their rights, and in making an equitable transfer of those already secured.

These frequent calls, together with the assistance we hope to render to such persons, have induced us to establish a patent office department, in connection with our other extensive business. Those who have known us for a long time will hesitate to place their descriptions and models in our hands, and submit them to an examination. It should be understood that our examinations of new machinery and improvements will be free of charge, and they will be conducted in the most careful, safe, and confidential manner. One of our chief objects in engaging in an enterprise of this kind, is to prevent that deception and fraud which is too often practiced upon men who have made some useful discovery in science or art, men who have dug from the hard soil of experiment something for the benefit of the human race.

Those who are constructing models for the patent office should recollect that they should be made as small as convenient. Except in extreme cases they should be less than one foot in size, unless in either direction.

It is not necessary for persons wishing any kind of business done to go to Washington, or even to come to this place to have it attended to; we can obtain patents, or do any other business for inventors through the post office, with sufficient safety. Those who think they can get a patent by going to the United States Patent Office in person, after a journey which costs from fifty to one hundred dollars, and which invariably goes back disappointed, and often discouraged, but generally somewhat wiser than before. It takes sometimes a year, or some time, to obtain a patent. Mr. Fairbank, who has charge of this department of our business, is well qualified by experience, and a knowledge of mechanical inventions, to superintend the management of all difficult cases, or of conducting the sale of patent rights and patent property.

Matrimony.

MATRIMONIAL CORRESPONDENCE.

NEW SERIES.

No. 54 withdraws from the list of Matrimonial Candidates.

No. 74.—I am about five feet nine inches in height, fair complexion, vital, mental, and motive temperance. Thirty-six years of age, with a strong constitution, good health, and in easy circumstances; a native of Vermont, descendant of Plymouth Pilgrims. Though I esteem true merit in all, I must say I have a preference for my fair countrymen in forming partnerships for life; and believing true love springs from congeniality of mind, I would, with the help of the sciences of physiology and psychology, and a helpmate, I am a firm believer in Christianity, a temperance man and reformer, and would like to live a vegetarian and homoeopathist. I have worked my way thus far in life, and would care for a partner one whose early training has not only been to oversee affairs of domestic economy, but to feel that intelligence and benevolence beneath the attention of the most gifted and noble of the land, and that sympathy with the afflicted and oppressed is a blessing to the giver as well as the receiver. No. 28 shows a frankness that I could reciprocate, and would like to have their address, should there be any similarity of character. ABOUT.

No. 75.—I am a bachelor, 32 years of age, five feet ten inches high, and weigh 188 pounds; am strong and active, though my powers have been several times by excessive application.

My temperament is the motive mental; am a member of an orthodox church, a mechanic, and in addition, edit a reform journal. My character may be deduced as follows: by L. N. Fowler: Vital Temperance, 4; Power of Temperance, 6; Activity, 6; to 6; Excitability, ditto, 5; Healthiness, 5; Organic Tone, 6; Present State, 5; Size of head, 5; Amabilities, 5 to 6; Parental love, 6; Abstemiousness, 4; Inhabitiveness, 6; Continuity, 5; Vitality, 5; Convulsibility, 5; Destructiveness, 4; Alimentiveness, 4; Acquisitiveness, 4; Secretiveness, 4; Contentedness, 5; Selfishness, 4; Firmness, 6; Conscientiousness, 6; Hope, 6; Spirituality, 5; Veneration, 5 to 6; Eudemonism, 5; Self-assertion, 6 to 8; Selfishness, 6; Imitation, 5; Mirthfulness, 6; Individuality, 5; Form, 5; Size, 5; Weight, 5 to 6; Color, 4; Time, 3; Tone, 4; Language, 6; Casualty, 5; Compassion, 5 to 8; Human Nature, 6; Agreeableness, 5.

I am a hater of oppression, greed, and tobacco; use water internally and externally, and drink nothing stronger. Want a better life, to overtake my present deficiency. One who is a Knight in the Order of the Vital Mental or Mental Vital Temperance, between 20 and 30 years of age, of vigorous mind and body, who is a good, true, and honest man, but not natural, her education sound, and her spirits unbounded. The fitness of applicants must be certified by the Messrs. Fowler, to whom inquiries must be referred. They are referred to, and may be seen on application to Fowler & Wells, to whom a communication from me is referred. The best certificate of character gives if desired. All communications strictly confidential. FOWLER & WELLS.

No. 76.—"HELENA" is rather large, aged twenty-five, brown hair; a social, bappy disposition, with a well-balanced head, and a good disposition, and is pretty good-looking. He is a Hydrophobist and Vegetarian. A companion should be from 25 to 40 good size, sociable, cheerful, kind, and intelligent, and live in the West. No Eastern men need apply, unless they expect to emigrate. FOWLER & WELLS.

No. 77.—"H" is a young man between nineteen and twenty-three years of age, five feet ten inches high; has dark eyes, dark curly hair, a good disposition, and is pretty good-looking. He is a Hydrophobist and Vegetarian, a Free-thinker, and, in short, a thorough Reformer. He is poor. He wants a kind, benevolent, loving, and intelligent. One who is capable of loving sincerely and of being loved in return. She must be of age from fifteen to twenty years.

No. 78.—"CLARA" I am twenty-four years old, five feet ten inches high; was never sick enough to take medicine; my ancestors are long-lived and free from hereditary disease; have a farm of six hundred acres and valuable real property. I am not a disreputable or heavy, like many, though they are not as respectable as those who are not. My wife should sing and play well; be a good conversant. One who can say as much as I can say I think would suit me as far as requirements are concerned. Will give you a list of my likes and dislikes.

No. 79.—I am young, healthy, active, and persevering, but not unamiable. Have a full medium-sized body, and a physiologist say, a good-sized and well-balanced head. I have a round face, black eyes and hair. My education is fair, having been completely a course of study, and mostly by my own exertions. In life company I am healthy, but not a good conversation, an elevated, comprehensive, well-cultivated mind, and progressive; I am more facile in affectional than in scientific recreating the most devoted love; efficiency in business, and adaptation to the pursuits of agriculture, and whatever they may be. FOWLER & WELLS.

No. 80.—A man, thirty-five years of age, of sanguine, nervous and bilious temperament, with a well-balanced mind. Never been in the least unwell. I am a good conversant, an elevated, comprehensive, well-cultivated mind, and progressive; I am more facile in affectional than in scientific recreating the most devoted love; efficiency in business, and adaptation to the pursuits of agriculture, and whatever they may be. FOWLER & WELLS.

No. 81.—I am a Vegetarian, thirty years of age, tall, and good-looking; with refined tastes, correct habits in every respect, and good family connections. I am in one of the most pleasant cities in New England, and have been educated in business. I wish a Vegetarian, of good looks, and Correspondence of the Journal as the only way of making my wishes known to you, together with my date, eyes, and hair, with a love of the beautiful, of music, poetry, painting, and the arts; and above all, a love of home, and its duties and pleasures. CHARLES.

Advertisements.

A LIMITED space of this Journal will be given to Advertisements... For a full page, one month, \$75 00

Copies of this JOURNAL are kept on file at the principal Hotels in New York City, Bureau, Philadelphia, and at the Steamers.

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

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTE. R. T. TRAIL, M.D., Proprietor. This commodious establishment, 15 Laight St., can now accommodate one hundred or more persons.

Worcester Hydropathic Institution.—During the past winter, this institution has undergone thorough repairs, and it now offers greater accommodations than ever before.

CLEVELAND WATER-CURE.—A CARD.—The proprietor, as he commences the eighth year of his favorite cure, bids adieu to those who have his numerous friends, and the public generally, that he is still going on in his way proposing and re-joicing.

FORESTVILLE (N. Y.) WATER-CURE, has removed to the Establishment at ARBONET, N. Y., which, having been enlarged, and the buildings have been opened for the accommodation of patients.

ELMIRA WATER-CURE.—This Institution is well adapted to winter treatment. The buildings, four in number, are so arranged as to be previously to the commencement of winter within the same building.

CONCORD WATER-CURE, CONCORD, N. H.—Drs. Vail continue his establishment at the lowest rate practicable.

SPRING RIDGE WATER-CURE, Hinds County, Mississippi. Female Disease, or Disease of the Womb, treated by H. J. HOLMES, Sr., M.D.

MT. PROSPECT WATER-CURE, Binghamton, Broome Co., N. Y.—Treatment during the cold season.

Dr. T. and wife have had charge of Cures for the last winter, and will continue to treat all diseases that can be met at a summer's temperature, both day and night.

MISS M. H. MORRY, M.D., late professor in the Female Medical College, Philadelphia, will attend to patients in City or Country.

CHICAGO WATER-CURE RETREAT, on Lake Superior between Hobart and Clearwater. Open summer and winter for the reception of Patients.

NEW LEBANON SPRINGS WATER-CURE.—This well-known institution is open for the reception of patients, and gives credit for the year's natural advantages.

ATLANTIC WATER-CURE.—This institution, now entering on the tenth year of its successful operation, and never more prosperous than during the year just past.

CINCINNATI WATER-CURE is located five miles from the city, on the Cincinnati, Hamilton, and Dayton Railroad.

EPHRATA HYDROPATHIC INSTITUTE is open for the reception of patients throughout the year.

C. PARKER, M. D., formerly of the Forestville (N. Y.) Water-Cure, has removed to the Establishment at ARBONET, N. Y.

COLUMBUS WATER-CURE, FOR LADIES EXCLUSIVELY.—In founding this Institution, our object has been to combine the best, modern, and most scientific treatment.

ELMIRA WATER-CURE, For Ladies. The Ball-Room, four in number, are so arranged as to be previously to the commencement of winter within the same building.

CONCORD WATER-CURE, CONCORD, N. H.—Drs. Vail continue his establishment at the lowest rate practicable.

SPRING RIDGE WATER-CURE, Hinds County, Mississippi. Female Disease, or Disease of the Womb, treated by H. J. HOLMES, Sr., M.D.

VEE DE L'EAU WATER-CURE.—This Establishment, known to the health and pleasure seeking public as a delightful summer resort, has been purchased by the undersigned, and will be opened on the first of April.

CUBA HYDROPATHIC INSTITUTE.—It is situated in the most beautiful and pleasant part of the village, surrounded by fine shrubbery.

ORTHOPATHIC WATER-CURE, Cleveland, Ohio.—Dr. G. W. STRONG and ISAAC JANINUS, M.D. Physicians.

DR. WESSELHOFF'S WATER-CURE, Batavia, N. Y., which has been a successful operation for the last ten years.

DR. C. BAEZL has opened a Water-Cure in the city of Pittsburgh, No. 38 Hand street, between Penn street and the Allegheny river.

DR. WESSELHOFF'S WATER-CURE, Batavia, N. Y., which has been a successful operation for the last ten years.

DR. C. BAEZL has opened a Water-Cure in the city of Pittsburgh, No. 38 Hand street, between Penn street and the Allegheny river.

NEW-MALVERN WATER-CURE, West-Brook, Mass., is in successful operation.

DR. FRANKLIN'S ORIENTAL HYDROPATHIC INSTITUTE, at FORTKNOX, is now in successful operation.

DR. CHARLES MUNDE'S WATER-CURE Establishment, at Florence, Mass., three miles from the Northampton R. R. Depot, is situated in one of the pleasantest regions in New England.

KENOSHIA WATER-CURE, at KENOSHIA, WISCONSIN.—This is a large institution, and has been in successful operation for the past two years.

MRS. L. F. FOWLER, M.D.—Office Hours.—From 9 A.M. to 2 P.M. at 50 MORTON St., between Hudson and Bleeker Sts.

CANTON WATER-CURE AND PHYSIO-MEDICAL INSTITUTE, at Canton, Ill., is now in successful operation.

NEW GRAEFENBERG WATER-CURE.—For full, printed prospectus, address R. HONAN, M.D. New Greenfield, N. Y.

H. KNAPP, M.D., Water-Cure Physician and Surgeon, Niagara Falls, N. Y.

GEORGIA WATER-CURE.—At Rock Spring, near Marietta, Georgia, is a commodious and well fitted Water-Cure.

DR. BERTHOTA'S WATER-CURE Establishment is at Saratoga Springs.

A RARE CHANCE.—A WATER-CURE FOR SALE.—In consequence of the death of his wife, Dr. J. B. Campbell will sell the Philadelphia Water-Cure, at Philadelphia, Beaver County.

FOR WATER-CURE ESTABLISHMENTS. The finest sorts of Fruit and Flowering Trees and shrubs, sold by the wholesale.

WILLIAM WEST, 133 Hudson street, New York, Manufacturer of Silks, Batts, Batines, Tubs, Shower-baths, &c.



ROUND HILL WATER-CURE AND MORBIDITY INSTITUTE, AT NORTHAMPTON, MASS.

This celebrated Water-Cure, and delightful retreat for Invalids and others, hitherfore the largest Institution in the country, yet, having been found wholly inadequate to the accommodation of the constantly increasing number of Invalids seeking admission, here of late have undergone the most thorough and extended repairs; and has been enlarged by the erection of a fine new four story building in modern style, and by the addition of another story to one of the former buildings; making in all a new of nearly one hundred ft. The building is now three and four stories in height, and covers an area of Forty by nearly Four hundred feet, being altogether the most extensive Institution of the kind in America.

For bathing facilities have just been thoroughly remodelled and grandly enlarged. In addition to the bathrooms attached to the private parlors on the different stories, there is now beside a space of Forty by One hundred and fifty feet devoted to public and private bathing, Dressing, and Pack rooms, embracing all the various kinds of baths, from the vapor to the plunge, including every recent improvement for the medical application of Water. The completeness in this department enables the patient to avoid the disagreeable exposures usually incident to the taking of baths, &c. in other Institutions. Ample provision has been made for thoroughly heating the whole establishment during the winter months.

And in all the local advantages which render it attractive as an Institution for Invalids, and a summer retreat for others seeking relaxation and pleasure, Round Hill stands alone and unrivalled. Its shady woods and beautiful lawns, its cool refreshing springs and facing mountain air, its delightful promenade, vistas, and carriage drives, with its various sources of recreation and amusement, such as Gymnastic, Fly, Tennis, and Billiard-rooms, and especially the charming rural scenery and admirable landscapes, have acquired for it a world-wide reputation. *Jenny Lind*, after a three month residence, called it "the Paradise of America." The prospect from the extended terraces and balconies of the Institution, commanding the view of the Connecticut valley, stretched with villages, and crowned by mountains, is truly magnificent, and baffles all attempt at description. The beautiful waters of the Connecticut river, gliding by the base of the famous *Keenleyside* and *Town*, greatly enhances the picture. Thousands of visitors from all parts of the United States are annually attracted to this place, to enjoy the prospect on these mountains, whose rustic cottages and view of thirty cities and villages in five different States. At the base of the Hill, and bordering the grounds of the Institution, lies the village of Northampton, embosomed amid majestic hills, and watered for its wealth, refinement, and cultivated society, as well as for its good classical and common schools. For healthful relaxation and rest enjoyment, Round Hill possesses a thousand advantages over the fashionable water-cure places, and as a summer residence to families from the large cities, and from the South, has no rival. The Institution is surrounded on two sides by noble forest trees, which afford a most refreshing shade during the warm months. The carriage drives in the vicinity present a most charming variety of romantic mountain scenery, relieved by numerous waterfalls and beautiful rivers. Over one hundred thousand dollars have been expended on the buildings and grounds, and no pains are spared to place the Institution in the advance of all competition.

Dr. Hallett, the proprietor and principal physician, continues to devote himself with increasing success to the cure of all kinds of Chronic Diseases, in treatment of which few physicians have had so much experience. Having been for twenty years at the head of a Hydropathic Institution, and within that time having treated many thousands of the most obstinate and complicated cases, of from one to thirty years standing, he has had an opportunity which few of the Profession have enjoyed, of acquiring skill in the management and control of protracted and aggravated complaints. The following is a brief statistical account of some of the diseases treated in the Institution, during the past year, by Dr. Hallett and his associate Dr. H. Strong:-

DISEASE.	NO. OF CASES.	DISEASE.	NO. OF CASES.
Dyspepsia, ..	122	Incipient Consumption, ..	35
Curvature of the Spine, ..	43	Scrofulous Enlargement, ..	23
Liver Complaint, ..	33	Chronic Hæmorrhage, ..	24
Protruding Uterus, ..	151	Spinal Irritation, ..	17
Spleenistia, ..	29	New Anger, ..	24

We have not of course space to give more than a few from the list of diseases as they appear on the Cases-books of the Institution. It will suffice to say that, in addition to the above-mentioned, there were many cases of, *adipository Rheumatism*, *Henrietta's of the Uterus*, *Jaundice*, *Hæmorrhoidal Flux*, *Constriction of the Brain*, *suppurative Masses*, *Enlargement of Tonils*, *Piles*, *Disease of the Kidneys*, *Dilatation of Stomach*, *Retention of Urine*, *Disease of the Heart*, *Weakness and Pain*, *General Paralysis of the Joints*, *Park Headache*, *Partial and General Paralysis*, *Epilepsy*, *Chronic Inflammation of the Stomach and Bowels*, *Nervous Debility*, *Suffering from the Brain*, *Suffering from the Eyes*, *Disease of the Liver*, *Disease of the Bladder*, and various others amounting in all to 86 different Diseases.

Dr. Hallett continues to pay particular attention to all kinds of female complaints and weaknesses. The remarkable success that has attended his peculiar method of treating such complaints, by his system of hydropathy, has led to his being consulted by ladies from all parts of the country, and from all the States. In this department, such the most extended practice of any physician in the country, and has given him all kinds of *Supporters* and *Poses* of every kind, which irritate the organs and aggravate the disease. He has succeeded in securing a much more simple, rational and successful method of treatment, by which the misplaced or congested organ is permanently placed, and the patient restored to health. He has been, at one time, consulted by upwards of 100 ladies from every part of the country, and all over the country, a vast number of ladies in the highest social position, who will bear testimony to the success of his method of treating such cases, and to the relief which has been afforded, in all cases of this nature, by his system of hydropathy. In many instances the cases of this nature have been cured, and in many others, such a degree of relief as to enable them to lead an average, if not a high standing the case, and to come to Round Hill, as the only place of obtaining certain relief. How often, in such cases, are we aware of the symptoms, no such relief as to be restored, and in many instances, abandoned as hopeless by Allopathic and Hydropathic, that the majority of such patients are cured.

In cases of *Incipient Consumption*, *Chronic Bronchitis*, and other affections of the Lungs and Air-pas-

pages, Dr. Hallett has long practiced the inhalation of medicated vapor, in combination with Hydropathic and Hæmorrhoidal treatment. By this means, many very obstinate cases, which had related every other remedy, have been speedily relieved. To those who have induced Chronic affections in the throat and lungs by exposure to wet too much speaking in public, aided by wet severe application to business as a study, the system here employed is peculiarly adapted. Its efficacy in such cases has been made apparent by the successful treatment of many disabled Clergymen and Lawyers, who are thus enabled, in a short time, to resume their professions.

In the treatment of *Curvature of the Spine*, in which he has had unusually large experience, Dr. Hallett, in addition to Hydropathic treatment, employs an Elevator of his own invention, which combines many advantages over those generally used. In these deformities, and in the many dangerous affections growing out of them, as well as in *Tracheitis*, *Loss of the use of Limbs*, and diseases of the Joints, the four-man crew employed at Round Hill is the only effectual and reliable means.

For the Cure of *Secular Weakness*, resulting from self-indulgence and dissipation, and from a debilitated state of the constitution, produced by previous disease, the treatment is unusually thorough, and is infinitely successful. In no single case has it ever failed. Many gentlemen with shattered nerves and depressed spirits, as every year send home from the Institution happy, in mind and with restored health.

In all Chronic Diseases, both acute and chronic, Dr. Hallett's long and varied experience fully sustains him in saying, emphatically, that his method of combining Hydropathic treatment with Morbidity, and other healthful and reliable curative agents, is much more speedily and effectual, and will and does restore hundreds of patients who are acknowledged beyond the reach of Water Treatment alone, and who can not be cured without its aid. As an evidence of the truth of this statement, it might be added, that many of the cases above enumerated were persons who, suffering under a complication of disease, had fallen for years, and abandoned as hopeless by the most eminent Allopathic and Hæmorrhoidal physicians, had before being brought to Round Hill gone through a long course of mere Water-Treatment at other Institutions, without success. These persons, in a few weeks or months after coming here, have been able to walk several miles at a time, and to engage in the most active exercises and amusements.

It is remarkable success which has attended the Comprehensive System of Treatment employed by Dr. Hallett in combating the most thorough Hydropathic measures with other agencies not less powerful, not less truly scientific,—a combination of means attainable at no other Establishment in this country, which has every year through the Institution with Invalids from all parts of the United States and the Canada. Nevertheless, in all cases where Water Treatment alone is desired by the patient, or is sufficient for the purpose, that alone is employed, and, in consequence of the peculiar facilities of the Institution, in the most thorough and scientific manner.

The Gymnastic and Calisthenic exercises, conducted by an educated Gymnast, are of the utmost importance for the expansion, development, and healthy action of the lungs and various other organs, and in some cases are indispensable means. Several hundred different modes are used to excite bodily and organic action, and thus to equalize the circulation and to aid the secreting organs and vessels of the system, without incurring the harmful results of powerful and destructive drugs.

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We take pleasure in referring to the following individuals, a few of the thousands in every part of the World, from whom satisfactory information may be obtained in regard to the Institution, and the results of the treatment employed:

- | | |
|--|---|
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The Author says:—"The question is often asked, Why are uterine diseases, and especially displacements of the uterine organs, so much more prevalent now than fifty or a hundred years ago? The inquiry is easily answered. In those days, our girls were educated to more active and laborious habits. Spinning, weaving, running, and household duties, were then fashionable; and the exercises consequent on their performance tended to invigorate the muscular system and preserve the general health. Now, machinery has, to a great extent, driven our females who are obliged to earn their own bread, into damp cellars, close garrets, or rear buildings, to hind shoes, make shifts, sew on caps, stitch at millinery and mantua-making, etc.; while the daughters of the rich idle away their time in novel-reading, or at genteel boarding-schools, and dissipate away their strength in table luxuries and fashionable dresses;—considerations which point to hygienic alone, if properly carried out in the eating, drinking, sleeping, breathing, dressing, and exercising habits, as amply remedial in three-fourths of all the cases extant."

The reader may understand the nature and object of this work, by the following table of

CONTENTS:

ANATOMY.—Multifidum Remedia for Female Diseases—An axiom in Medical Science—Errors in Diagnosis—A Remarkable Case of Malplacement—Source of Faulty—Ligaments—Uterus—Nymphs—Cervix—Vagina—Vulva—Menstruation—Physiology of the Uterine System—The Reproductive Function—Tubercles—Nervous System—Menstruation not necessary to Sexualness—Spontaneous Ovarian—Ovarian—Dr. Bennett's Controversial—Menstruation not a Secretion.

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Amorrorrhoea.—Suppressed Menstruation—Irregular Menstruation—Leucorrhoea Menstruation—Dysmenorrhoea—Distention of the Cervical Canal—Plastic Benign—Cancer of the Cervix—Menstruation of Menorrhagia—Vaginal Menstruation—Uterine Menstruation—Cementation of the Menes—Chlorosis—Fallopius—Uterus—Protrusion of the Uterus—Protrusion of the Uterus—Protrusion of the Uterus—Partial Prolapsus—Complete Prolapsus—Chronic—Protrusion of the Uterus—Ergonous—Opinion Contrary—Disastrous Results of the Common Treatment—Malplaced Ovarian—Females always Injured—Drugs—Medicines generally injurious—Testimony of Professor Dieffenbach—Dr. Haussner's Opinion—Dr. Leake's Testimony—Dr. Bennett's Experience—The Corrosive and Cutting Treatments—Proper Treatment—Mental Medicine—Averaging of the Womb—Anterior—Anterior Obliquity—Varieties of Asthenia—Fatal—Mistake in Diagnose—Ordinary Malplacement—Proper Methods of Reposition.

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BY H. C. F.

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the lucky recipients of these splendid, gorgeous, and magnificent prizes. They will become "suddenly enriched," which will render honest labor, with head or hands, superfluous during the remainder of their lives, and they can swing on a gate all day long, and lick 'em every day.

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O. FITZGIVEN DIDDLEX! Manager.

Cuyahoga Falls, O., August, 1854.

GRANDILOQUENT, HIGH-FALLING.—An old story revived. "Once upon a time," of course, —some high-bred college graduates hired a horse and buggy, to have a drive out of town. They went. Arriving at a country tavern, they sought rest and refreshments for both the horse and themselves. On driving up to the door of the hotel, one of the collegians addressed the boy in attendance thus:—

"My lad, have the kindness and condescension to extricate the quadruped from the vehicle, stabulate and donate him with an adequate supply of nutritious aliment, and when the aurora of morn shall again illuminate the oriental horizon, we will award you a pecuniary recompense for your kind hospitality."

The boy ran into the house, calling—"Father—father, there's a Dutchman at the door wauts to see you!"

ANOTHER.—A boarding miss, deeming "eat" a word too vulgar for refined ears, defines it thus:—"To insert nutritious pabulum into the denticulated orifice below the nasal protuberance, which, being masticated, peregrinates through the cartilaginous cavities of the larynx, and is finally domiciliated in the receptacle for digestible particles."

EVERY MAN HIS OWN MILLER.—IMPROVED HAND-MILL.—Residing in the West nearly twenty years, and having been thirty miles to mill the coldest weather across prairies, with no road—houses ten or twelve miles apart, grinding corn, and eating bread made of musty and filthy meal and flour, and not being able to get grain ground to suit me,—are some of the causes which led to the invention of this mill; which, for cheapness, durability, and execution, both in speed and quality of grinding, I have not yet seen equalled.

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With it one can grind enough in five minutes for their bread during a day.

The grinders being cast separate, are made of hard iron, and can be removed in a minute, without screw-driver or wrench, for grinding different articles, or when dull. Still, it is believed one pair will grind enough for one person for forty years.

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FOWLERS AND WELLS.

THE SYMPATHIZING WOMAN.—The *Georgia Citizen* publishes the following insinuation. We leave it for the reader to judge of the probability of its truth. We cannot endorse it.—EWS. W. C. J.

If we were called upon to describe Mrs. Dobbs, we should without hesitation call her a sympathizing woman. Nobody was troubled with any malady she had ut suffered. "She knew all about it by experience, and could sympathize with them from the bottom of her heart."

Mr. Turner was a wag, and when one day he saw Mrs. Dobbs coming along the road, towards his house, knowing that in the absence of his wife, he should be called upon to entertain her, he resolved to play a little on the good woman's abundant store of sympathy.

Hastily procuring a large blanket, he wrapped himself up in it, and threw himself on a sofa near by.

"Why, good gracious! Mr. Turner, are you sick?" asked Mrs. Dobbs, as she saw his position.

"Oh! dreadfully," groaned the imaginary invalid.

"What's the matter?"

"Oh, a great many things. First and foremost, I've got a congestion of the brain."

"That's dreadful," sighed Mrs. Dobbs. "I cannot pretty near dying of it ten years come next spring. What else?"

"Dropsy," again groaned Bob.

"There I can sympathize with you. I was troubled with it, but finally got over it."

"Nursing," continued Bob.

"Nobody can tell, Mr. Turner, what I've suffered from neuralgia. It's an awful complaint."

"Then, again, I'm very much distressed by inflammation of the bowels."

"If you've got that, I pity you," commented Mrs. Dobbs; "for three years steady I was afflicted with it, and I don't think I've fully recovered yet."

"Rheumatism," added Bob.

"Yes, that's pretty likely to go along with neuralgia. It did me."

"Toothache," suggested Bob.

"There have been times, Mr. Turner," said the sympathizing woman, "when I thought I should have went distracted with the toothache."

"Then," said Bob, who, having temporarily ran out of his stock of medical terms, resorted to a scientific name, "I'm very much afraid that I've got the *tetlyasaurine*."

"I should n't be at all surprised," said the ever-ready Mrs. Dobbs; "I had it when I was young."

"Though it was with great difficulty that he could resist laughing, Bob continued:

"I'm suffering a good deal from a sprained ankle."

"Then you can sympathize with me, Mr. Turner. I've been *injured* as I feel coming along."

"But that is n't the worst of it."

"What is it?" asked Mrs. Dobbs, with curiosity.

"I would n't tell any one but you, Mrs. Dobbs, but the fact is—here Bob groaned.—I'm afraid, and the doctor agrees with me, that my reason is affected; that, in short, I'm a little crazy."

Bob took breath, and wondered what Mrs. Dobbs would say to that.

"Oh! Mr. Turner, is it possible?" exclaimed the lady.

"It's horrible! I know it. I frequently have spells of being out of my head myself."

Bob could stand it no longer; he burst into a roar of laughter, which Mrs. Dobbs taking for a precursor of a violent paroxysm of insanity, she was led to take a hurried leave.

THE INVALID.

Oh that I might wander in bright summer bowers,
And revel with birds and with dew-loving flowers!
Oh, birds of the forest, your psalms of love
Ascend to the throne of the Father above.
Oh, beautiful blossoms—in radiant bloom,
I long to inhale your ambrosial perfume.
Oh, when shall I roam in the greenwood again,
Afar from my couch of disease and of pain?

When I strayed o'er the hills and the valleys as free
As ever a child of wild freedom could be,
The pure breeze of heaven would play 'round my brow;
But alas! no sweet zephyr can come to me now!
It toyed with the loose floating locks of my hair,
And soothed from my spirit each shadow of care.
How many a path have I eagerly trod,
When dew-drops were sleeping upon the green sod!

I think of a mountain-top towering high,
Till its hoary crest met with the clouds of the sky;
While, low at the base of the wild frowning steep,
A broad turbid river rolled rapid and deep.
Far out leaped the rock o'er the swift-rolling tide,
Cherishing fondly its billowy bride.
Oft to the height of that cliff would I go,
And gaze on the gleaming of waters below.

And oft when the sails of the tempest were spread,
And winds howled a dirge for the mariners dead,
When dark clouds of gloom overshadowed the sky,
And thunders were angrily muttering nigh;
When the Storm-King rode forth in the pride of his power,
My spirit, exultant, rejoiced in that hour;
I loved the wild strength of the fierce howling blast,
And lingered alone till its fury was past.

But there is a streamlet far dearer to me
Than this, with its stern rugged grandeur, can be;
Green are its mossy banks, bright are its waves,
Sweet is the spot where the pure water laves;
Trees overshadow it, graceful and tall,
Blue are the heavens that bend over all.
(A I reclined on the banks of that stream,
Dreaming as only a Poet can dream.

I bathed in the murrining rivulet cool,
And thought of the virtues of Silesou's pool.
Shall I never behold that sweet streamlet again,
Free, free from the blight of disease and of pain,
Ah! me! the sweet pleasures of life can ne'er last!
My spring-time of pleasures, I fear me, is past:
They fly like the wind, and I'm pale through the bow,
And no breeze of heaven can come to me now!

I pine for a glimpse of the heavens above,
I pine for the flowers, sweet emblems of love!
I long for the song of a sweet forest bird,
But here no sweet melody ever is heard!
Farwello to the birdcote to the stream—and the flowers!
Farwello to my beautiful greenwood bowers!
Farwello to the high-arching dome of the sky!
Now leave me alone—for alone would I die!

HEMIONOR.

Pontiac, Oakland Co., Mich.