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TO CONTRIBUTORS AND CORRESPONDENTS.

While we are quite sure all the subscribers to the Journal are satisfied they get the full worth of their money, when we look at the piles of copy on our desk, each article awaiting its turn to make its appearance before the public, we often wish our pages possessed the property of extension. We have already on our list for the next issue, a large number of most excellent articles on a variety of subjects, and our readers may expect a rich treat in perusing them, without fear of disappointment. It has been, and still is, our desire and intention to make a Journal containing a greater amount of valuable information, that shall be of the most real benefit to humanity, than can be found elsewhere; and the reception which it meets at the hands of subscribers, induces us to believe we have at least approximated that end. Those of our friends whose copy has been in hand for some time, must bear with us patiently. We will do our best to serve you all in turn. In the meantime, may we not be permitted to ask those of our subscribers who receive our monthly visits with pleasure, to take occasion to say to their neighbors how much benefit may be derived from its perusal? We presume there is not an individual who could not, by a few minutes' conversation, persuade one, if no more, to send us their name. Such an act on their part, it will be readily seen, would double our already large subscription list,—would put those to whom the Journal is now unknown, in possession of information relative to health, and, consequently, happiness, not to be found elsewhere, and at the same time entitle themselves to the reward always bestowed upon those who do a deed calculated to benefit their fellow men.

General Articles.

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

THE HYDROPATH AS A REFORMER.

AN ADDRESS DELIVERED BEFORE THE NEW YORK HYDRO-PATHIC AND HYGIENIC INSTITUTE, BY E. W. GANTT.

THE present age is most emphatically marked by the number and variety of its reforms. Reform has, in fact, become a sort of magic word. It floats on every breeze—"roughs and tumbles" with the tempest—and even in the calmest hour, gives unmistakable signs of its presence and potency. "Young America's" tympanum is jarred by its impulse, and forthwith he is inspired. The world appears to him all "topsy-turvy"—and though he has just emerged from the nursery, and can hardly waddle without assistance from the *preface* to the *finis* of the "Third Reader" in his district school,—such is the hopeless condition of that state of things into which he has just begun to peep, that he must needs be at once a reformer. His capacious noddle—(capacious, because empty)—is immediately crammed to overflowing with all imaginable fancies—such as the importance of his mission, and the consequences depending upon the result—while the wonder is, that he alone of the innumerable throng which surrounds him, should have been the chosen instrument in the hands of an all-wise Providence to be the pioneer in the world's redemption.

The man in middle life, while following his plough, or engaged in a more active business, hears a rustling in the air above him, and he, too, fancies he has received a commission to wake the world from its slumbers, and herald the dawn of a brighter day in its history; when there will be no more need of progress, and old fogies will exist only in an embalm state, fit subjects for Barnum's Museum of antiquaries. Full of inspiration derived from the circumstances of the hour when he received his supposed commission as a reformer, he leaves the cares of a business life, and engages with great earnestness in his new, and to him, more important calling. As the world appears to him, it is in subjection to error,

and nothing but empiricism controls the minds of men. Unless his *mission* is acknowledged and his *doctrines* heeded, it must soon submit to its sentence, and in all probability share the fate of Sodom and Gomorrah. The world is wrong, and it must at once be righted. A vivid sense of this gives him unusual energy, and he feels like engaging a host of foes. He thwacks his neighbor's cranium until its phrenology can hardly be distinguished from its pathology, because his neighbor seems inclined to go down to Tophet with the rest of mankind, and will not heed the gratuitous warnings of his enthusiastic friend, the reformer. Society generally receives from him any desirable amount of percussion in the hypochondrium and other tender regions; while it may, perchance, be so ungrateful as to give back only kicks and blows in return. While he lives, he wages an incessant strife, which often exhausts his energies on the battle field, and not unfrequently quenches the vital spark before he receives any assurance of victory. Indeed, about the only consolation for the great majority of self-styled reformers is, the fact—which their own experience only serves to confirm—that the world heeds not their efforts in its behalf, but contemptuously "wags on" in its accustomed way.

Old age, even, is not proof against this powerful influence. The eye that has already become accustom to the winding-sheet, the funeral obsequies, and the recesses of the tomb, catches a glimpse of some untamable reformer, and turns again to the scenes of life, while the heart longs for the elasticity, power, and prospects of youth.

No class, condition, profession, or element in society, can be said to have met successfully this power, which knows no confinement. Its influence is universally felt, and generally acknowledged. Sometimes its murmurs are heard in the distance, and the storm passes over our heads doing no harm. Again, its presence is indicated by upheavings in our social and political systems, which, like earthquake-throes, prostrate in the dust structures covered over with the moss of ages.

Such is the phenomena connected with what are very generally termed reforms. Every man who proposes or presents any thing different from what exists, or if he only presents something already in existence in a new form, is very much

inclined to urge his claims to that coveted title—*Reformer*. We who profess to be Hydropaths, have not rendered ourselves proof against the prevalent epidemic. Indeed, the fact that so many of us are affected, some exhibiting the first symptoms—others in more advanced stages—and most of us in the hot or sweating stage—has suggested to me the propriety of making a diagnosis and prognosis of the case before us—the *Hydropath as a reformer*.

Doubtless all of us have observed the tendency of nearly all professed reformers to a sort of *one-idealism*. They think that when their peculiar doctrines are adopted, there will be no necessity for any further reformatory effort. Each deems his solution of the great question of the origin of all evil, to be infallibly correct; and each regards his panacea as the sovereign remedy. Hence, there is no unity of sentiment, no concert of action, among these self-styled reformers; but they are just as much inclined to war with and devour each other, as to direct their energies wholly against their common foe. Nor is the Hydropath an exception to this general rule. Though professing to be a reformer, he is not unfrequently found engaged in a fierce contest with some brother whose reformatory efforts are directed to another purpose. The Hydropath may have sworn eternal enmity against the drug-system of human slaughter, and yet be opposed to the equality of man. His brother, perhaps, believes in allopathy, but claims to be a *reformer*, inasmuch as he has devoted his life to the cause of universal liberty. Here is an open field for a difference of opinion, even among those whose claims to that enviable cognomen—*reformer*—are equally entitled to consideration.

No argument is required to prove that these different elements cannot underlie a true reform. Such a basis has no analogy in nature. No kingdom divided against itself can stand; nor can a principle triumph while its advocates are at sword's point with each other. Harmony among those of the same class is nature's law, and nothing but art can deviate from the course indicated by this great governing principle. True reformers agree; their aims are one, and in sentiment and philosophy they will be united. When we find a class of men professing to be reformers, quarreling among themselves, we may reasonably infer that *they*, or their *doctrines*, are false. Nor can we expect that any permanent good will result from their labors while they are engaged in an internal strife. The temperance reformer may advocate temperance and denounce the abolitionist; and in turn, the abolitionist may sustain the equality of man, and theoretically and practically oppose the progress of the temperance cause. Thus they neutralize each other's action. This will be more apparent if we examine the platforms of most of the reformers of the present day. They have no deep-laid fundamental principles upon which they can stand united. Each selects one or more of the existing evils as his speciality; and regarding all other evils as depending upon that, he opposes all treatment which does not seem to him adapted to the particular case to which he has given his attention. Instead of recognizing an unbalanced state of functions which should harmonize as the cause of abnormal states, these very abnormal states or conditions are themselves regarded as primal causes.

It is to be feared that there are few exceptions to this general rule. Some are trying to cure the soul of original sin; others wish to regulate a single faculty, or certain class of faculties; and we Hydropathists are too much inclined to effect the great and necessary reform by regulating the functions of the body. Thus all violate the great law of harmony, and are not in the highest and purest sense reformers. Hence, a child who makes a box of four pieces of board, may in a certain sense, be called an architect; but by the side of the man who understands the principles of architecture, and can apply them to effect results, he dwindles into insignificance, and, if sensible,

would surrender his title willingly. So it is possible for us Hydropaths to be reformers in the sense that the nurse may be a physician, because she makes an application of a blister; and yet she may know nothing of anatomy, physiology, or pathology. We may instruct the mass of mankind in the laws of health, and foment alchemy until it sublimates, but we shall not necessarily be reformers in any proper sense of the term. We get a little knowledge of the structure and functions of the human system—imagine what we can't understand of pathology and therapeutics—and armed with Hydropathy and Pharmacology, go forth to overturn old systems of medicines, reconstruct the political and social systems, and belabor theology until it will submit to packs, douches, and plunges, or else drive it from the habitations of man. "Verily, great is Diana, the goddess of the Ephesians."

But, if *ours* is not a reform, and *we* are not reformers, what is reform, and who are reformers? To answer these questions, let us first determine why reformers are necessary at all. What is the nature of this necessity, or in what condition of things is it found?

Were man perfectly developed, and his powers unperturbed, we could conceive of no necessity of a reform. We must seek, then, for the necessity of reform in an opposite state of things. Man is not perfectly developed, and to a great extent he has perverted his powers. Harmony of functions does not depend upon harmony and perfection of development and unperturbed faculties—has not been attained. This is why reform—a change for the better—is necessary; and this must be admitted as an essential element in the basis of reform. Man is a compound of soul and body, and when we understand the normal functions of the individual faculties composing these natures, we can form our ideal of mankind or humanity, in the harmonious development of all these natures and faculties belonging to them. Regarding this harmonious development as the attainable ordinal of man, we can urge the necessity of reform only as we find man below or beneath this state of perfection. We surely can attempt to secure nothing higher for man in his present state, than his perfect development, unless fancy detrones intellect and judgment. Then, until this is attained, the necessity of reform must continue to exist; and if reformers will first investigate the nature of the being they are trying to reform, they will soon agree upon the real nature of this necessity.

But the general belief among us Hydropathists, that we do recognize the imperfect development of man as the real necessity of reform, and therefore we are true reformers. It is true that we agree upon the anatomy of the body; and so far as it is essential, we are agreed in reference to its organic functions. We also very generally agree in reference to the utility, or rather the utter worthlessness of drug-medications. But where we disagree, and in this, to the world, we are not technically reformers. It is not enough that we can overthrow old medical systems, and establish Hydropathy. It is not enough that we secure a harmonious development of the human organism, though this is essential to a proper manifestation of mind. Nor is it enough that we become successful practitioners, and are enabled to heal all manner of diseases. We must do more than secure functional harmony of organism.

We must delve deeper into the nature of man, and perceive the mutual relations and dependencies of the soul, mind, and body. Harmony of the organic functions is worth attaining; but beyond this lies the greater work of harmonizing the immaterial and material—the spiritual and physical. What is harmony of organic functions compared with harmonious soul functions? And what is *organic* harmony or *soul* harmony, compared with *body* harmony, or *body*, both harmoniously developed, and dwelling in perfect union? How many of us aim to secure this *harmony* of harmonies in ourselves, and realize its importance as the basis of character in the true reformer? Is not soul infinitely valuable

compared with the body? Of what value, then, is the body, only as a medium of manifestation? If the soul is crushed by sorrow or oppression—if it is veiled in a darkness which no ray of light can penetrate—if its aspirations for life, liberty, and immortality, are chained down, Prometheus-like, by the will of a despot—if, when it gazes into futurity, and there beholds its freedom and glory, and treads its long pathway of eternal development—it is thrown back upon the consciousness of its thralldom while in the body, of what use to it is harmony of organic functions? Why talk to it of organic laws, and penalties following their violation? The true reformer does not. He regards harmonious organic functions merely as a condition on which the manifestation of his *ideal* depends. His ideal includes the *soul* of man; and in its perfect development the soul and body are in *themselves* harmonious, and *unite* in harmony. This is the magnet which attracts all true reformers. It unites them in sentiment and action, and is the goal short of which they have no inclination to cease their efforts.

I have thus briefly noticed reforms and reformers generally, and it now remains for me to make the application of my remarks more directly to the Hydropath. What will constitute the Hydropath a true reformer? From what I have already said, you will not be at a loss to determine the nature of my reply to this rather important question. The Hydropath, if he would be a reformer, must have a fully developed soul, as well as a cultivated mind and sound body. Nothing but this will enable him to form a harmonious ideal of that state of development to which man may attain. And if he fails in correctly defining the object of his effort, there will be a proportionate failure in the soundness of his philosophy and practice. A vivid conception of man's highest destiny in the present state of existence is essential, as the only proper basis of reformatory action. An inward development of *mind* and *soul* is the great pre-requisite to the perception of man's destiny in the future. We need souls to enable us to sympathize with our fellow-man—to impress upon his mind his own value—and above all, to teach him the infinite superiority of the spiritual principle that dwells within him, over his animal nature. As true reformers, we must teach man the natural dependencies of soul and body, and the necessity of their harmonious development and union.

It is true we can confine our attention to our practice as physicians, and may in time reform the whole system of medicine; but what shall be compared with the reformer whose mind comprehends the first and great leading principles of reformatory action, and is governed by them in his practice. It is true, the great work of reform has its departments; and in our short life of three score years and ten, we can fully accomplish but one. We make a speciality of one of these departments; but we should have no less expansion of mind and soul. In short, we must comprehend the whole subject, or in relation to our speciality, we shall be guilty of magnifying mole-hills into mountains. Unless we build upon the fundamental principles which underlie every department of reform, we shall probably be foolish enough to quarrel with, and condemn those who have selected a department of the work different from our own. We must remember that one division of the labor is not the great system itself, but only one of its constituent elements. This will suggest to us the propriety of not over-estimating ourselves, and of exercising charity for others. Let us remember, then, that we need fully-developed *souls* to enable us to detect the pulsations of other souls—to feel the throbs of the great heart of humanity, and to teach us the great lesson of every man's life and destiny. This expansion of mind and soul will also confine our ambition, hopes, and appetites, to their proper spheres of action, and, in fact, so regulate our entire natures, as to properly develop and harmonize our characters.

But, in addition to all this, we require thorough mental and moral training for the work before us. The field we have entered is extensive, and is already in possession of our legitimate foes. Our weapons for the war must not merely be composed of good material, but they require form, temper, and polish. He who engages in the strife only half equipped, will regret his rashness long before the contest is ended. In theories, bombast and pretension may sometimes fill the place of knowledge; but when we are tested by our contact with stubborn facts, our superficiality will be easily detected. Splendid rhetoric and magnificent assumptions can avail us nothing in practice. Our acquisitions of knowledge must be equal to the exigencies of the occasion, and we require the very best mental discipline to enable us to digest and assimilate, as well as acquire.

Comprehending the proper basis of reform, and having properly attended to our own development, and submitted to thorough physical, mental, and moral discipline, and fully equipped ourselves to become masters of the department we have chosen, we may hope to exert an influence in the world that can be accredited on the side of true reform; and will secure for ourselves the pleasing consciousness that our work has not suffered through our ignorance or folly, nor our labor been in vain.

CALORIFICATION

IN THE ANIMAL BODY.

BY G. H. TAYLOR.

USES OF HEAT.—Material objects are universally under the control of the all-pervading principle of heat. Bodies are solid, fluid, or aeriform, or attract or repel the particles of other bodies, according as they are more or less under the control of this force. This one principle exercises an almost universal dominion over terrestrial matter, as the other powers of nature seem in various ways related to this one, and its variations give rise to the various changes and transformations that matter undergoes.

Organization and life are always attended by a regulated and systematic change wrought upon matter, whereby materials are so employed as to become the repositories, and ultimately the instruments of force. Heat, in a due and guarded amount, is an invariable and essential concomitant of life. The vitality of the plant in root, bud, and seed, is utterly suspended till it receives its due amount of genial warmth, which has the effect of revivifying its dormant functions. Heat acts as a true force, and supplies the molecules of matter with the composition and the ability to move, and arrange themselves in those forms for which the peculiar qualities and conditions are supplied. Organization has every where a constant dependence on temperature.

In the animal body also, the pulse stagnates, and life falls when the organs become incapable of transforming materials supplied from without, so as to derive therefrom the standard vital temperature.

Plants and animals greatly differ in this respect. While the former wait for external causes to supply the vital stimulant, and consequently have their functions called into *periodical* activity, the latter embody in their constitution a never-failing provision for a due supply and regulation of heat, let external conditions be what they may.

Pathology illustrates the connection of heat with life. The most alarming *disorders* to which the human body is liable, are attended by the greatest variations in the temperature of the body, and the extent of this symptom will generally indicate the gravity of the disorder; as in cholera, it suffers a rapid diminution, and in the malignant fevers as marked an elevation. The standard of 98° is seldom swerved from more

than three or four degrees either way, without being attended by the gravest consequences. The *remedies* employed in the treatment of diseases by the various classes of medical practitioners, are fully those that are supposed to possess efficiency in aiding the system to restore the temperature, either by elevating or depressing it to the point at which vital acts can take place.

The ultimate object of the animal life, is the display, or liberation, of those forces of which the muscular and nervous tissues are the instruments; but so correlated are these with *heat-making*, that this very where attends the other functions, and seems essential to their performance, and the amount of heat that the body can give rise to is therefore no wide measure of the forces that are available for the uses of the will, motion, &c.

The extent of the *provisions* for heat-making in the animal body is commensurate with its importance. The food we eat and the air we inhale, supply the materials, that by their ultimate reaction give rise to all the vital phenomena of which the body is capable, heat included. The *waste* of heat from the body is continually going on by radiation, since its temperature is always greater, and often much above that of surrounding things. The body would part with all its heat, were none supplied, in about the same time that another body of equal superficies and density would by the universal tendency to equilibrium by radiation. But in addition, the body presents a moist surface, predisposed by warmth to evaporation, and every particle of vapor from the body carries away *one thousand degrees* of heat more than it possessed during its residence in the body in the liquid form. Hence the *sweating* that always ensues, when there exists a tendency for heat to accumulate. The exact amount of heat that is carried off in this way may be calculated from the quantity of aqueous vapor that is extruded from the skin and lungs.

A third mode for the body to part with its heat is by conduction. Particles of air in contact with the body are constantly being warmed by it; and rapidly give place to other cooler particles, each in turn receiving a supply of heat. This motion of fluids in contact with a surface of a different temperature, is called *convection*. Contact with all solid substances also takes heat, if they be of a lower temperature. Liquids are most potent in changing the temperature of bodies in contact. Hence the use of water in hydrotherapy, to add or abstract heat, locally or generally.

The waste by these different channels, calls into constant use the faculties concerned in producing it, and it is found that the largest use the organism makes of the materials of food are for the supply of this function.

These facts rise in importance, and exhibit the *necessity* of the thoughts that contrived our mortal tenements, when we consider the relation that heat-making has to our *volitions*. Silently the work proceeds, requiring no attention from the will, supplying just the amount that organic acts require, and no more. But when the consciousness intimates any defect in the amount, it can be readily supplied by direct exposure to heat, without waiting for the too tardy operations of nature. We can not replenish instantly the amount of available mental or physical force, but have ready methods of exciting or depressing the heat-making function.

The selection we make of means to effect this, is of the most significant importance to the health. To the physiologist, the question ever recurs, how far shall we respect the organic intuitions; how far can art replace nature, without compromising her integrity; and when ought, and when ought not this principle to be added to the body, that the several functions and the general good may not suffer. Our warrant for using the measures of heat and cold, as a natural means of contributing to our health and comfort, may be inferred from the sun, whose effluence is alternately shed and withdrawn from our benefit.

In unembarrassed health, the function of heat-making goes forward so efficiently, that we scarce deign to inquire into its causes or relations. The stimulus thereto is afforded, regularly and irregularly and on all occasions, by external circumstances, which are freely responded to on the part of vitality. The observation of this fact, teaches us the feasibility of producing artificial changes or vicissitudes in the external temperature, whenever the want of heat, or of any of the other forces that the organism evolves coincidentally with heat, is recognized. No creed-begoten prejudice can blind one to the newness and vigor he feels as a consequence of setting this function into activity by means of a good air, or water-bath, which adds *conduction* to the evaporating and radiating processes that are the ordinary incentives of the caloric act.

Source of Animal Heat.—We have only to consider the sources of heat generally, to understand its connection with the animal body, for its manifestation is here, as every where, we may rely, dependent on causes of the same kind. Now, we are to consider, that none of the principles of the universe are ever annihilated, but that all matter and forces are coextensive with eternity, past and future. Matter and forces are alike indestructible, they can only change their relations, and these constitute the phenomena of nature and of life. Heat exists in union with all bodies in greater or less degree, and the recognition of it by our sensations, or by the thermometer, takes place when this union is severed, and a portion is set free to act on surrounding bodies. Different substances contain different quantities of heat, and the amount will vary with the circumstance of its relation to other bodies. The elements that compose the body lose thereby none of their intrinsic qualities, nor are they absolved from any of the laws by which they are usually governed, but occupy their position in accordance with their qualities. They still change their relation to heat, in respect to the amount they hold, with every change of circumstance. When chemical union takes place, wherein a large amount of heat is suddenly displaced and made sensible, it constitutes *combustion*. If chemical change takes place more slowly, in the same materials, the same amount is liberated, but is less intense, by reason of time being allowed for it to become dissipated. It is difficult to estimate all the changes that tend to vary the temperature of the body, but we know that those that elevate it, or liberate caloric, greatly preponderate.

The *atmospheric oxygen* has most potent chemical, and therefore heat-disturbing qualities; and art employs it in nearly all combusive acts, for the caloric it liberates. Nature also largely employs it in the same way, as in the case of the animal forces, as well as heat, and so intimately are the two objects connected, that it is difficult to say which is primary.

To effect these purposes, the arrangement is such that a large amount of blood, and of the solid tissues through the blood, are constantly exposed to the chemical influence of oxygen; whereby this element changes its relation to heat, and a large and constant amount is set free.

The sensitive nerves are brought into requisition when extra heat-making is required. Nature has afforded the same complete and provident care in adjusting means to ends here, that we find every where. The nerves are ever on the lookout, and call vehemently for aid in threatened danger. Irritate a sensitive nerve-fibril in an extremity, and the whole violently contracts; to remove it from impending mischief, remove suddenly its needful supply of heat from any part, and measures are as instantaneously instituted to restore it.

Place but a foot or a hand upon a piece of ice, and notice what follows. The muscles of the general system contract, the chest expands. The result that must follow is obvious. Venous blood is pumped toward the heart by the expansion of

the chest, where it receives an extra amount of aeration because of the profound inspiration—more blood becomes arterIALIZED. In the same moment and by the same act, the blood contained in the heart and arteries is urged on into the remotest and most collapsed capillary extremities, supplying its own warmth in the cooled part, and what is more important, the conditions for chemical change at the very point, according to the incidental or the direct result of that change, viz., the evolution of heat. Frequently, the excess of change rendered necessary, secures an over-supply of caloric, the capillaries become distended and heated, and of course the nutrition of tissues accelerated. These effects are ever occurring in life by chance, and can at any and all times be secured by art, whenever these physiological actions are deemed advisable. In these operations, a use or waste is made of the solid matters contained in the blood, and in return, heat is afforded just in proportion to the waste, and thus the system is always provided with a proper temperature.

In this connection it is proper to recur to the fact that on some occasions no heat is needed, external temperature giving all or more than is necessary. Vaporization from the surface most effectually overcomes this difficulty. Whenever the internal heat rises mainly from either internal or external causes, the blood is also carried to the surface, but for a different, a *cooling* purpose. In this case it loses its watery parts by evaporation from the surface, cooling the body as fast as the heating cause presses the blood onward—a demand being all the while made for drinks to maintain the vessels in a proper degree of tension. A cup of warm drink will oftentimes *cool* the fevered body, by exciting a cutaneous vaporization. So that if we wish the body to become warm, we may cool it, and in certain cases, it will become cool, by warming it.

Animal Heat as influenced by Food.—It is not so much the qualities of food, as it is the powers of digestion, that influence the amount of heat that may be afforded. Heat-giving is the last in the series of changes that assimilated materials undergo, in being removed from the body. Digestion is charged with the preparation of the materials for this act, though the same matter may also serve other purposes also, in its use as tissue. The power of assimilation, muscular action, and respiration, must coexist in a high degree for the heat-making function to be perfect. If there be a defect in either of these, there will be a defective heat-making. Many persons, illly informed on these matters, speak of the respiratory or heat-giving elements of food, as though it were only necessary to consume such, in order to become directly warmed. This matter depends upon digestion, and this again upon the amount of heat wasted, and the consequent exhaustion the blood has experienced from the disposal of its materials.

Again, as the heating process takes place in the capillaries of the periphery to a great extent, its amount will directly depend on the amount of blood in these, and the rapidity with which it gives place to fresh portions; or, in other words, to the force of the circulation. These matters may all be controlled, either directly or indirectly, by our own volitions, except when the system is laboring under acute disease, when a series of changes supervene, directly tending for the welfare of the general whole, in spite of our volitions.

Amount of Heat.—In health, but little notice is taken of the caloric process that is always going on; and when the health is deranged, our attention is directed to the *relative*, and not the absolute amount that is being evolved. We have seen that this depends entirely on external circumstances but the absolute measure of it is greater than would at first be supposed. Liebig reckons the expenditures of food relatively for heat and motion, as are four and a half to one, as the average in temperate climates. The non-nitrogenized portions of food are of no known physiological use but to serve this function, though the

nitrogenized elements may serve also, if required. If we take the cereal grains as the standard of human nutrition, we shall find the former to exceed the latter of the two divisions by more than double this calculation. We might also infer that this proportion would occasion serious embarrassments for the system, were the food, or rather the starchy and oily portions of it, wholly assimilated, which they may not be when the necessities of the system do not require it.

It is a law, conclusively established by experiments, that in combustion, the amount of heat liberated, has a direct relation to the amount of oxygen that unites with the combustible. An apparatus, called the *calorimeter*, has been constructed, so arranged that all the heat evolved from a warm body is made to raise the temperature of a known quantity of water, or to melt ice. It is thus found that one pound of oxygen in uniting with carbon, hydrogen, &c., will disengage sufficient heat to raise twenty-nine pounds of water from 32° to 212°, but when substances are used the result of whose combustion is a *solid* product, double this quantity is given off. Iron, phosphorus, &c., in burning with a pound of oxygen, will raise fifty-eight pounds of water through the same range of temperature.

Liebig estimates the amount of carbon daily thrown out to be thirteen and a half ounces. This would require three and a half pounds of oxygen, and would afford a heat sufficient to raise a mass of one hundred and twenty-five pounds of water, one degree every ten minutes continuously; or one pound from the freezing to the state of ebullition in about the same time.

By using the calorimeter, in connection with measuring the carbonic acid produced in the vital processes, it was found that the carbon would account for eighty to ninety parts of the whole heat.

The proportion of watery vapor that is due to the combustion of hydrogen is not so easy to estimate, nor can the result of the oxydation of other elements as phosphorus, sulphur, &c., be only approximated.

Where Heat is produced.—The blood is the carrier of oxygen as well as of nutrition to the tissues, and heat is produced as nutrition is absorbed, whenever capillary vessels can penetrate. That the skin, being so freely provided with capillaries, exercises a potent and important part in this function, is proved by experiment. If an animal be enclosed in an oil-silk bag, or covered with a coat of varnish, it soon dies, previous to which his temperature rapidly sinks. When we consider that evaporation and radiation take place from the surface, we can understand why we should look here for a most abundant provision to supply the waste, by means of its capillaries and nerves.

The amount of exposure to the influence of cold that our bodies are subject to, is the subject of great variation, from causes oftentimes beyond our control. Nature affords a most complete and provident care in the adjustment of means to ends, here as every where. The nerves are efficient sentinels, and call vehemently for aid in any case of threatened danger; and sensations of cold are followed by a friendly glow of warmth, which return is in proportion to the eliciting sensation.

For the Water Cure Journal.

WATER.

Turn brook that unwinds from the hill,
And rolls like a ribbon along,
Will turn round the wheel at the mill,
And carrol its cold water song.

The torrent which leaps from its source,
Baptizes the rocks with its spray;
Like a mad-cap from bedlame let loose,
Goes leaping and laughing away.

The river that sweeps through the plain
Is kissed by the shades in its bed,
It murmurs, yet does not complain,
And gives buds and blossoms of thanks.

The lake like an infant asleep
Lies cradled among the stern hills,
When lashed by the wind it will leap,
To be soothed by its lullaby rills.

G. W. BENAGY.

HOPE FOR THE AFFLICTED.

BY N. G. BURNHAM, M. D.

WELL and truly may it be said, that health is man's greatest blessing. All humanity will arise and testify to the validity of the assertion.

Without it, we are as withered branches drooping from the parent stalk; degeneracy and decay written upon our very natures.

Without health, what are we? As the broken reed—the blighted flower; we pine and sink back from the pure, free, life-gushing elements of blooming maturity. As cold is the absence of heat, so disease is the absence of health—the derangement of our physical organizations—the abnormal action of those organs, which, through a violation of natural laws, have become blighted and deteriorated. If disease has grown out of a violation of natural laws, how imperatively is it demanded that we study to know ourselves; and in thus studying, that we thoroughly acquaint our minds with those laws which subserve our highest physical development.

Health is the main spring of all power and action. It gives strength and vitality, life and animation, to all pursuits, all conditions in which we can be placed. The lowliest serf, the proudest monarch, all have their minds and acts modified by it. And if so potent in its influences, what are all other earthly things in comparison? They sink into insignificance.

But still, how many thousands there are, who are plodding blindly on to disease, stopping not even to ask as to the right or wrong, the evil or the good, of their acts. They are reminded only of the errors of their ways by an *ache*, a *pain*, or a fevered brow. And when thus urged to better deeds and more healthful acts, their minds are referred only to the *doctors*—his nauseating potions and poisonous drugs. Thus they live, move, and act, quaffing the very dregs of human (doctor's) bitterness. Speak to them of the sins of omission and commission of which they are constantly guilty, and they will turn to you with a grim look of despair, and earnestly declare that they can not forego "all the pleasures of these things." Portray to them, as far as language can express, the amount of misery they are accumulating for themselves, and exporting upon their offspring, and you make but a feeble impression. Having been so long accustomed to error, they can hardly realize the truth, or believe, if they do, that there is any remedy for the evil. Need we go back to ancient barbarism for examples of flagrant violation of physical laws? Have we not all around us, in our midst, the daily exhibition of health-deranging and life-destroying influences and practices, for which this intelligent, this "temperate" age, is responsible? Still, there is a current of reform in motion, all-powerful to overcome the opposing elements. That current has already acquired an impetus which will enable it to overflow and wash away the evils with which *fashion* and *folly* have burdened humanity.

But though reform of the physical abuses, or the obliteration of them, has begun, and is certain of success, how few are there at this time, who, though they feel its importance, *dare* to stand up boldly and advocate a full and entire reform of *all* the physical evils and abuses of the present day?

To be induced to do this successfully, men must feel that it is their right to know the truth, and their duty to act upon it.

The evils that have been inflicted upon us by the panaceas, the catholicons, and patent medicines, and some that are not so very patent, are enough, when seen in their true light, and realized as he who strives to contract them by the heaven-presented "cure" must realize them, to arouse every philanthropist to action, efficient reformatory action.

Humanity has been sacrificed and jaded until reaction from their stupidity has fairly commenced.

The day-star of reform illumines the horizon, and the golden tints of purity, reflected from the pure, free, life-giving element—God's own health-restoring panacea—have commenced to wash out the foul stains of *drug-medication*, restore and renovate from hereditary and acquired disease—making us to feel and know there is a "balm in Gilead," and that balm is one of God's freest blessings—*pure water*.

Yes; *pure water*! it is a panacea dedicated to all humanity, in which they can wash and be clean—bathe, and be freed from the legion of ills that are prey upon their mortal existence.

Need I speak of its health-restoring influences? Already there are scores who have been relieved of the worst forms of disease, who stand as living witnesses, testifying to its potency.

When mind becomes properly educated, when it throws off the old shackles of conservative conventionalism, then will the idea vanish as the mist before the morning sun, that *medicine* "fetched and dearly-bought," only has power to eradicate disease.

Thanks to high Heaven, there is still hope for the afflicted. But, when we consider the long catalogue of disease-creating influences—the amount of spirituous liquors, tea, coffee, tobacco, grease, and destructive, poisonous drugs, combined with destructive forms of dress, and irregular habits of living—is it not almost miraculous that humanity stands as high in the scale of being as it does? that their errors and dissipations have not wholly deteriorated them?

Health and strength of *mind* is dependent upon a healthful physical organization; and to develop this, we must approximate nature—conform to true principles, and natural laws.

Humanity has been plodding her way through circuitous and forbidden paths, consuming poisonous medicaments, whose destruction has served as a warning to them to take heed to their ways—take reason for their guide, *reform* for their watchword, and *pure water* for their infirmities. Yes, she says, come all who are diseased to the waters, and be healed.

The voice of Reason says come.

The voice of Nature, in one harmonious strain, breaks forth in stern appeals to bid you come.

The murmuring brook—the gurgling rill—the gushing fountains in all their crystal purity, invite all humanity to a purer life, a more noble existence.—*Crystal Fountain Water-Cure*.

From Life Illustrated.

A WATER SONG.

PURE cold water bright,
All sparkling and white,
Will color your cheeks like the cherry;
A hue purely blue,
Your skin will renew,
And make you light-hearted and merry.

Then powders and pills,
And doctors' long bills,
Just throw to the dogs, with their phylsy,
And if you can't sleep,
Why, take a wet sheet—
'Twill cure both the cold and the phthisis!

Their smooth anodynes,
And all their drugged wines,
Will fasten disease to you faster—
Ten chances to one,
If when you've "been done,"
Old Nature makes out to be master!

Then if you should reel,
From topknot to keel,
And hobble along on your crutches,
Let calomel tail,
Who struck your death knell,
When he had you fast in his clutches!

Topsy.

SLEEP.—SECOND ARTICLE.

BY MRS. R. B. GLEASON.

MANY years since we had an early-rising mania. Philosophers wrote and poets sung of its virtues. Had they given us also homilies and sonnets at the same time on the benefits of early retiring, then we should have had both sides of the question, and a healthful solution of life's problem would have been arrived at. But the result was, that many concluded that time spent in sleep was wasted, provided they could so goad their energies as to keep awake. While midnight oil was consumed, the lamp of life was also being exhausted, when it should have been replenished. We have all our fixed quantum of life force, of vital fluid, which we may use more or less rapidly at our will. Now, there are various means by which we may exhaust this fountain prematurely, and want of sleep is one of them. To retire at nine, the good old-fashioned hour, is by some thought vulgar, country-like, ungentle, &c. The man of business goes to literary lectures when he should go to a quiet home. Many go to parties when they should go to bed. If our friends are worthy of our attention, give them our best thoughts, our sane moments, not the products of a brain exhausted by the labors of the day, and then exhilarated by the dissipation of the night. The influence of these nightly gatherings are more deleterious on the young than on those mature in body.

"Late sitting up has turned her roses white,
Why went she not to bed? because 'twas night."

Those of mental activity are less given to sleep than those devoted to manual labor. But still they are more in need of it. Their pursuits both exhaust and stimulate the nervous energy. So they work on, and think till their vital power is all consumed, or, to use a common expression, till they are all used up. So when they try to rest and repair, their improvement is slow, and then exhilarated by the dissipation of the night, of endurance once enjoyed. Prior to a failure, we often see an activity of brain, an excitability of nervous system, combined too often with an irritability of temper, which is often fearful to the physician, while perhaps the prospective patient is all unconscious of the precipice over which he hangs, and fancies his health as firm as ever. But all at once he "gives out," his head will not think, his stomach will not digest, &c. He consults his medical adviser, telling him of his excellent original constitution, of his past power of endurance, and supposes with so good frame work, a "little something to take" will bring him up all right.

Poor fellow! it will take months, perhaps years, to repair his shattered system, and then it will be unequal to the new.

Many sad illustrations of this type have we seen in our infirmary during the last ten years. There is now with us a man, once of "giant frame" and "iron nerve," but now the sensitive dyspeptic. With proper care, it would seem that he might have retained his vigor till three score years and ten, but now, at forty-three, he is worn to a shadow. Year after year he worked eighteen hours out of twenty-four. Went to his mill at three in the morning, and stayed till ten at night, then would sit up and read two or three hours more; so that he had only from two to four hours sleep out of twenty-four, and often but one. Thus he went on, from year to year, maintaining that "nothing hurt him," and a perfect marvel to all about him. But at length his memory began to fail; his mind became anxious and fearful; his extremities numb; his stomach gave out, and great emaciation came on. Professional men, ministers, especially, present often most painful specimens of a ruined body by an over-worked brain. They think intensely, feel deeply, sleep lightly, and are wrecked early. So of the teacher who is earnest, progressive, and devoted to the

good of his pupils; his school-cares are his "night thoughts," and long evening and little sleep are the result. Many of our most useful mental, moral, and spiritual workers, are laid aside from their labors prematurely, because they do not take time to sleep. Manual labor combined with only mental action enough to give interest, is far less exhausting to the nervous system than close head-work alone. Hence, one engaged in the latter requires the most sleep, seldom takes it. The couch invites those weary in body, and sleep ensues; but those weary in brain are often excited, stimulated, intoxicated by their intensity of thought, so that they can not sleep, or think they do not need it. Many a weary head finds that it can not rest, though it tries never so hard to do so. An abnormal activity of brain has been induced by over exertion, so the thoughts run on, as if human machinery were by force of acquired velocity; instead of being guided and controlled by will power. An increased tendency to sleep, in the nervous invalid, is always an indication of good. Many times they think they are becoming stupid, senseless, but in the end they will come out rejuvenated. Aside from the varied types of sleep induced by medication, it has its different phases, according to the mental or physical condition of the individual. We see the placid face of the sleeping infant, where smiles play so sweetly that we may easily fancy angels are whispering in its ear. Then we see the sleeping sufferer with suppressed anguish written on the brow. There is the dead sleep, which dissipation induces, the sluggish state, which a full stomach and a lazy head invites. Then, too, the sighing sleep, which comes tardily, but at last, to the grief-worn spirit. So, there is excess of joy which puts it to flight. Sleep often says to the happy, "Burn on through midnight, like the stars ye have no need of me," but to those of the wretched, "I will fold you in my mantle and bury you in sweet oblivion till the morning comes." In certain states of desolation, there lies a power which "draws down irresistibly the covert of sleep." So Jonah, in his desperate disobedience, fell fast asleep while on his way to Tarshish. How different the sleep of Jonah from the sleep of Jesus on the sea of Galilee. The one, the sleep of desperation; the other, of peace; the one, of the criminal; the other, of the child; the one, of God's fugitive; the other, of his favorite.

The wise man, in his pithy style, has described the various types of sleep. So of him who walks in wisdom's way he says, "when thou sleepest thou shalt not be afraid; yea and thy sleep shall be sweet." Of the sluggish, "yet a little sleep, a little slumber, a little folding of the hands to sleep."

The sleep of the laboring man is sweet, whether he eat little or much. But the abundance of the rich will not suffer him to sleep. How often have we all been excited by joy, sorrow, or soliloquy, and felt the truth and beauty of the words, "I sleep, but my heart waketh." But physiological and biblical considerations aside, we will turn to practical inferences.

First, let us remember the lesson of our youth, which said that "the day was for labor and the night for sleep and repose." When the open fire, a pine-knot, or a tow-wick candle, were the only facilities for nightly illumination, the temptation to late sitting up was much less than now. When gas, sperm candles and fluid lamps are giving place to the brilliancy of gas, people are prone to sleep days and sit up nights that they may enjoy its exhilarating, intoxicating splendor.

And what can we say new on the necessity of ventilating sleeping apartments? Nothing.

But so long as old advice is still unheeded, what can we do but give live upon line. Many are still afraid of night air, of damp air, of cold air, forgetting that of all air this is sweet which they have breathed over and over again.

As for beds, those of feathers keep the body too warm, hence are debilitating; then, too, the animal effluvia from them is unhealthy to inhale.

and even annoying to those not habituated to the odor. There is a medium between a bed of down and the "soft side of a plank," which is found in beds of hair, husk, cotton, or even good straw. As to clothing, take care and not get under too much, so as to be tired in the morning, from the burden borne during the night. Those who cover closely in warm weather, want more and more protection as the weather grows cool, becoming morbidly sensitive to night air. Those inclined to wakefulness, will find a cold sheet rubbing for a minute before retiring, or a towel bath before retiring, will prove a most happy and healthful antidote. Cold foot-baths for five minutes at evening are also useful. A brisk walk in open air will often cool the head and tire the body so that sweet sleep will ensue. Then, too, let all amusement, employments, and subjects of thought for the evening be of a type least exciting. Finally, Somnus lets her poppies fall most plentifully on those having a cool head, an empty stomach, tired muscles, a quiet conscience, and warm feet.—*Elmira Water-Cure*, Jan. 15th, 1855.

BATHING.

BY H. F. CONDUCT, M. D.

In the September number of the Journal will be found a disclaimer on the use of "cold" water—the water should not be used cold, especially in the treatment of children. Why?

We should have been gratified if the writer had been a little more explicit. It is a subject of great importance. We should have been glad if the rules and laws had been mentioned which should govern the use of water in bathing. Are we sure that Priessnitz much harm by the low temperature of the water he used? Thus it happens that a system passes into disrepute. Men are prone to go from one extreme to another. It will not be a matter of surprise, if in a year or two water be used at 98°, and if children be withheld from the bath-tub altogether.

We need a few rules to guide us, founded on the properties and laws of the human economy. What are these? We know there is a principle in the human structure, known by the term *vis vitæ*; that this property or instinct is ever at work to keep up the machine to that amount of health of which it is susceptible; that men and women, and children too, are ever placing obstacles in the way of this conservative, this life-preserving principle, by errors in diet, in the use of air, exercise, clothing, light, &c.—errors in body and mind. This vital principle, this ever-vigilant and superintending spirit that works for our physical well-being, both when we wake and when we sleep, is ever like the human frame itself, tending to decay with every coming year. This principle at seventy is feeble, compared with what it was at twenty or thirty years of age. Thus it happens that a straw in our path is, at one period of our life, a mountain in our way, to oppose our progress to health.

As intimately connected with this matter, there is a difference of fibre, as regards firmness and vigor of muscle, and elasticity and contractility of tissue. Of two persons in their ordinary state of health, one shall be prostrated beyond expectation by a single remedial agent, whether drugs or water; while the other shall maintain his wonted equipoise. Hence the wisdom of Priessnitz in inspecting the first bath of a new patient. It was in compliance with the Augustan poet's advice on another occasion, to ascertain what his "shoulders could bear." Several considerations are nearly allied to this subject, which regard the mind.

The mental constitution has its various phases, as well as the body. How full of hope, and joy, and faith, some arc, while others are overhung with clouds and darkness. Some ever see lions in the way, while others covet an occasion for displaying that natural prowess which tingles in

every nerve and gleams in every flash of the eye. "Can you kill an Indian?" said General Jackson to a youth applying in person for a post in the army on the Rio Grande. "Yes," was his reply, "I can kill him and eat him too." This was the hero who, in face of the cannon's mouth, took captive Gen. Vega of the Mexican army. When Luther was dissuaded by his friends from repairing to a certain place by a picture of assassins waylaying him: "I would go," said, "I'll be sure of meeting there as many devils as there are tiles on their houses." When persons of this description are forced to resort to a Water-Cure, who does not see that there is much capital to work with and to operate upon? Such an one works with you. He joins his energies, so to speak, with yours, and you find his hope, and faith, and courage, a counterpart of your own. I have known a multitude of patients who were unwilling to recognize the least sign of improvement, who were slow to mark the slightest ray that tinged their horizon; but who were swift to note the smallest pain or ache, even in the toe; who would sit and mope about for days and weeks together, in spite of all the invigorating treatment you could employ. I know, at this moment, a man of forty years of age, who has been poking about the house these seven years, pretending that he should not survive, should be carried out into the open air. Could he be thrown from the top of his house into a cold plunge-bath forty feet deep, and be allowed to struggle there a few minutes, I have no doubt but he would, ever after, be a help to his poor wife, and a warning to hypochondriacs.

But you say, What has this to do with the subject under consideration? I answer, Much. No two patients are possessed of an equal share of the vital forces; nor of the motive powers of the mind, hope, faith, courage. Our Hydropathic applications, then, are to be adjusted to the peculiar susceptibilities and powers of each.

It seems to me, then, that the first week of a patient's stay at a Hydropathic Institution is a week replete with interest to both patient and physician. During this period are to be ascertained the peculiar characteristics of body and mind—his habits—his temper; the gauge is to be applied to the inner and the outer man—what his susceptibilities—what he can bear and what he can't.

Some think they have improved upon Priessnitz's mode of using water, air, and other hygienic agents. I doubt it. I doubt it, in particular, as regards exercise. Many patients are allowed to lounge a mile or two, and call it exercise. That should not be allowed the name which does not stir up the lazy and dormant energies of the system. Priessnitz used to send his patients, even from frosty mountains, far away from house and human face, and with singular benefit. We see the import of this, if for a moment we consider the enormous masses of food devoured by Hydropathic patients. They will cram the hopper till the mill is well-nigh at a stand-still; and who can deny the value of exercise to rouse and circulate the mass, and to separate the chaff from the wheat? Patients (many at least) coming out of a tepid or warm bath, feel comfortable even before they have drawn on their stockings; and if of an indolent disposition, who does not see that much exercise will not be taken? They say, "I have a reaction, and what more do I want?" They should be taught that old chronic congestions are not to be removed by this free-and-easy mode of life. They should be made to feel the rousing touch of water at a suitable temperature; then to dress, not like a city lady who was at last night's ball, but as men in earnest, who have an important task to accomplish, and that his successful issue depends upon their own vigorous exertions; they should be animated with the glow of generous emotions, and by earnest, rapid, and life-like locomotion.

If injury has resulted from cool water, it is not to be feared that it was owing to this indolent mode of procedure—this imperfect exercise? For

my own part, I am inclined to regard bathing but little moment, as a remedial agent, without after vigorous exercise. How is new blood to be made but in this way? How is the old to be removed but in this way? How is it to be driven from its old haunts, where it has slept for twenty or thirty years, but in this way?

Festinate—hasten slowly.—is not always the best mode of procedure, especially when we have indolence and false habit to contend with. In a word, let us be sure we have improved upon Priessnitz, before we offer for adoption a method opposed to his.

CASE IN PRACTICE.

PERITONITIS.—BY W. M. S.

This is an inflammation of a serous tissue spread over the bowels, liver, stomach, bladder, etc. The general accompanying symptoms are pain upon pressure, general fever, accelerated pulse, the tongue along the middle is covered with a white fur, while the edges are of a pale red color. The bowels are generally constipated, and the countenance indicates languor, suffering, and anxiety. It is considered by old school physicians a very serious disease, because under their treatment it generally terminates in death. By them it is treated by general bleeding, local blistering, and acute purging, in which calomel is generally used. If the patient recovers from this disease under this treatment after lying at the point of death for three weeks, three weeks more to grow convalescent (and then to live a life time with a system filled with poisons), he may thank Providence for giving him a constitution which was able to endure so much.

The case by which I wish to illustrate the beauty of Water-treatment in this as in every other disease, was that of a little girl three years old. She was taken on Sunday. I was called to see her on Wednesday morning. She had then grown quite weak, and her friends knew that she was very sick, although they knew not what was the matter with her.

My treatment consisted of pouring baths for two or three minutes three times a day, warm fomentations to the bowels three times a day for one hour each time, cold cloths of several thicknesses on the bowels in the meantime. At first I gave a pack and one or two injections. Under this treatment our little patient grew better each day, until we finally pronounced her well on the Thursday following—having been sick one week and two days. If she had received proper Water-treatment from the commencement, she would not have been sick over three days. She refused all food until the inflammation was gone. The friends observed that instead of growing weaker she grew stronger every day under the treatment.

One of the effects of the treatment was to clear the abdomen and back with little pimples filled with matter. There were some scattered over the arms and legs. They were entirely cured—showing that the *vital force* had entirely purified its domain, and triumphed over the disease.

Believers in Water-Cure are accused of enthusiasm. How can we be otherwise than enthusiastic when we compare such results with what we know to be the results of the old treatment? Let us continue to be enthusiastic until the world has learned that nature can not be assisted by poisons, and that disease can not be overcome by agents which cripple the *VITAL FORCE*.

PIETY.—It is an interesting fact, that the word *piety*, among the old Romans, meant family affection, whether on the part of children or parents, or of brothers and sisters towards each other.

THE DISCUSSION.

DR. TRALL TO THE PUBLIC.

SINCE my last article to Dr. Curtis, I have received one of the back numbers (Jan. 1855) of his *Physio-Medical Recorder*, and find therein one of my articles with his reply. I am assured also, that the error in not publishing my article when it was replied to, was in the office where the paper was made up, and not intentional on his part. This explanation, of course, exonerates him from the imputation of unfairness.

I have had, also, the pleasure of a personal visit from Dr. Curtis. He occupied, at the request of myself and our medical class, the lecture hours for nearly two days, in explaining his general views of pathology and therapeutics. It is but justice to him to say that our students were both edified and instructed by his clear and philosophical elucidation of the real nature of disease, and his eloquent and critical exposition of the absurdities of the popular medical doctrines. Nevertheless, there is one point in which they do not agree with him. The majority of them, at least, having investigated the subject of the modus operandi of remedial agents, take the position that I have advocated, viz., "that remedial agents do not act on the living system;" but that those effects which are called remedial, result *wholly* from the action of the living system upon or against the remedial agents.

It is easy enough to understand that this single point of difference has an important practical bearing; and hence, all of us and all mankind are concerned in having the exact truth established. It is with this view that I purpose to continue this discussion; for, perchance, should neither myself nor Dr. Curtis, nor both of us satisfactorily settle this question, we will induce others to study it, and thereby have the benefit of other minds in effecting its solution.

Dr. Curtis has expressed the desire to have me, whom he recognizes to be generally correct as a medical teacher, in the right on all subjects. I can reciprocate his compliments and his good intentions, and since I have heard him so eloquently advocate many truths in medical science, I am anxious that he should be possessed of *all* truth, and emancipated entirely from the seeming necessity of using the *milder* as well as the *stronger* drug-remedies. I would have him free from all the trammels of a false system.

DR. TRALL TO DR. CURTIS.

NEW YORK, April 10, 1855.

DR. CURTIS: Dear Sir,—The March number of your Journal has been received, as also the Jan. number, each containing one of my articles with your reply. I have one more preliminary quarrel with you to settle, before the main battle-ground is fairly reached.

It is as to the *manner* of your replies. You reply to my article in your March number by sixty-seven notes, each note referring to some sentence in my article. Do you not see that if I publish your sixty-seven notes, they will not be intelligible to the readers of the WATER-CURE JOURNAL, without a republication of my own article as *figured off* by you? This would be a great waste of time, type, and paper; besides, it is not the proper way to argue or discuss any proposition. It renders your side of the argument disjointed, fragmentary; your principles

or reasons unintelligible, and your logic unget-at-able.

I suggest that henceforth, you publish my whole article, and then reply to it in a whole article, as I have thus far done with yours.

In the March number of the WATER-CURE JOURNAL I met your arguments and your objections to my position pointedly and directly. I shall await your response thereto, and, in this article, consider such points of difference as the notes in your last journal suggest.

You raise a question as to the essential nature of disease. What is disease? Was I not correct in saying that the true solution of the rationale of remedial agents involved a consideration of the essential principles of pathology and therapeutics? I quote from your March number the following paragraphs:

I can not, with you, regard, as "the basis of all this false philosophy and false practice," the doctrine that "medicines act on the body." The true basis of the false philosophy and ruinous practice is the doctrine that irritation, fever, inflammation are disease—while I am very sorry to see you still retain. *Out of this* arise of absolute necessity, all the practices of depletion, poisoning and starvation, subjects which I will discuss after you shall have fairly met the present question; or, if you refuse to meet it, after I shall have settled it without your aid. As you *hence* "agreed to discuss" this question, you will gratify me by commencing at once.

We have not substituted "milder for stronger poisons." We have rejected *all* poisons, and substituted "hygienic" But pray, what do you mean by "milder" and "stronger poison"? If your doctrine were true, that "drugs (poisons) do not act on the body," one could be no milder or stronger than another; nor would you have any means of knowing which is mild and which is strong. You would be as likely to eat opium as gum arabic, corrosive sublimate as common salt.

Thank you for your frank acknowledgment, that "our system is relatively a great good." But how could even this be true, if its remedies did not act differently from those of the Allopathic system? I will say so: it is yours "relatively a great good;" and I will also give you that for which of you says you will be grateful. I will correct a great number of your errors, and teach you a *truth* of which you are ignorant.

You say, I am battling against the practice of the Allopathic system, and contending for its theory. This can not be correct, for I am both their remedies and their theory. It is *not* correct, for the fundamental theory of Allopathy is, that irritation, fever, and inflammation are disease;—that our remedies are manifestations of vital effort to remove disease or its cause. Practice, with the same remedies good or bad, could not be consistent with these opposite theories. Again, if our practices are consistent with our theories (and they are), the efforts of their practice should be (as they are) to destroy the power of the organs to exhibit these vital manifestations; and ours should be (as they are) to remove "the obstacles which render such efforts necessary." Are these theories or practices identical? In your works you treat fever and inflammation as diseases; but in your practice you are not consistent, for you do not aim to deprive the system of the power to produce fever, though, by the excess of your cold applications, you sometimes actually do to some extent, if not fatally. Their practice is consistent with their theory, for they believe fever to be disease, and they practice the right means to it. Yours is consistent with our theory, for we believe that fever is a friend, working against disease, and we practice to aid it. You alone practice inconsistently with your theory, which is that *nothing* (neither food, poisons, or medicines) acts on the system; yet you practice, as if some poisons act more violently than others—some are comparative goods, others comparative evils; yet all act on the same manner, and under all. You say that your theory acts on the system, and yet affirm that you "euro disease with hygienic agencies."

Before you proceed any further in your threats and promises, please to inform me how you expect to demonstrate the character of a physiological action without the aid of physiological experience, either yours or mine, or that of any other individual under the sun? What is your object in keeping back from my enlightened vision this little piece of information I so greatly need? Are you reserving it for the purpose of setting a trap for the gnat, and then getting fully under it, so that you can crush me with a single blow? Would it not be more humane to warn me of the danger, than to "set a trap" for me? You say that you give me this little piece of secret instruction, how to arrive at truth by intuition, for the want of which I have toiled and suffered so long and so severely.

You say that "your system is, in all its essentials, a modification of the Allopathic, theoretically and practically." I am sorry that you allow yourself to make such incorrect assertions. It is necessary, labor and stampede, and is not headless and reckless denouement of what you know nothing about; and therefore weakens the force of your declaration. It subjects even one with which you are well acquainted. I respectfully demand the proof of the assertion you have here made in regard to the identity of our theory with theirs. The Allopathists say (see No. 38) "If I contend against a practice *for* its theory, how can I mean theory and that he "essentially the same, both theoretically and practically"? Can you see no inconsistency in this

statement? It seems to me that our system, in all its essentials, both theoretically and practically, is no modification, but a direct antipode of that of Allopathy. They believe disease to be legion—we one; they consider this disease to be fever, &c.—we one; we know by what means necessary that sensitive effort of the system to remove its cause;" they practice to kill fever—we to diffuse it over the whole system. Are these principles and practices essentially the same? Your system agrees with the Allopathic in counting disease legion, in calling fever the head of that legion, and in practicing to cure it by kill it. (See Cyc. W. C.) Which system, yours or ours, is nearest to the Allopathy?

The immediate question before us then is, what is disease? Dr. Curtis says, "irritation, inflammation, and fever," we do not disagree. I say they *are* diseases, and yet I agree exactly with Dr. Curtis as to the nature of irritation, inflammation, and fever. I explain disease, irritation, inflammation, and fever, precisely as he does. All the trouble here, comes from using words without exact definitions.

What is irritation, inflammation, or fever? Dr. Curtis says, substantially, it is the vital struggle, the effort of the living system to recover its balance and reproduce the state of health. I, however, call this disturbance, this vital struggle, disease, because it is a deviation from the normal conditions. Health is the balance of functional action, each organ or part performing its own work and no more. Disease is the opposite state or condition. One organ or part doing more than its appropriate and natural share of functional activity, and another or others less. This disturbance is disease, and yet it is a remedial effort on the part of the living organism. Here is where Dr. Curtis is in the fog, and so, looking through the spectacles of a thick mist, he thinks he sees me in a fog. Let us have a little sunshine on this dark place.

The "error of errors" on the part of the popular medical system, is not in regarding "irritation, inflammation, and fever, as disease;" but in misunderstanding the nature of that disease. That system regards disease, not as an unusual or unbalanced vital action, a remedial effort, a struggle against morbidic agents or influences, (a resistance to lobelia or Epsom salts, for example), but as the action of a something foreign to the living system; as the action of a morbidic cause, (a drug-remedy, for illustration), on the living tissue; as the presence of an enemy, which of its own accord, and without any act, destructively or injuriously upon the organs or functions. Hence it administers *other* foreign or morbidic agents to counteract those whose action or operation constitutes the disease. In practice you do the same, but you deny the theory.

It seems to me this whole subject can be easily demonstrated; and in the illustration I propose to make, you will find yourself much more nearly in fact, to drug-doctoring Allopathy than I am. I agree with you in the *connecting link* between me and that system. You repudiate its pathology but adopt its therapeutics. I reject both. I agree with you in pathology, but disagree with you in practice. When I say I both agree with you in pathology, I mean with your explanation. The language you employ seems to me erroneous; it does not convey your true meaning.

Let us take, for illustration, a case of simple fever. What is fever? We know it by unequal heat, irregular secretions, disturbed circulation, pain, redness of the surface, thirst, nausea, chills, paroxysms of cold, hot and sweating stages, &c. Is this disease? You say fever is physiological action. I say it is pathological action; but I mean by one word what you mean by the other. You say fever is not disease, but remedial effort. I say it is *both* disease and remedial effort. I

mean just what you do, yet express myself in different language. So far, then, we agree.

But we have this fever to cure, and here we shall disagree, although we use the same language. To make our illustration still more simple, we will commence the treatment while the fever is in the hot stage. The surface is hot, red, dry, turgid, &c. The superficial capillaries are over-distended with blood; the cutaneous function—perspiration—is suppressed. Here is the condition, the fact, call it disease, fever, or remedial effort as you please. The therapeutic indication is to restore the cutaneous function, and balance the circulation, which is now determined with violence to the skin. How will your system do it? How will Allopathy do it? How will my system do it?

You say the fever is not disease, but a friend—a remedial effort. Well, do you wish to increase this friendly or remedial effort? By no means. You wish to lessen it; to cool the skin; to determine the vital effort in some other direction, and thereby balance the temperature, and with it the circulation. And so I do, and so does Allopathy, and so does Homoeopathy, and so does Eclecticism, and so do all the other pathies and isms. But we disagree as to our remedial appliances; and we all disagree as to our explanations of their modus operandi; and herein we find the "error of errors," viz: that our remedial agents act on the living system. Here is your mistake, their mistake, and the mistake of all drug-systems. Let us see. You wish, you say, not to kill this fever, but to "diffuse it over the surface." But you *do* kill it, and you do not diffuse it over the surface. After you have administered lobelia, &c., the fever, the hot, red, turgid, dry skin, which *was* diffused all over the surface before you gave your medicine has disappeared—has ceased to exist. Is it dead? Have you killed it? Or does it still exist in a state of diffusion?

You say fever is a friend, and must be protected, not destroyed; and yet after a dose or two of your medicine, every trace of its existence has departed. Where is the fever now, and what is it? Has it been distributed all over and all through the body, and become a part of its normal action? This would make fever function, and function fever; and hence vigorous functional action of an organ should be a violent fever! And a violent fever, as you well know, (too much friendship, perhaps) will, if not checked, end in death.

Now, the simple truth is, that your remedial agents do not assist this friend, the fever, the disease; but they occasion a new impression; that is to say, they provoke (or invite, if you prefer this term) vital action or vital resistance in a new direction, and thus the fever is cured, or killed—one term being as good as the other. And how is it cured, or killed? Why, by "letting it alone—severely."

If an Allopath gives salts, antimony, or calomel, he cures or kills the fever more or less completely, on the same principles—counter-irritation, or counter-impression, that you do; but with agents vastly more injurious than yours.

And if I put the patient's feet in hot water, or give him cold water to drink, I cure or kill the fever on the same principle of inducing vital action in another direction, and with appliances still less injurious than yours—perhaps entirely innocent.

But, do not so continually mistake *impression* or *effect* for *action*. You are continually reminding me that I admit your position because I speak of the *impressions* of medicines, their *effects*, &c. Not at all, sir. Let me say to you once again, and I beg of you to remember it, that these impressions are the recognition of the presence of the thing or drug-remedy, by the vital properties and the effects of medicines are the results, not of their action on the system, but of the system on them. A very simple illustration will explain my view of this matter. Give one healthy stomach a good baked potato,

and another a dose of salts. Both make impression—but what are the impressions, and why are they different?

The potato does nothing to the stomach, nor does the dose of salts—neither act on the stomach; an impression is not an action. But the stomach perceives the relation of the potato to the vital domain; the vital instincts recognize it as food, and act upon it to convert it into sustenance and tissue. And so, too, the stomach perceives or recognizes the salts to be in a very different relation to vitality; it recognizes it as a foreign and injurious, and not usable substance; and it acts, as does the whole organic domain, to expel it from the system. The living system carries it out of the body, ejects it by the bowels, and the expulsion is called a cathartic operation. Thus, when you give a dose of your innocent, vegetable, "physic-medical" physic, you say it invites the bowels to act upon their contents, by acting on them kindly—a queer "invite," truly; and when your Allopathic opponent produces purging by a dose of calomel, you say this invites ("provokes," perhaps) the bowels to do the same thing, by acting on them poisonously—a queer distinction, think.

So, too, when you quiet pain, fever, irritation, restlessness, spasm, &c., by a little lobelia and nervine, you say the medicine relaxes, soothes, and refreshes the system by acting on it in a friendly way, in harmony with the vital powers, &c. Yet when your Allopathic neighbor relieves the same symptoms with opium and ipecac, you say these medicines depress the vital powers.

Now, as to experience. If you are to determine that lobelia is always innocent, because you have never personally experienced inconvenience from its use, why may not our Allopathic contemporaries declare that opium, or alcohol, or tea, or coffee, &c., act on the system "harmoniously," because thousands have taken them, and found all their aches and pains immediately relieved? No, sir. The questions between us are purely scientific, and neither your experience nor mine will settle it one way nor the other.

This communication is already too long. I will resume the subject in the next Journal.

Yours, truly,

R. T. TRALL.

FROM THE TROPICS.

[Readers in the United States will be interested in the following, from our correspondent in West Africa. Dated and mailed in December 1854, it reached us March 15th, 1855. Africa is a great country, and the Water-Cure shall be introduced and established there.]

KAW MENDI MISSION, WEST AFRICA, Dec. 8, 1854.

FOULWES AND WELLS, 308 BROADWAY, N. Y.

DEAR SIRS:—The books ordered by me, and by you sent, were in due time safely received, for which please accept my most hearty thanks. In the circulation of such works my soul is deeply interested. The *Journal* is always received with feelings of delight, and its pages eagerly read. May it do much in overturning the old *false* systems of medical practice, and in conferring upon a dying race a system more *reasonable*, more *agreeable*, *cheaper*, *safer*, and more *effective*, and at once within the reach of ALL—the poor as well as the rich.

Heaven bless the day when the curative properties of pure WATER were discovered and brought before the world.

Other systems must recede before this, as nature is as darkness vanishes on the approach of light. I am fully confident that in no country on earth is the *Water-Cure* more suitable and efficacious than in the Tropics, if it can be suitably applied. One difficulty arises, viz: we can not get as *cold* water, sometimes, as seems neces-

sary in the reduction of high fevers, but that deficiency might be supplied by the more frequent applications and changes. I bathe twice a day regularly, and enjoy most excellent health, while performing more labor, and sustaining much greater care and responsibility than I ever did in any country or climate. I am astonished at what I endure. Surely God strengthens me specially for my arduous toils.

I would love to write a letter for LIFE ILLUSTRATION on Africa, but for my excessive care and labor. I am *alone*, and have one hundred children to feed, clothe, and provide for—having to buy about 500 bushels of rice a year, in small quantities, etc., for my large family—a large farm of 100 acres, all worked with a *hoe*, to be overseen—and now I have many men at work making dried bricks, quarrying stone, bringing oyster shells from salt water and burning them for lime, and masons building a large house with twenty rooms for my boys. Besides all this, and more *out-door* business, we are having meetings in the chapel every evening, and at the same time a meeting in the town, from house to house, which I attend, preaching, exhorting, etc.; and on the Sabbath I preach four times, and conduct Sabbath School, &c., &c. Then hundreds of letters, and many palavers to settle, and say if I may not be excused from writing long letters, till help shall arrive, to relieve the pressure.

We hope for laborers this month. The Lord speed them.

I love the climate of Africa dearly, and could my dear wife only endure it to be with me, this would be my home. As it is, I know not what is before me.

With kind regard, I remain yours truly,
Geo. THOMPSON.

WHY DO CHILDREN SUFFER?

"CHILDREN are innocent, why do they suffer?" asks the editor of a religious newspaper. He adds, "Let that proverb be no longer used in Israel—'the fathers have eaten sour grapes, and the teeth of the children have been set on edge.' 'The son shall not suffer for the iniquities of the father.' Why, then, we repeat, should the sinless suffer?" There follows a beautiful article on the subject, from which I extract these sentences: "Our own sufferings we come, at length, to understand; we seek to find some beneficent design in every pain we bear. But why are these little ones, ere sin has stained the whiteness of infant innocence, made the victims of mortal agony?" "Faith whispers to us, that in some way these little ones are better and happier in heaven for having suffered on the earth." "To what holy ministries may these little ones be raised up in the kingdom of heaven, altho' through a dispensation of anguish! What woes of suffering natures are they to soothe, what angels of mercy are they to become, and on what tenderer and holier missions of love are they to be sent, because they, too, have been made to drink of the cup of trembling?"

Now, honored editor, with due deference to the Israelitish proverb, if you should, either ignorantly or carelessly, wound or maim your own, would be not as surely suffer in the flesh as if the injury were inflicted by his own hand? If nay, then, parents, disregard at your pleasure the healthy instincts of nature, and heed only the voice of perverted appetite.

I have just returned from the home of sickness, where I watched, through the night, a child, oh, how diseased!—its mouth entirely covered with canker, canker, covering its very vitals! My heart ached for the little wailing thing that had scarcely strength to cry. How did it become so diseased? Divest the question of all sentiment, strip it of its poetical drapery, look at the naked truth. How came disease on that child, a few weeks old? I said the parents sinned, and the child suffers; but, I am admon-

ished, "Let that proverb be no more used!" Well, now, theologians, can parents with diseased bodies and harassed minds, produce healthy and quiet children? If they disregard the conditions of health, will their children probably be healthy, and have a fair prospect of enjoying life free from disease and pain? Will you tell them, "eat sour grapes if you choose, your children's teeth will not be affected"? Oh, theologians! does not the absurdity of this make even *your* ears tingling? Why stop them to the voice of reason? ay, of conscience?

You that have seen the turf laid above all that was mortal of a darling child, and have left the little grave with your bleeding heart buried therein, has not a whisper wrung your soul—in the hush of midnight, and amid the glare and bustle of day, thrilling it with new tortures—a feeling that in some way, not clear, perhaps, you were answerable for the premature death of that child? Possibly it resulted from a defect, physical or mental, derived from you, from maltreatment, or lack of some knowledge or care; whatever form the accusation may take, you feel that had you known and observed some physiological law, or taken some precaution, the little fellow might now be clinging about your neck, caressing you with the soft hand which when you last kissed it fell from yours as a cold lump of clay! Oh, deepest depth of woe! your heart is racked; if you have sinned, terrible is the retribution! Yet listen to that friendly whisper—louder and clearer it comes; you bow, you writhe; your agony is intolerable. But it will prove sanative, unless you try to persuade yourselves that the death of one child and the disease of another was caused, not by the sour grapes you ate, but by the little which God in the inscrutable mystery of his designs, forced down the throats of the little helpless beings that lay on your bosoms. Nay, friends, listen to that whisper. Be faithful to yourselves. Review your actions as philosophers, as physiologists. See where your overtaken or perverted powers, your intemperate or irregular habits have impaired your health till you are liable to this and that disease, and suffer this and that chronic affection. Now with constitution afflicted, with body diseased, can your children be healthy? Or think you inherited from *your* parents an unsound constitution, a predisposition to certain diseases. Well, perhaps their sin will affect their children to the third and fourth generation! But, by complying with the conditions of health, could you not have prevented the development of the diseases to which you are constitutionally inclined? And by a rational treatment of your children, instead of a course dictated by fashion and unnatural appetite, could you not have kept at bay disease, pain, death? Verily. As God instituted the laws which govern the health of his creatures, will not an observance of these laws secure to the creature exemption from the penalty necessarily following their violation? Were the transgressor and the observer of these laws equally liable to suffering, where would be the equity of the Judge? Then, if parents wish to have healthy children, and to spare them suffering, what will they do? Plainly, acquaint themselves with the laws of health, obey them, and train up their children in obedience to their demands—by them forming their habits, and teaching them their requirements when they rise up and when they lie down, by the way and by the fire-side. Life and death is placed before them; if they will, they can obey and live. But let them be assured that transgression is the way of death. Do I speak coldly, heartlessly? Well, do I not speak truly?

It is really a very pretty, this talk about the beauty of dead babies. Certainly, the most intensely beautiful object I ever beheld, was the little angel boy in his shroud. And it is very comforting to think, that they are transferred, painless, to a world in which no more will be liable to suffering; and very blissful it is to be drawn towards that world by a chain which can

not be detached from the heart. The greatest evils we bring upon ourselves can, if we humbly receive the lessons they teach, become to us ministers of good, a source of exquisite bliss. Do I not realize this, when that little hand is reached from heaven and laid upon my heart, and the world dissolves and sinks beneath me, and I am happy with him that loved me as none other ever loved me, with exclusive and intense love, all ignorant of the least imperfection in his mortal life?

And too, this speculation about the nobler and holier mission for which infants are qualified in consequence of their having suffered on earth, is very affecting. Yet, I fancy, we all that have felt the movements of a mother's heart, would prefer having our children minister to us and caress us in the bodies made after the fashion of our own bodies—one which we can touch without the aid of imagination, and press to our bosoms. Pure spirituality does not satisfy the human heart; and I believe parents may enjoy their children without the necessity of asking, broken-hearted, why they suffer. Had I known the conditions of health and the simple and natural means of restoring it when impaired, as every one ought to know before becoming a parent, that highly endowed and transcendently beautiful child might to-day have caressed its mother with a hand of flesh, instead of being to her the dearest attraction of heaven. I speak as to the wise, judge ye what I say.

NORNA.

HUMBUG.

BARNUM—the prince of humbugs—in his Autobiography mentions that he is preparing a book, the "history of humbugs." He says "every period has its humbugs, and they are scattered alike in the annals of every calling and profession." It is to be hoped that he will do ample justice to those of our "enterprising fellow citizens" who glory in the title of "patent medicine men." It would be nothing strange if Barnum should find himself out-Barnumed in that direction, and he might, perhaps, yet take lessons of some of his millionaire, the successful pill-venders—in the art of loosening the purse-strings of a gullible public.

Barnum is a wag, and those who gave him their quarters for a sight of the "Fejee Mermaid," "Woolly Horse," or "grand Buffalo Hunt," may have enjoyed the joke their money's worth. But those who reap the fruits of their own labors, and who regard delusion as of questionable morality, would be very much surprised if told that such proceedings were a legitimate offspring of their labors and professions. They would repeat the charge as calculated to work serious injury to their calling. Now, is it not a little strange that the medical practice is an exception to this rule? Regularly educated physicians see their practice gradually slipping away from them into the hands of ustrum vendors and mountebanks, without a word of complaint.

The land is flooded; bar-rooms and horse-sheds are covered; houses, public and private, are filled; the papers are swarming with advertisements of this or that so-called remedy, which are warranted to cure one and all the ills that flesh is heir to; and yet our doctors know they will not do it. They know also, and if asked, will admit that many of these nostrums are positively injurious to the human organism, and yet from College President to country practitioner, we hear no word of condemnation or caution.

"The Pepsin man" blasphemously tells us that we may eat or drink whatever we, or our perverted appetites may choose, yet may easily and cheaply escape the penalty of outraged physical laws, by taking some of his "pepsin"—thus directly inviting us to intemperance and gluttony. Sarsaparilla and balsam men, liniment and pill-vendors, inhalators and what-nots, all promise to cure us while our most intelligent physicians, to say the

least, very well know they can do no such thing. And yet they let us spend our money for worthless trash which does us only injury, while they utter no warning voice.

Why are not physicians the *teachers* of the people, as ministers and to some extent lawyers are? They let us spend our hard earnings on Moffatt's or Townsend's and a host of others, to be spent on diamond necklaces, or in building princely palaces, while nine-tenths of the regular profession are poorly fed. Again I say, why do they *teach* the people? We would gladly pay them for it—might they better than they are now paid. They might teach us physiology as the minister does Theology. They might teach us the laws of life and health, and those conditions which would best promote our physical well-being, as the minister explains to us our moral relations. They should be able to point to their own lives in union with those laws which govern this fleshly tabernacle, as we look to the gospel minister for an example of purity in spiritual things. And when they give us medicine they should tell us what it is, its nature, and why they give it, and the result they expect to obtain. But, alas! it is not so. They will not instruct us in what they know, or think they know, "lest we should be as gods knowing good and evil." Why will the medical profession suffer for unprincipled men, whether in or out of their ranks, to use its name and prestige to palm off worthless trash on the ignorant and unwary? We, here at the West, do suffer terribly from this system of drug-taking. Who will come and teach us the better way? While many hold up their hands in holy horror at a Barnum, and cry "Humbug," the people are literally poisoned and depleted by regular and irregular patent medicine vamps.

ONE OF THE PEOPLE.

Wethersfield, Ill.

CHRONIC RHEUMATISM.—My duty to you and to my suffering fellow creatures, demands of me a statement of the cure wrought by the use of water.

It is over ten years since I began to be afflicted by the rheumatism, and it gradually grew worse and worse until the spring of 1853, when I became completely prostrated, and, for a time, unable to turn myself in bed. During the time, I tried almost every remedy that had ever been prescribed, and had passed through the hands of several physicians, who had all given me up as an incurable case; and while thus prostrated and utterly helpless and hopeless, I came to the determination that, let follow what would, I would never take another particle of medicine for the complaint, and, as the last resort, I would try the effects of the "Cold-Water Cure." I began by a "pack," followed by frequent bathing, and drinking pure cold water in great profusion. After continuing the process for about two weeks, running sores broke out all over the portions of my body and limbs that had been most affected with the rheumatism, which continued for several weeks, until my whole system seemed to undergo a complete and thorough renovation, and, so far as it regards the body, I became a new creature; and for the last fifteen months I have scarcely had the shadow of a pain, and at the present time—in my 47th year—I possess more vigor and activity of body, and can bear more hardship and exposure than at any former period of my life. I still continue the use of the bath, using for a bathing tub the "mighty Mississippi," the father of waters, on whose pleasant bank I reside, and in its waters find a sure remedy for all the diseases to which the body is liable. Respectfully yours,

F. E. ROBINSON.

remarks on another yet cognate point, in following out which we have derived great benefit in the treatment of Female Diseases, that is—*THE BLOOMERS-CRESS*. Meanwhile, I commend it to your consideration and the Journal readers generally.

Best Assured of the high consideration of Mrs. Jackson and myself, and believe me yours truly, J. O. JACKSON.

Literary Notices.

ALL Works noticed in this department of the JOURNAL, together with any others published in America, may be procured at any Office, at the Publishers' prices. EUROPEAN WORKS will be imported to order by every Steamship. Books sent by mail on receipt of the price. All letters and orders should be postpaid, and directed to FOWLER AND WELLS, 305 Broadway, New York.

COLTON'S AMERICAN ATLAS AND ATLAS OF THE WORLD. Illustrating Physical and Political Geography constructed from official surveys and other authentic materials. To be complete in Twenty-Seven numbers, a \$1.00 each.

Works such as the above designated have long been demanded by the enlightened portion of the general public. These Atlases supply a pressing necessity. In their maps and descriptions, the world, as known at the present time, is represented with faithfulness and accuracy, and the vast amount of information collected by explorers, travellers, and others, existing hitherto in forms accessible only to the few, is now for the first time made available to all. Every effort, indeed, has been used by the Publishers to furnish both in references to artistic excellence and literary merit works creditable alike to the genius, talent, and skill of America, and much superior in every respect to any former productions of a like nature. The utility of such works is not limited to any class, but is coextensive with the sphere of civilized humanity; and while they meet the wants of the man of science, the navigator, the traveller, and the merchant, they are of especial value in the family circle and the school-room. No library, in fact, whether public or private, can be complete without those works; and from no other source can the multiplicity of information they contain, be derived. The whole, when completed, will comprise 175 maps and plans on 190 sheets of paper, known as imperial folio. Each Atlas is illustrated with letter-press descriptions of the countries delineated, exhibiting a full account of their geography, resources, commerce, and general interests, and the statistics relative to the several subjects treated upon, and the whole, when complete, will be by far the most reliable work of the kind ever issued.

BOTANY OF THE SOUTHERN STATES. By Prof. JOHN DAREY, A. M. New York: A. S. Barnes & Co. 1855. [Price, prepaid by mail, \$1.50.]

Botany is an important as well as a delightful study, but has been heretofore neglected in this country. In its relation to agriculture its value can hardly be overrated. We are glad, therefore, to see good text-books, like the one before us, multiplied. The text-books most in use, though well adapted to our Northern States, are too meagre and imperfect in their descriptions of Southern plants to be advantageously used in the South. This new work will supply the want long felt, and give the colleges and high schools of the Southern States a text-book which can not fail to prove satisfactory to both teachers and pupils. It is comprised in two parts: 1st. Structure and Physiological Botany and Vegetable Products. 2d. Descriptions of Southern plants, arranged on the natural system, preceded by a Linnaean and Dichotomous Analysis.

IDA MAY; a Story of Things Actual and Possible. By MARY LANCOR. Boston: Phillips and Sampson. 1854. [Price, prepaid by mail, \$1.25.]

This book should have received an earlier notice, but got mislaid, and thus neglected; and now if we say it is a most powerfully written and intensely interesting work of fiction, we shall be only repeating the already recorded verdict of the reading public. It is a story of Southern life, as seen from the Anti-Slavery stand point, and is pronounced by some equal to "Uncle Tom's Cabin." *The Church of England Quarterly Review* says: "Had 'Uncle Tom's Cabin' never been written, this might have attained the popularity of that marvellous tale. All the characters are equally

worked out, and it possesses the great merit of no one personage acting or speaking beyond their positions."

LILIES AND VIOLETS; or, Thoughts in Prose and Verse, on the True Graces of Maidenhood. By ROSALIA BELL. New York: J. C. Derby. 1855. [Price, prepaid by mail, \$1.50.]

This book was published several months ago, but is now particularly *seasonable*, as the time of blossoms is at hand, and it is made up of "flowers of the intellect and the heart" culled with judicious care, and arranged with fastidious taste,—in other words, it comprises brief articles in prose and verse, original and selected, from the pens of some of the best writers in this and other countries. The design and the execution of the work are both good. Rosalia (a floral name—*rose et lila*) has arranged her flowers in fine bouquets, 1. Ethetic; 2. Intellectual; 3. Affectional; 4. Devotional; 5. Domestic. It is beautifully "got up," makes a handsome gift-book, and is worthy of a place on the centre-table, as well as on the book-shelf.

THE ESSENCE OF CHRISTIANITY. By LUDWIG FEUERBACH. Translated from the second German edition. By Maria Evans, translator of "Strauss's Life of Jesus." New York: Calvin Blanchard, 1855. [Price, pre-paid by mail, \$1.50.]

This is a thoroughly German work, in its nature and style, as well as in its origin. It claims to be a historical-philosophical analysis, a solution of the enigmas of Christianity. The views of the author, as we judge from a glance at a few of the chapters, are ultra-rationalistic. He reduces theology to anthropology. "Religion," he says, "is the dream of the human mind, and Christianity nothing more than a *fictitious idea*, in flagrant contradiction with our fire and life assurance companies, our railroad and steam carriages, and our military and industrial schools."

MODERN AGITATORS; or, Pen-Portraits of Living American Reformers. By D. W. BARTLETT. New York: Miller, Orton, and Mulligan. 1855. [Price, prepaid by mail, \$1.75.]

This readable and instructive volume is made up of spirited biographical sketches of persons noted as "agitators and reformers," among whom are Theodore Parker, E. H. Chapin, Horace Greeley, Henry Ward Beecher, Harriet Beecher Stowe, Ellen Purcell, John G. Whittier, etc., with extracts from their writings. The work is popular in its character and lively in its style, and contains some highly interesting personal anecdotes. It is embellished with several portraits, and is elegantly printed and well bound.—*Life Illustrated.*

IN DOORS AND OUT; or, Views from the Chimney Corner. By OLIVER OPTIC. Boston: Brown, Bazin & Co. 1855. [Price, prepaid by mail, \$1.25.]

This volume is made up of short stories and sketches (about thirty in number) illustrative of domestic and social life, and eminently *practical* in their tendency. No attempt has been made in them at fine writing; they are simply home thrusts at the follies of the parlor and the kitchen, of the shop and the counting-room—in short, of life "in doors and out." We have marked one of them, "Two Daguerrotypes," a capital temperance sketch, for insertion in one of our publications, should we ever be able to make room for it.

UPS AND DOWNS; or, Silver Lake Sketches. By COUSIN CICELY. New York: J. C. Derby. 1855. [Price, prepaid by mail, \$1.25.]

Cousin Cicely is one of the best of our writers of brief sketchy stories, and we have a handsome and beautifully illustrated volume made up of a number of her best pieces. Some of them have been in print before, and are already favorites with the public, while others, not less interesting and instructive, are new, at least to us. They are unpretending and simple, but lively and gossipy in their style, and pure in their moral tone.

KATE ATYLESFORD; a Story of the Refugees. By CHARLES J. PETERSON. Philadelphia: T. B. Peterson. 1855. [Price, prepaid by mail, \$1.25.]

A true tale of "the times that tried men's souls," and a faithful picture of the manners of '76. It is, we think, the best of Mr. Peterson's productions, full of stirring incidents and strongly drawn scenes; intensely interesting, lively in style, and true to nature.

SCHOOL ARITHMETIC, Analytical and Practical. By CHARLES DAVIS, LL.D. New York: A. S. Barnes. 1855. [Price, prepaid by mail, 60 cts.]

Prof. DAVIS is the author of a full course of mathematics, and has here given the results of much thought and experience. No man in the country, perhaps, was better qualified to produce an excellent school arithmetic which should be at once educational and practical. No judge from such an examination as we have been able to give it, that it is one of the best works of the kind extant. Teachers will do well to examine it.

THE WIFE'S VICTORY, and nine other novelettes. By MRS. E. D. N. SOUTHWORTH. Philadelphia: T. B. Peterson, 1855. [Price, prepaid by mail, \$1.25.]

These stories are in Mrs. Southworth's usual vein, and are marked and marred by her usual faults of style and lack of artistic plan and finish, but possess, nevertheless, a good deal of interest.—*Life Illustrated.*

NAPOLEON PAR ALEXANDRE DUMAS. For the Use of Schools and Colleges. With Conversational Exercises, Explanatory Notes and References to the "New French Method." By LOUIS FASCICULA, LL.D. New York: Ivison & Phinney, 1855. Pp. 178. [Price, prepaid by mail, 67 cts.]

A graphic and interesting summary of the life of the great Napoleon, and a good specimen of the more modern French. The conversational exercises, placed at the end of each section, add greatly to the value of the work, as a school-book, for which it is in every way well adapted.

THE MAY FLOWER, and Miscellaneous Writing. By HANNAH BECKER STOWE. Boston: Phillips, Sampson & Co. New York: J. C. Derby, 1855. [Price, prepaid by mail, \$1.50.]

Anything from the pen of the Author of "Uncle Tom's Cabin," will be eagerly sought for and read, and though this volume is mostly made up of stories which have already been in print in one form or another, it will find, as it deserves to, thousands and tens of thousands of readers. The *Tribune* thus speaks of it:

The contents of this volume are principally stories, carefully written, but more than displaying that vivacity and graphic delineation which shine so prominently in Uncle Tom's Cabin. Their fragmentary character deprives them of the sustained interest which a novel from her pen would have—yet those who read "Uncle Lot" and "Love versus Law," will find a good deal of entertainment in the happy mimicry of the Yankee farmer's dialect.

The shorter story of Little Edward, is told with touching effect after the manner of Eva's death-bed.

The volume is embellished with a beautiful portrait of the author.

THE NEW YORK QUARTERLY. The April number of this, the best of the Quarterlies, is before us, filled with matter interesting and instructive. Its contents are:—New York Governed; Post Office Improvements; Taste in New York; Washington Irving—his home and his works; Medieval History of Athens; Lunar Influences; Modern Architecture of New York; The Sandwich Islands—together with notices and reviews of new books. JAS. G. REED, Publisher, Appleton's Buildings, N. Y.

THE BIBLE PRAYER BOOK: for Family Worship and other Private and Public Occasions. By W. W. EYERS. New York: Ivison & Phinney, 1855. [Price, prepaid by mail, 57 cts.]

This work is highly recommended by Prof. A. C. Kendrick, J. H. Raymond, J. S. Maginnis, and T. J. Conant, and Revs. T. H. Cone, T. T. Armitage, J. S. Backus, and others. Mr. EYERS is known as the author of the "Bible Manual," "Pastor's Hand Book," etc.

SIX SERMONS on the Inquiry, Is there Immortality in Sin and Suffering? Also, a Sermon on Christ the Life-Giver; or, the Faith of the Gospel. By GEORGE SEABURN, editor of the *Bible Examiner*. New York: Office of the *Bible Examiner*. 1855. [By mail 67 cts.]

These discourses are prefaced by a sketch of the author, who is extensively known in the theological world as the advocate of what have been termed "destructivist" views, his distinctive dogma being, "That man has no immortality by his creation or birth," and that "all the wicked will God destroy—utterly exterminate." Those who desire to examine the arguments in favor of this theory will find them fully and clearly stated in this volume.—*Life Illustrated.*

Experience.

DEAR JOURNAL:—I am approximating to bachelorhood, and consequently am rather sensitive on matters of conjugal import.

A few months since, I saw an article copied from your columns of "Correspondence," relating to the above-mentioned subject, which attracted my attention, and caused me to make some researches as to the source from whence it originated.

The result was, that I determined to become a subscriber, thinking that the chance to find, among the numerous "candidates," some spirit congenial to my own—

Some charming lass from beauty's throng,
To smooth my cares, life's path along;
To fan my brow should trouble come;
And make a Paradise of home—

would of itself be ample compensation for the small price of subscription; and it was mainly for this purpose that I sent for the Journal, at first, though there has been many things discussed in its different numbers in which I have been much interested, as they have from time to time come to hand. Upon the subject of Water-Cure, my sentiments can, not I think, undergo any material change, nor have they recently. Some six years ago, Dr. C. Cutter gave a course of lectures upon the subject of Human Physiology, illustrated by a Manikin: the result of the first one (upon the skin) was, that the morning following I had commenced the Water Treatment, and have persisted in it ever since; and judging from the past experience and present sentiments, it will be a long time before I leave it off.

It would seem as though no person of ordinary information or perception, who views this subject even but superficially, could but come to the conclusion that the operation of the old system of medical practice was detrimental to the human system.

A slight exposure causes cold; the natural functions of the system are thrown into disorder; the capillaries, the great thoroughfares for the inception of the vital principle, or casting out of effete matter, are closed, and instead of performing their part in their separate spheres in the human economy, return their loads again to the lines port to cause other obstructions. A general derangement is felt through out the system. Now, who does not see that a very simple application at the proper place would remove at once the cause, and equilibrium would soon be restored. But no—the doctor must be called. Well, in comes Old Pill Bags. Examine his exterior for a moment. See those small, gray eyes, well set towards the centre of his small head, with a retreating forehead, prominent cheek-bones. A line drawn from his chin upwards would be in no danger of touching his eye-brows. With a scowl on his brow, he proceeds to examine the patient; looks at his tongue, feels his pulse; then, with a very sage look, takes from sturdy piles and papers, superpersed with terms which he could hardly translate without a glossary, what must be administered with the greatest precision and care; and after giving the friends to understand that it is a bad case, also that he will call early next day, takes his departure.

But I need not continue the narration. Two, four, or, perhaps, more weeks, the person is subjected to this process. If he has strength of constitution sufficient, he survives, but is not the same person as at first; months may, perhaps years, will not remove from the system the drugs that have been taken thereby, if he ever recovers from the shock. As like as any way, nature slinks to the shades of the tomb!—a lamentable instance of the dealings of that Providence whose ways are past finding out! A case in point: A gentleman, subscriber to the Journal, and practitioner of the Hydropathic Treatment, last year related an occurrence which came under his immediate observation. A neighbor was taken sick; the regular M.D. was called; the gentleman attended him considerably during his sickness. The patient and his family had the greatest confidence in the physician, and were determined to follow the prescriptions to the letter, thinking that thereby lay their only hope of his recovery. The patient was confined to his room the most of the winter, and some of the time life was despaired of. I saw him in the spring, a mere wreck of that healthy, well-beloved man he had seemed to be six months before; and often was heard the remark, that the consumption would soon use up what little of mortality remained. The gentleman himself was taken in the same way as his neighbor;

but, his family called the same doctor; he asked about the disease, and was told that it was the same his neighbor had been prostrated by. The regular prescription was left. The sick man began to think; and the more he thought, the stronger was his determination to leave the medicine untouched. He did so. The doctor called again, and informed him that he was no worse; went the usual round of prescription, and again left. He continued to call for a little more than a week, when they came to the conclusion that his services were not needed longer. "In less than two weeks," said he to me, "I was able to be around the house, and go to the barn; and I am confident, if I had submitted to his treatment, I should have had a long time of confinement under the doctor's care, and probably been unmaimed for the summer. But as it was, in four weeks from my first attack I was as well as ever I had been. The main treatment the disease received was to be left alone."

Another instance, which came under my observation more immediately: Four years last fall, the cholera, as it was called, prevailed to a considerable extent in the Eastern States, and in many cases proved fatal. Many thought it contagious.

It prevailed in the family of one of the nearest neighbors to my father's. The father in the prime of life, one of our most esteemed citizens, who had represented his constituents in both branches of the State Legislature, and often been in other places of honor and trust, was removed from earth, as were also his four oldest children, the eldest a son about twenty-one, and three daughters younger. Our folks were, some of them, there very often, and scarcely had the last sound of the "colds of the valley" upon their coffin cased to vibrate through our ears, before the fell destroyer had invaded the sanctity of our happy circle. First, a young son of my brother, living in the same house with us, was the victim; next, a daughter of my sister, living near; then, the youngest of my brothers, two years and a half old, as promising a little pet as one could well conceive of, his bright blue eyes and flaxen hair hanging in beautiful waving ringlets down upon those dimpled cheeks, could but make the possessor attractive. I being the oldest in the family, and he the youngest, we were of course favorites, and many a happy hour have I passed in hearing the joyous outbursts of his infantile innocent heart, as they gurgled forth in their pleasing spontaneous accents. But he was designed to follow those who had gone before. The same system of practice had been resorted to in each of the several cases heretofore cited, and he, as the others, shared the same fate. Very few were the nights but that I was at his side, as I now believe, giving what was accelerating the work of dissolution, by intoxicating, poisoning, burning to death, that little innocent sufferer. Dover's Powders and James' Powders, Colman and Castor Oil, were administered once after the other in quick succession. What wonder that he died? Well do I recollect waking him one night to give the usual powder, which he refused to take. Persuasive of all kinds were alike unavailing; endeavoring gently to hold him whilst mother should give him the potion, under the influence of the strength of his stimulating medicines, he twisted out of my hands, and although he had not even sat up in the bed for several days, or changed his place but with help, escaped from our hands to the side of the room, and, with a scowl upon his face which I can never forget, exclaimed, "No, no, Ma, water! Ma, water!" but no water could he have unless it had been warmed, or in the deception of something that would deprive it of its cooling, life-restoring taste. Ere twenty-four hours, that young spirit had left its earthly tenement, and as I saw the spasms which seemed to rack that idolized brother's nerves and system, the remembrance of the last night came home to my heart with a powerful influence, the impressions of which you can not obliterate. The last sad duties to what remained of mortality were scarcely over, when we were shocked by the announcement that an older brother had fair to follow the others, having felt the effects of the disease for some time previous, but had neglected to inform us of his situation on account of existing circumstances, and consequently was in the worst stage of incipient dysentery, or cholera, as it was called. This was a new blow to be added to the already sufficient number. Well, it was to be done. All looked upon his case as hopeless, judging from the past experience. The answer was called the doctor immediately. Then I ventured to put in a word: "You have seen how it has proved in every case heretofore which the doctors have treated; and you now think that he must die, as the others have; trust him to my care: he can but die; and if I take care of him, one thing is certain, you can not have it to say he has been killed by medicine." I

took him to my room, and allowed no one to take any care of him but myself, except whilst I took a short sleep in the day-time. If he called for water, morning, noon or night, he had it; whilst the only medicine he took was injections of warm water starch, with occasionally a few drops of laudanum in it. The old folks vinted him with a jealous eye; but he grew no worse, I was permitted to continue my practice, and had the satisfaction of seeing my brother, in a week from the time he took to his bed, form one of the number around the old paternal board, to partake of his meals, and in two weeks, though not as strong, he was around as usual. I had sent to the apothecaries, in the first of the sickness, for the usually administered powders, to be provided, in case my faith should not hold out, this being my first experiment; but I did not need them.

About the time of my brother's convalescence, another brother's wife living there, was taken as the others, and treated as the last had been, and she too recovered in a short time. And if a case similar should occur in the family, I think it would be easy to tell what kind of treatment they would be subject to.

These are the facts in the case, and similar ones are frequently brought to light. Now, does a person of judgment, of reason, need be long in determining which of the above-mentioned ways is the more profitable to pursue, both as regards life, health, or property?

WARM OR COLD WATER.—Sirs, Editors:—Noticing your request to your subscribers to tell you what they know, and also a request from one of your correspondents to be informed as to your opinion concerning Dr. Knapp's article in the September Journal, I thought perhaps it would not come amiss for me to tell what I know about cold and warm water, when used for the restoration of health. My babe, a stout fellow of ten months, "caught cold," as the saying is, and was threatened with the lung fever. I commenced bathing him in warm water, not wishing to be cruel with the application of cold wet compresses to his chest. In a few days he seemed better, but was quite weak. I continued his baths just warm enough to not have him cry, but he did not gain his strength, and at the end of a week was sick again. His head was very hot, and feet cold; he was very restless, and worried incessantly. I began to doubt the efficacy of warm water, and commenced bathing him after Dr. Knapp's prescription in his baby's bed, alternating with water wet 75° gradually lowering to 65°. After each bath, I poured cold water over him, wiped him quick, and then gave him a good hand rubbing. After his first bath, his feet not getting warm, I placed them in warm water, and immediately on taking them out, poured cold water over them, wiped them dry, and then wrapped them in warm flannels. I also kept a linen cloth wet in water of the same temperature as his baths, on his head. I pursued this course, and at the end of a week he was as well as ever, and has remained so ever since. I now bathe him daily in water at 65° and although he cries very hard at it, yet he thrives with it finely, and I verily believe if I had continued his warm baths, he would not now be able to cry. E. J. L.

CASE OF BURNING.—My son, a young lad of fourteen, was badly burnt by having half-a-pound of powder set off in his coat-pocket. His coat, vest, shirt, cravats, whiskers, and front hair burned off, and grains of powder sprinkled plentifully into his face, and, except for the treatment, I have no doubt would have been an entire blister from his waist to the top of his head, in front, and both arms up to his elbows. As it was, he was so blackened and burned, that his mother did not know him.

TREATMENT.—Both arms immersed in, and a continual stream of cold water poured upon his head, and run over all the burned parts for over two hours. At the last cessation he would seem to be going into convulsions; but while the water was running, manifested no pain, groans, or crying. Got him up, put dry cloths on his head, and towels, wet in cold water, laid upon the burned parts, and changed as often as two could do it for about three hours; after that time, at 11 o'clock, I changed the cloths alone, until 1 o'clock, when he dropped asleep. When he began to get uneasy, I changed the cloths say three times between one and two hours. After that time, after wards went out to visit others who were burnt at the same time. When he came back, his face was the color of a well browned, roast pig.

No grain laid on the wet cloths; in the course of the day the skin began to slip off; his entire face was skinned, and not a grain of powder left. He was not confined to the house eighteen hours, and in six days was in school, without a mark on him as big as a three-cent piece.

On his upper lip, and where we could not keep the water all the time, were some blisters. They broke, and, without any pain, and without the application of anything but water, glorious cold water! Yours, truly, E.

Water-Cure Journal

NEW YORK, MAY, 1855.

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

MY MATTERS.

BY R. T. TRALL, M.D.

THE WATER-CURE.—It is high time that physician and people began to understand what is meant by the "Hydropathic System." Were our readers to judge of the system by the representations of our opponents, they could only regard it as a method of curing diseases by cold water. And one-half of the friends of our cause seem to talk and write as though water was Hydropathy, and Hydropathy was water alone. No wonder we are accused of a one-idealism, and that exceedingly aqueous.

If we define our system "Hygienic medication," which it really is, and all other systems "Drug medication," which they actually are, we have these opposing systems before us in proper contrast; one system embracing all hygienic agencies—*every thing except poisons*—and the others embracing drug-agencies—*nothing but poisons*.

Sick persons and invalid individuals are continually writing us from all parts of the country concerning their maladies, and asking us to *send them a remedy*; to tell them how to use water in a given case; to advise them what particular bath is applicable to a certain complaint; to prescribe the manner in which water should be used in a liver complaint, or a rheumatism, or an ague, or a palsy; ignorant or heedless of the fact that either one of a dozen remedial agencies may be as important as water in the case mentioned.

Now, water is all it claims to be. A flood of it can be very profitably employed in washing away the causes of human infirmities; but water alone is not Hydropathy. This, as a system of the healing art, gives equal prominence to each hygienic agent or influence, whether it be water, air, exercise, food, temperature, &c.

It is amusing to notice with what "eternal vigilance" our opponents speak of Hydropathy on all occasions, as though it were water, and all water, and nothing but water. And, in fact, many of those who write themselves up or down as "Water-doctors," do just precisely the same thing, whilst not a few of them make a whole system of either or several of our hygienic agencies.

Thus, Prof. Curtis eulogizes the *Water-Cure*, but can not think of being confined to water alone; and Prof. Coomins uses water freely, but thinks innocent roots and herbs necessary for variety. He can not be a one-idea man, nor can Dr. Curtis. And our Allopathic and Homoeopathic friends also laud water to the skies, but find it impossible to confine their imaginations to a single remedy; and so, restricting our system to one idea, and that idea water, and then throwing the water away, they get rid of the system altogether.

And again, we have among the keepers of Wa-

ter-Curing establishments and Watering Places, a variety of systems, made up of one or more of our own Hydropathic or hygienic appliances. Thus, one advertises Hydropathy and "Motorpathy;" another, Water-Cure and "Statunation;" another, Hydropathy and "Kinesipathy;" another, Hydropathy and "Electropathy;" another, Hydropathy and "Atmopathy;" and another, a trio of pathics, Hydropathy, Atmopathy, and "Thermopathy."

Now, if we were to these taking titles into plain English, we should, perchance, dissipate the charm of the thing at once. If, for *Motorpathy*, we read *motion, or exercise*; for *Statunation*, ditto; for *Kinesipathy*, ditto; for *Electropathy*, ditto; for *Atmopathy*, air, and for *Thermopathy*, temperature, the mystery, and, possibly, the merit of the double or triple pathy would "depart hence," very much as the darkness is sometimes said to "fly away," about the time "Sol rises in the East."

Whilst we are constantly repelling this charge of one-idealism as relating to our system, we have to labor with equal zeal to keep our readers from becoming one-idealians on the subject. The people must be educated in our *whole* system, or they will be doomed to disappointment. They must understand that, whilst water may be the leading measure in treating a fever or an inflammation, diet and exercise may be the most essential agencies in curing dyspepsia and arresting consumption; and temperature and passionall influences, the most important considerations in the management of neuralgias and nervous debilities, &c., &c. Above all things let them never forget that, whatever the malady, all hygienic agencies—any thing in the universe except poisons—must be adapted to the particular circumstances of the case. Avoid one-idealism in our own system, as much as you abhor that smallest of all small ideas in the drug-system, viz.: *that natural poisons are nature's remedial agents*.

COMMENCEMENT OF THE HYDROPATHIC SCHOOL.

—The third term of the New York Hydropathic and Physiological School closed by appropriate exercises on Saturday, April 14. Over twenty students graduated on this occasion. A majority of them have their fields of labor already selected, and will at once enter upon the active and earnest duties of professional life, some in the capacity of teachers and lecturers, and others as lecturers and practitioners.

Theses were read by the following persons:—R. F. Dutcher, Somerset, N. Y., "Tea and Coffee." S. E. Fales, Walpole, Mass., "Disadvantages of a Medical Education in the Allopathic Schools." Miss Lydia Sayer, Warwick, N. Y., "Thoughts to Woman on Reform." John McLaurin, Bytown, Canada West, "Man as distinguished from Animals." W. W. Wier, Chickopee, Mass., "The Laws of Nature applied to Human Destiny." Miss E. M. Snow, Boston, Mass., "Duties of Physicians." Edwin Balcome, East Douglas, Mass., "Hygiene and Hydropathy." J. C. Reed, Lockport, Ill., "Elevation of the Medical Profession." William Flowers, Halifax, N. C., "The Two Systems." D. W. Hall, Carlton, N. Y., "Theory and Practice of Nature versus Medicines." Mrs. Eliza De Le Vergne,

New York city, "The Improper Nursing and Medication of Infants." J. W. Steele, Shelbyville, Tenn., "A Talk." Wm. M. DeCamp, New Orleans, "Philosophy of Water-Cure, and Modes of Securing Practice as Hydropaths." Miss Maria Cole, New York city, "Melancholy." E. W. Gant, Lockport, N. Y., "Hygienic Agents versus Drugs." Geo. E. Kimball, Rockford, Ill., "Popularity among Physicians." Mrs. Mary A. Case, Preston, N. Y., "Our System and Practice." S. S. Clements, Fisherville, N. H., "Character and Duties of a Physician." J. S. Wise, Palestine, Miss., "The Contrasts." Mrs. C. L. Smalley, Fredonia, N. Y., "Human Needs." C. C. Chase, White Pigeon, Mich., "Our Mission."

All of the theses were of a high order of merit—several of them excellent. We shall solicit some of them for publication, as soon as room can be found in the Journal.

The majority of the above persons are intending to take the field as co-laborers at once. We commend them to the respect and attention of the friends of health-reform, wherever they may go; whilst we ask our Allopathic friends to "keep an eye on them." They will not attack you as men; but of and *against* your system they will have much to say. All we desire of you is to meet them fairly and candidly before the public, and thereby hold them to a rigid responsibility.

A NEW DREAST PUMP.—Here is something useful for such females as require "instrumental assistance" in the matter of "lactation." It is an improvement on all preceding inventions having the same object in view; and, indeed, it seems well-nigh perfect. It is worked by a small delicate bellows, and can be so managed as to imitate almost exactly the actions of the infantile mouth. It is accompanied with an India Rubber Nipple Shield, also the best contrivance of the kind we have seen. We need only add, the pump is simple, convenient and cheap. It may be ordered from FOWLERS and WELLS, New York. See advertisement.

WATER-CURE IN KANSAS.—We have received a copy of the *Herald of Freedom*, published at Lawrence City, K. T., containing the proceedings of a meeting to organize a Water-Cure Society, and adopt a Constitution and By-Laws for its governance. This, in our estimation, is the brightest of the signs of the times in that land of much promise.

Of all the curses which invade a new country, the drug-curse is among the worst. If our friends who have gone there to cultivate a virgin soil, can keep *rum and drugs* from that fair land, their picture is one of high hope and unexampled prosperity. That they will do so the following article, copied from the *Herald*, seems to indicate. We learn from private correspondence that a thorough uncompromising Hydropath would meet a warm reception in Kansas, as the great majority of the people are decidedly opposed to deadly drugs.

WATER-CURE MEETING.

The meeting convened at the office of the *Herald of Freedom*, pursuant to adjournment, Saturday evening, March 24. E. D. Ladd, Esq., in

the chair. The Secretary being absent, JOHN SPEER was appointed Secretary *pro tem*.

On motion, the report of the committee on constitution and by-laws was read and adopted, by separate articles, as the follows:

WHEREAS, We, the subscribers, believe that Hydropathy, including the Hygienic agencies of water, air, light, food, temperature, exercise, sleep, clothing, and the passions in their various modifications, comprise a whole and ample *Materia Medica*, capable of producing all the really remedial effects possible in all diseases, when employed or applied according to established and invariable laws, and of preserving the human system in a state of health and vigor, and for the purpose of promoting and extending our knowledge of the same, and of securing the assistance by personal aid and attendance in sickness, we form ourselves into a society, and adopt the following

C ONSTITUTION.

ART. I.—NAME.

This society shall be called the "Lawrence Hydropathic Hygienic Society."

ART. II.—OFFICERS.

Sec. 1.—The officers of this society shall consist of a President, Vice President, a Corresponding and a Recording Secretary, Treasurer, and Librarian, who shall be elected at the annual meetings of this society.

Sec. 2.—It shall be the duty of the President to preside at all meetings of the society, give the casting vote when a tie occurs, and sign all orders on the Treasurer for monies voted by the society.

Sec. 3.—The Vice President shall perform the duties of the President in his absence, or at his request.

Sec. 4.—The Corresponding Secretary shall conduct all the correspondence of the society with other societies, medical institutions and individuals, as the society may direct, and preserve the same on file.

Sec. 5.—The Recording Secretary shall keep a faithful and complete record of all the proceedings of the society.

Sec. 6.—The Treasurer shall receive and keep account of all monies paid into the Treasury, and pay the same out on the order of the President, when voted by the society.

Sec. 7.—The Librarian shall have charge of the books and periodicals belonging to the society, together with all communications presented by members, and shall deliver the same to members desiring to consult the same at any seasonable time, and shall on Saturday afternoon of each week, from three to four o'clock, have the library open to members for general distribution and exchange, and shall keep account of all books distributed and returned and the date thereof.

ART. III.

Sec. 1.—There shall be elected quarterly at the quarterly meetings a Relief Committee, consisting of seven persons, of whom the President shall be Chairman, the balance of said Committee consisting of three males and three females, whose duty it shall be to visit sick members or their children under eighteen years of age when notified, and ascertain what personal aid and attendance are necessary, and provide the same, by

detailing such members as they shall see fit, in each particular case, taking care that the duties shall be as equally distributed among the members as circumstances will permit.

Sec. 2.—There shall be elected annually, at the annual meeting, a Board of Counsellors, consisting of four persons, two males and two females, whose duty it shall be to consider such confidential questions and communications not requiring personal treatment as may be presented, anonymously or otherwise, through the Librarian, who shall act confidentially in all such cases, or personally if preferred, and give the best answers and advice that their knowledge and means of information will admit of.

ART. IV.—MEETINGS.

Sec. 1.—The annual meetings shall be held on the first Monday evenings of January, and quarterly meetings on the first Monday evenings of January, April, July, and October.

Sec. 2.—Weekly meetings for lectures, essays, discussions, and social intercourse, shall be held on Monday evenings, at which it shall be proper for members to present statements, verbal or written, of such important cases of disease and treatment as may have occurred in their practice or come under their observation.

ART. V.—LIBRARY.

Sec. 1.—The Library shall consist of such books, periodicals, and papers, as shall be donated or loaned to it for the purpose, and purchased by order of the society.

Sec. 2.—No books shall be retained by the person drawing the same for more than two weeks at any one time, under a penalty of one-tenth of the cost of the same for every additional week so retained.

Sec. 3.—The Librarian shall critically examine every book when given out and returned, and assess upon the person having the same to the full amount of any unusual damage it may have sustained while in his or her possession.

ART. VI.—MISCELLANEOUS.

Sec. 1.—Any person may become a member of this society by a vote of two-thirds of the members present, by signing the constitution and paying the sum of fifty cents, and twenty-five cents for each quarter thereafter. Any member may be removed from membership by a vote of two-thirds of the members present at any regular meeting.

Sec. 2.—The Librarian shall see that the place of meeting is properly lighted and warmed at each meeting.

Sec. 3.—Seven members shall constitute a quorum for the transaction of business.

Sec. 4.—The meetings of the society shall be limited to members, except that persons may be admitted, or the meetings made public, by a majority vote of the society.

Sec. 5.—The members of this society shall be under no obligation, as members, to render aid to persons who are practicing upon drug principles.

Sec. 6.—This constitution can be amended at any regular meeting by a majority vote, notice of said amendment being given at a previous regular meeting.

On motion, the following officers were elected:

President, E. D. LADD; Vice President, G. W. BROWN; Corresponding Secretary, S. N. WOOD; Recording Secretary, Mrs. MARY JOHNSON; Treasurer, Miss ANNIE GLEASON; Librarian, Mrs. MARGARET WOOD.

On motion, the following Board of Counsellors was appointed by the meeting: Dr. Harrington, E. D. Ladd, Mrs. Lum, Mrs. Brown.

The meeting elected the following persons as Relief Committee: Messrs. Tappan, Wood, Archibald, Mrs. Johnson, Miss Gleason, and Mrs. Wood.

G. W. Brown, Esq. announced that he would donate an order on Messrs. Fowlers and Wells, of New York city, for ten dollars' worth of Water-Cure books, and that he was authorized on the part of the publishers of the *Water-Cure Journal* and *Phrenological Journal* to tender twenty copies of each publication to the society.

J. Speer read the following extract from a letter received by a gentleman, Dr. A. Beatty, of Medina, Ohio, who desired to establish a Water-Cure in Lawrence:

"Are there any springs of soft water in your city? If so, I believe a well-conducted Water-Cure would be a valuable acquisition to your citizens, not only as an infirmary for the sick, but as a bathing establishment, a great luxury for the healthy in sultry summer weather. Would any of your wealthy citizens aid in getting up such an establishment?"

On motion, a committee of three was appointed to devise a plan for getting up a Water-Cure establishment in this vicinity, with instructions to report at the next meeting, viz.: G. W. Brown, Dr. S. Harrington, John Speer.

On motion, the Lawrence papers, and the *Phrenological Journal* and the *Water-Cure Journal*, were requested to publish the proceedings of this meeting, and that the Corresponding Secretary be requested to write a letter to each of the last two Journals in relation to the subject under consideration in Kansas.

On motion, adjourned to meet at the house of S. N. Wood, Esq., on Saturday evening next.

E. D. LADD, President.

JOHN SPEER, Secretary.

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. TRUST.

LIVER COMPLAINT.—J. B., St. Catherine's, C. W.—"I have had a pain in my head, through the temples, and in my left side, in the region of the stomach, for several years. Have sore throat considerable, some cough, and hawk up a very tenacious phlegm. Have a weakness across the lower part of the chest, attended with considerable pain, tickling, and sense of tightness under the breast bone. Have cold sweaty feet, and a great deal of heat in my head. Have always had an excellent appetite, bowels usually very regular, am about 30 years of age, look robust and hearty, but am not able to work much. What is my disease, and what the modus operandi to effect a cure? Your symptoms are all indications of a diseased liver. Treat it according to the directions in Water-Cure books, for that form of indigestion called "liver complaint."

UNSTEADY NERVES.—J. T. N., Sayville.—"Will you please inform me what I shall do to steady my hand a little better? I am very nervous, and any sudden impression causes me to tremble. I am troubled with salt rheum; have taken all sorts of medicines, and am now using Dr. Weaver's Syrup and Ointment. Will they do any good?"
 Firstly, quit using drug-nostrums altogether. Secondly, live physiologically, either hydropathically, in all respects. Thirdly, tell us what causes your nervousness, or tell us your habits of life, so that we can judge of the cause or cause, and we will tell you more specifically what to do.

ULCERATED SORE THROAT.—J. E., Allentown, Pa.—"Will you please inform me, through the Water-Cure Journal, the proper course of treatment for an *ulcerated sore throat*; have used several kinds of applications and medicines, without permanent benefit, and among the latter have taken some calomel. Also for a pain in the bones, probably the effects of the calomel." A very simple vegetable diet, with just as much bathing as the temperature of the body will bear, without chilliness, is the general plan to pursue. The wet sheet pack is usually the best bathing process; but if the temperature is low, the tepid half bath is preferable.

TUMOR AND LICHEN.—B. M. K., Fort Plain.—"I have a large fleshy tumor growing out of the left side of my neck, which will weigh probably 15 lbs. The skin is broken, and it discharges matter. Myself and three children are troubled with a lichenous rash; we have washed once a day, for many days, with corrosive sublimate and tannic acid, and have taken sulphur, all to no purpose. What can be done for these things?" The tumor should be removed by the knife, or caustic, we can not tell which without seeing it. To cure your rash, regulate your diet according to hydro-pathic principles. See Cook Book.

DYSPEPSIA.—E. A. B., Hanover, Mass.—"I have pain in the right side, stomach, back, shoulders, and head, constantly, and have a bad humor, canker and salt rheum; great soreness, heat, and oppression in the region of the stomach; and on lying on the left side, a weight seems to press on the stomach." You have an enlarged liver, with chronic inflammation of that organ. Adopt a plain, farinaceous, and fruit diet; use a tepid half, and also sitz bath daily, and drink just as much water as the thirst craves. The wet girdle will be useful in warm weather. Reading is not a good exercise.

CATARHIAL ULCERATION.—L. B., Oak Creek, Wis.—We are in the habit of treating such cases as you describe successfully. The usual time required is about three months. They are not usually well managed in home treatment. In treating fevers you can not well go wrong, if you follow the *general rules* laid down in the Encyclopedia. What the doctors tell you about cold water driving the fever to the brain, is all stuff. Keep the feet warm, the head cool, and then apply warm, tepid, or cold water to the surface, according to its temperature. This rule is of universal application.

THE BEARD.—O. S. B., Wisconsin.—"Why are all men blest with that natural and useful ornament, the beard? What is your advice to those who are not, but wish to be thus blest? Is there any way by which hair, growing where it should not, on the forehead or face, can be removed, so that it will not grow again?" I We can assign no specific reason, though if we had time, we might write a dissertation on the subject. 2. Our advice to them is, endure what can't be cured. 3. No.

HIP DISEASE.—M. C. N., Port Dover, C. W.—These cases are treated successfully at the establishments, but not always at home. They require a very strict dietary.

WATER-SICKNESS.—A. S.—"Why is it that in crossing any one of our shortest ferries I always become more or less sick at the stomach, attended with slight headache, from being on the water. I have the mental motive temperament, with a very compact brain, and dark hair and eyes?" Can't tell. Perhaps you are "bilious," possibly "nervous," maybe constipated, or perverted, something otherwise. Tell us who you are, how you live, &c., and we will guess again.

ASTHMA.—Mrs. O. G., Athens, Ohio.—"I have been afflicted with asthma from a child, and have had my

full satisfaction of drugs. What is the plan of Water-Treatment?" Keep the skin free with tepid or cool baths; wear the wet girdle as much as it can be borne, without pain or chilliness; take a hip-bath about 75°, daily, and use a coarse vegetable diet, so as to keep the bowels entirely free.

DYSPEPSIA.—D. S. P., Bainbridge, Ohio.—Your symptoms indicate dyspepsia, with a very disordered liver. You should be very plain, and strict in your diet. "Eating every thing that other folks do" will never cure such cases.

SPASMODIC ASTHMA.—An Enquirer could probably be cured at an establishment. He has an enlarged liver, and requires the strictest regimen, so far as diet is concerned.

AGUE AND RATTLESNAKES.—A. W. Bloomington, Ill.—You will find all the subjects you inquire about explained in the Encyclopedia. Your questions do not admit of definite answers. We can not tell you an "easy remedy for you," but the book referred to will inform you of a way to prevent, or cure it.

THROAT AILMENT.—E. H. G., Hampshire, Mass. Attend to the dyspepsia, which is the primary malady, and the disease of the throat will take care of itself. House work is better for you than hand care.

FITS.—J. M. A., Kinderhook.—"I have a little boy, three years of age, who has been troubled with his several fits during the last two years. He is taken with high fever, sightly head, &c. I would like to know if there is any remedy for it?" Probably his bowels are constipated, or he takes improper food. Attend to the diet.

PIMPLES.—T. B., Memphis, Tenn.—"What is the cause of pimples on the face, and what will cure them?" Too much, or too greasy, or too saccharine food, is a common cause. Bathe the skin of the whole body every day, and rub thoroughly with coarse towels. Eat the plainest food, of the frugivorous and farinaceous kind.

SLEEP FOR INFANTS.—E. M. R.—"About what age do you think children ought to stop sleeping in the day time?" Whenever they incline to keep awake all day. Keep them in healthful habits in other respects, and the sleeping will regulate itself.

STOVES AND FIRE-PLACES.—H. H., East Wareham, Mass.—Do you approve of air-tight stoves for warming rooms? Should you prefer an open fire place? We prefer open fire-places—indeed, almost any thing to air-tight stoves.

ELECTRIC MEDICAL COLLEGE.—M. G., England.—There is no Electric Medical School in this city. Some twenty years ago, Dr. Beach, and associates, established an "American" or "Reformed Medical School," which existed a few years. It was on the general plan of the present Electric School in Cincinnati.

SNUFF.—J. M., Fairfield, Ohio.—"Would there be any danger in a person discontinuing the use of snuff, after having used it for thirty years? When using a good deal, it makes the patient quite nervous. He would be very glad to quit it, but an allopathic M. D. told him it might cause a gathering in his head, if he quit the use of it?" No sir. The only danger is that he will not quit.

COLD WATER AT MEALS.—M. C. G., Columbus, Wis.—Does it impede digestion to drink cold water at or immediately after a meal? If the dietic habits are physiological it does, otherwise the practice may be relatively a good—a choice of evils.

DYSPEPSIA.—J. A. A., Mount Carmel, Ind.—The "throat disease" and "nervous debility," &c., you mention, are all evidences of dyspepsia. And the same is true of plies. Treat the case as recommended in the Encyclopedia for indigestion.

DYSPEPSIA.—C. G. Le Roy.—Your weakness of the stomach, you term it, may be cured by a vegetable diet, well selected, (see Hydrophatic Cook Book), and a moderate course of bathing. It would be well for you to go to a Water-Cure for a few weeks.

CATARH AND BRONCHITIS.—"By what means can catarrh and bronchitis be cured?" By a strict vegetable regimen, and such bathing as the general condition of the patient indicates, providing the case has not gone so far as to be incurable by any means.

Miscellany.

USE OF STEAM IN WARMING BUILDINGS.

BY O. H. WELINGTON, M. D.

In my last communication I gave the reasons for my belief that it is good economy to heat with steam, and that we secure other great advantages. These conclusions were based on my experience with the old boiler at our place at South Orange, as compared with our system of warming with open fires in Twelfth street. But the new boiler put in by Mr. Fore, (and which combines all the latest improvements,) will secure us, with the same amount of coal, a far greater head of steam, and a much more uniform supply. We have ascertained that with half a ton each day, which was the amount we used with the old boiler, we secure a pressure of over fifty pounds; and yet, in a mild day, we are able to graduate it so as to run the boiler with a pressure of only ten pounds, and, as I am informed, with only about one-third the quantity of coal. Instead of being obliged to rekindle our fire every morning, and thus consuming large quantities of kindling wood, and wasting coal and losing heat, we can continue the fire for a week if we desire.

The mode of setting the boiler is the most approved, and which is saved that is often wasted, or worse than wasted, for in warm weather it serves to annoy those who occupy rooms near the boiler or the flue. It is astonishing to see how much less heat is lost by this mode, and I am surprised that it is not constantly adopted. The improvement consists in having the smoke, after passing through the tubular boiler, returned down the outside of the boiler within a smoke chamber with which the whole boiler is enclosed. Thus we not only prevent the least radiation, but secure much of the heat which would be otherwise lost in the flue, and annoy its hearer, or escape into the atmosphere. To save those who may in future try this, I am induced to give the following "Cautions."

When once a person understands the use of a boiler, its management is very easy and safe, and only requires attention and care; and there are many in this city entrusted to common Irish girls, who conduct them without difficulty. But from my experience I am led to conclude that it is the best economy to have a competent man attend the fire, if you have a large boiler: one who knows how to regulate the fire to save coal; who can keep the boiler constantly supplied with water, and not let it too much at a time; and can give proper direction to the steam, so that it can be equally distributed. Much depends on the arrangement of the pipes, but much more on regulating the use of the steam, and graduating the fire.

One of the most common complaints is, that the steam will not come to certain rooms, and the occupants are left to shiver, without explanation or remedy. On inquiry I find that it is generally because there is too large an opening in the kitchen, wash-room, or somewhere else, and that steam is wasting so rapidly as to destroy the pressure. An ignorant cook will have five times the steam escaping she needs, and thus take off all pressure, upon which the proper distribution through the building depends.

On this account, and for every other reason, each boiler used should have the most perfect steam-gauge, to show the pressure at all times, so that you make it certain that you are prepared to supply a given number of rooms with the heat required, and this can only be known by ascertaining the pressure in the boiler. I am confident that the difficulties which have existed in many cases might be relieved by attention to some of these conditions. In some other cases they are not satisfied with saving a little coal, and yet getting more and better heat, and a great many other advantages; but they expect to heat two or four times as much space as could be heated with the same coal by any other means. I know of some failures and disappointments from this miscalculation. A proper arrangement of steam pipes, and proper management of the fire, will certainly save fuel and

give better heat, and with less labor. But it is poor economy to try to warm too much room: part will be too warm, the rest too cold,—none of it comfortable.

But that the value of this mode of heating may be fully known, we need to give special attention to

Economy of Heat and Ventilation.

It is worthy of observation in considering this subject, that in making the best provisions for ventilation we secure the *most economical use of all the heat generated*. The plan of distributing pipes to each separate room is decidedly objectionable. In that case we only heat the air in the room, and there is no ventilation at all; but the same air continuing in the room becomes impure, and it requires a higher temperature to give the same satisfaction and apparent comfort to the occupants.

To secure the best air with the greatest economy of heat, the pipes should be arranged in one or more air chambers, to which the cold air should have free access through a spacious shaft calculated to give a sufficient supply, and from which the air should be distributed after being heated. Thus a constant current of pure warm air being introduced, there will be less annoyance from a press of cold air through cracks about the windows and every open door.

This is a matter of great moment in a Water-Cure, for the purer the air inhaled, the more perfect the supply of animal heat, and the lower the temperature in which the person will feel comfortable.

SUSTAIN THE LECTURER.—Nothing is more discouraging to a sensitive individual while engaged in the dissemination of *principles and facts which he knows* are valuable to society, than indifference on the part of their "professed friends." The advocate feels that he has a right to be heard, and while he makes no claims to remuneration for his arduous services and labors, he does believe that those whose opinions and practice are in unison with his, are under obligation to promote the cause, so far, at least, as to *give him a hearing*. Yet, nothing is more common than for a lecturer in the cause of reform, to be compelled to hire his own hall, light and warm it at his own expense, and oftentimes, to pay for his food and lodging in some hotel. These things ought not so to be. He who uses and exhausts his energies, through an entire evening, in giving the *results* of his study and experience, which he may have been many years in gathering, "*results*," too, of the highest importance, intellectually and physically, to his auditors, should at least be "heard and fed" without expense.

I have been led into the above train of thought, by learning that Dr. E. A. KITTERIDGE, of this city has decided to devote himself, for a season certainly, to this branch of Hydropathy. As a lecturer, he has doubtless had a larger experience than any other physician of his "school." He is also extensively known by his writings in the columns of the WATER-CURE JOURNAL, under the signature of "Nocua." Beside this, his contributions to other papers have been quite numerous. It is by no means a disparagement to others who may have appeared before the public in the advocacy of this science, to affirm that his *oral efforts* have more essentially enlarged the *circulation* of the WATER-CURE JOURNAL, than those of any other individual.

It is to be hoped the friends of the cause will not be slow in acting upon the above suggestions. When notified of his intention to address the public in the vicinity, let them unite in obtaining for him a convenient place—the best hall, if possible; light and warm it, and endeavor to give it such an air of comfort and respectability as will make it attractive.

In conclusion, permit me to say, that those who shall invite the Doctor to their fireplaces, will make the acquaintance of a gentleman whom they will never forget, and whose *presence* they will never recall, without arousing from memory's sleep, lively and genial emotions of pleasure. *Geo. Hoyt, Boston, April, 1855.*

[We cheerfully publish the above from Dr. Hoyt, and commend his suggestions to our friends everywhere. Those who have the good fortune to hear the original *Nocua* expound the laws of life and health in his live lectures will hear something which they will never forget. Those who hear, will be convinced; and when convinced, they are already converted.]

THE WORK GOES BRAVELY ON.—Reports of progress come up to us by every mail, from all parts of the

world. From Europe, Asia, and even from "benighted Africa," come words of hope and cheer. The simple truths of our new power are becoming like light—all-pervading—and will soon be appreciated, acknowledged, and universally accepted.

In our own country, new converts are coming into the faith by thousands. New establishments are springing up, and old ones enlarged, while the people everywhere are preparing to *dispense* with the use of drugs. Who, that has attained the age of "twenty-one," has not had a "bitter" experience in the "pill" business? Who has not been physicked "like a horse"? His body and his pockets "depleted" by the doses? And who has not had enough of it? "If any there be," just let him try it on awhile. But we feel assured that *that dog has had his day*, and that new we may be permitted to live out at least half our days without the interference of patent medical tinkers. Sensible folks have got their eyes open—have discovered the "loafs" where their substance, their "mans," and their very lives were being lost, and are now determined to put a stop to it.

Sulkeys and saddle-bags no more. Cod liver lard oil to groase old harness, but *not* for human stomachs. Poor whiskey and bad molasses—sometimes called *Sarsaparilla*—is voted a nuisance and a swindle; while clear water, pure air, healthful food, exercise and rest, will keep the human machinery in working order, far better and much longer than all the "poisons" ever discovered by the gold-headed, glass-eyed, long-faced, dolph-like medical parasites who live and fatten on those whom the first make sick. THE WATER-CURE JOURNAL is after these leeches, and it will clear them out!

OUR BOOKS IN THE COUNTRY.—The increasing demand for our works on Hydropathy, Physiology, &c., have induced quite a number of enterprising individuals to send for packages with a view of supplying, in part, the wants of the people. Large quantities of these books would sell readily in every neighborhood, if only placed within reach. Young men could hardly find a more useful, pleasant, or profitable occupation, than that of selling our valuable books. A very small capital, say from ten to twenty dollars, would be enough to begin with, and new supplies could be obtained by express or as freight at any time.

After receiving the samples, orders may be taken in any town or village by an Agent for the worth of a hundred dollars or more, when they can be promptly sent from this office in a single box or trunk, and delivered at once to subscribers by the Agent. For example, subscribers may be taken for a hundred copies of the ILLUSTRATED ENCYCLOPEDIA, THE FAMILY PHYSICIAN, or any other work, and then ordered from the publishers. The best way is, to have samples to exhibit, at first.

We think *every family* should have the standard works always at hand. We know it would save them their cost in medicine, many times over, and in *health and length of life*, a hundred fold.

Most of our works are amply illustrated, well printed with good ink on nice white paper, and substantially bound in embossed muslin, appropriately lettered in gilt, and presented in a plain, yet attractive garb. Some of the smaller works are sold in the cheap pamphlet form—most Agents like both styles. Our wholesale catalogue gives all the particulars as to styles and prices.

The more these works are read, the sooner will the work of regeneration be completed, the race improved, and mankind live in harmony with the laws of its nature. On the dissemination of these laws and principles, depends the physical, intellectual, and moral development of the race. Can we engage in a more noble work than this? This is the *true vineyard* in which we may cultivate HUMANITY! Now is a good season to commence.

CITY ERRANDS AGAIN.—Plain as we stated it, some of our patrons did not understand us, others thought we were "joking" while the majority took it as we meant it, *in earnest*. During the last month we have had the pleasure of filling a variety of orders for friends in the country, who do not reside "within city reach." For the amusement of the reader, we will here enumerate some of the articles which we have shipped to our subscribers, residing in all the States, Territories, and North American Provinces. First, we had an order for a cast Iron HAND MILL, for grinding corn, cracking wheat, etc. We have had orders for three women and one man laborers, to go to Detroit. Two women and two men to go to Pennsylvania. One small child to be adopted, by a gentleman in the interior of N. Y. State. Two pairs of forceps for extracting teeth. A lot of the

best gnano. A tailor, to go to Canada. Sheet copper to make a boiler. Syringes. A small army of shoemakers to go to Kentucky. Bottles of preserved peaches. Preserved dates. India Rubber Tubing, for the West Indies. Accordions. One Ladies' Riding Hat, made to order. A Carriage from Oregon. Two Passage Tickets for California. Gold pens of all descriptions. Writing paper, Envelopes, Garden and Flower Seeds, Books, Furniture, Surgical Instruments, etc., etc.

We repeat, it will afford us pleasure to do any chores, or attend to any business in the city, which our friends at a distance may desire. All the expresses running out of New York call daily at our door, 835 Broadway, by whom we can send packages in all directions, by land or sea.

WATER-CURE—CITY AND COUNTRY.—Our readers will observe, by referring to their advertisement, that Drs. SHEW and TAYLOR have both of their establishments now open,—the one, corner of Sixth avenue and Thirty-eighth street, in this city, and the other at Oyster Bay, L. I. Dr. Shew takes charge of the country country during the summer season, and will receive his letters and communications at that place, while Dr. Taylor remains at the city establishment, and will attend also to out-door practice generally. Fine scenery, mildness and salubrity of climate, water of remarkable purity, and salt bathing, are among the attractions of Oyster Bay.

BOUNTY LAND.—Any person wishing information in relation to obtaining bounty lands or pension, may have it without charge, by addressing FOWLER and WELLS, No. 835 Broadway, N. Y., and enclosing a stamp to prepay the return letter. We are also prepared to make applications for Bounty Land, or prosecute any other claims at the Pension Office, which may be required by those who are interested.

Our charge for making an application, is five dollars in all cases. See our advertisement in another column. The sooner the application is prepared, the sooner the warrant will issue. Now is the time. All communications sent to us will be promptly attended to, and are sent in all parts of the country. Our warrants will be so prepared as to secure to the applicant the amount of lands to which he is by law entitled.

BLOOMERS IN THE WEST.—In the town of Lawrence, Kansas, the bloomer dress is in vogue. During a pleasant day ladies got stirred up, and are seen in all parts of the place—not walking out for the novelty of the thing, but making calls, and pursuing their ordinary avocations, without attracting unusual attention.—*Home Journal.* Wonder! What is the world coming to? "Not walking out for the novelty of the thing," as other ladies do who dress the streets as well as themselves, with silks, satins, and the embroideries,—who do not "pursue their ordinary avocations without attracting unusual attention." The women of Kansas have sensible and useful employments, and would be ashamed to fritter away their lives for the "novelty of the thing."

THE NEW DOUBLE OCTAVE PIANO.—There is much talk in the musical world at this time about the new piano above named. It is highly approved of because while it has effected some striking improvements, it has not sacrificed them by the means of "attachments," but from the resources of the instrument itself. We have not space to describe its mechanism further than to say that it is a *three* stringed piano; that the third string of each three is toned one octave higher than the other two; that in ordinary playing, the hammer strikes both two strings, but by the pressure of a pedal a octave shifts, and the hammer strikes all three strings. This is all of the invention that we can describe, but the makers, Messrs. Ely & Munger, 519 Broadway, under the St. Nicholas Hotel, will give the details to all who inquire. The effects produced by this instrument are many and beautiful; to the chords it gives a full and brilliant character; it adds a novel and most singularly beautiful tone to the instrument, and combined with the loud or soft pedal is plaintive, rich, and melodious beyond expression. It must create a revolution in piano making, and to those who hear it for the first time it will not be a matter of surprise, that it has been called the Celestial piano by those who have played on it and enjoyed its beauties. Those who are curious after the new and the beautiful should go and judge for themselves; the mere excellence of the pianos, without the improvement, would amply pay the trouble.



WYOMING WATER-CURE AND HYGIENIC INSTITUTE, AT WYOMING, N. Y.

The constantly growing demand for *more room* in our Institution, and the spontaneous expression of all that our place possesses the greatest natural advantages for a sanitary Establishment, have induced us to make an extensive enlargement and improvement of our house.

Our new buildings have been added—two wings, 50 by 25 feet, two stories high; a building for the domestic department; and a new gymnasium. We can now accommodate seventy to seventy-five patients and boarders, a large number of whom can have rooms upon the second floor, while none will have to ascend but one flight of stairs. New and enlarged bath-rooms are made upon both floors, and so arranged that baths may be *extensively* given.

Our new Gymnasium is a novel and tasteful structure—a double octagon, 160 feet in circumference, furnished with a great variety of apparatus for exercise and amusement.

The Establishment is delightfully situated among the hills of the western range overlooking the village and valley of Wyoming; and our locality is noted for its pure and bracing atmosphere, and for its extreme healthfulness.

Our own grounds now comprise sixty-four acres, embracing gravelled walks and gardens, woods, ravines and water-courses, hills and dells. Our water is of extreme purity; the very air of the hills is itself hygienic; the ever-varying landscape is a perpetual pleasure to the eye; and to all lovers of nature and rest-culture, and to all who would like to be free from the restraints of fashion in dress, exercise, &c., our place has many and rare attractions.

We have had the most constant and encouraging success in the treatment of a great variety of apparently hopeless and incurable diseases, and among these we have given special attention to the chronic diseases of females, and we have been eminently successful in the treatment. Within two or three years past, a great number have been brought to us upon beds, affected with utero-inflammation, conception, hemorrhages, ulcerations, or chronic inflammation which had been unable to walk, and in some instances, to stand alone. In from one to three years, and not one of these has left us who could not, before leaving, walk from one to five miles daily. We are anxious to receive these helpless cases for treatment; and to any who may desire to have our statement as to success corroborated, we will gladly furnish a large number of the most respectable references.

Our aim is not only to cure diseases, but also to teach the art of preserving health. This we do by example, by public lectures, and by private lectures to the ladies upon the special diseases and Hygiene of their sex.

TERMS—Ordinary charges, \$5.00, \$6.00, \$7.00, or \$7.00, per week, PAYABLE WEEKLY. Patients may bring for use in treatment, two linen sheets, one woollen shawl, two comfortable, and four towels.

Patients reach us by Buffalo & N. Y. City Railroad. Those from the West stop at Linden, where they will always find, on arrival of the morning mail train from Buffalo, a carriage in waiting to convey them to the Cure. Patients from the East may come to Linden by an early train, or stop at Warburton, where a conveyance can be easily obtained.

Wyoming, N. Y., May, 1855.

P. H. HAYES, M.D.

DRS. SHEW AND TAYLOR'S

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From May 1st, 1855. The location is most beautiful and salubrious; the water, of the purest; and the fine air, the groves, the shady walks, and the winding beach, are nowhere to be surpassed. Sailing, fishing, rowing, and salt bathing, without danger of sun, all enjoyed to the fullest extent. Patients can be treated at either establishment, and have the counsel of both physicians without extra charge.

TERMS—From \$1.00 to \$15.00 per day is charged usually for full board and treatment, according to the room, amount of treatment needed, &c. Sheets, towels, blankets, &c., to be owned or hired by the patient, and washed at his expense. For those of moderate means, and such as choose to aid themselves in the cure, a suitable deduction will be made. There is an entrance fee of \$5.00, payable in advance, (required of our new patients only,) which also entitles the person to advice for home treatment, if needed. Families and other boarders accommodated on reasonable terms. Visitors to the city, who desire a quiet and healthful house, with philosophical entertainment, received at \$1.00 per day.

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Our Physicians have written CIRCULARS, which we have had nicely printed, and which, along with our *business* CIRCULAR, (descriptive of "the Glen," our "Cure," and our business arrangements,) we shall be happy to send to all—free of cost—who may wish them personally, or would like them for distribution in their neighborhoods.

No. 1 is on DRESS: its uses and abuses; with description of the costume, its style and fashion, as worn by our ladies at the Glen and their opinions as to its utility over the long-skirted dress usually worn by women. By Dr. Harriet N. Austin.

No. 2 is on FEMALE DISEASES: describing succinctly those diseases peculiar to women; with general and special hints for home treatment. By D. J. O. Jackson and H. N. Austin.

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UNION WATER-CURE, near Liberty, Union Co., Ind. now ready for the reception of patients. For full information address to the proprietor, Dr. F. FENTZ, Cottage Grove, Union Co., Ind. May 1st

PITTSBURG WATER-CURE.—Some

months ago, on retiring from the Sugar-Creek Falls Water-Cure, we announced that as soon as we found a location to our liking, our friends and the Water-Cure public should hear from us. We are located on the Ohio River and O. & Pa. R.R., ten miles west of Pittsburg, at Havville Station, a place favored by Nature and Art for a Water-Cure Establishment, where we will open on the 1st of May, of which more in the next issue of the Journal. Post-Office, Newburg, Allegheny Co., Pa.

S. FARRAR, N. D., } Physicians.
H. FARRAR, M. D., }
CHAS. F. FARRAR, M. D., } May 1st

CHESTNUT HILL WATER-CURE.—DR.

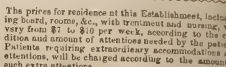
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THE FEMALE DEPARTMENT in this *Cure* is under the special charge of Miss L. SEXTON, a skillful Hydropathic Physician, whose experience in the application of this method of treatment to the cure of Female Diseases entitles her to the confidence of her suffering sisters.

NO DRUGS will be used in the Establishment, and the most improved Hydropathic course will be pursued.

The strictest regard will be paid to the diet and exercise of patients; all being guided by the "therapeutic square rule," but by scientific and physiological principles. The patients who desire it will also have the benefit of the most skillful Homoeopathic or specific prescriptions—as advantage enjoyed in but few Hydro-

While Establishments, and are prescribed for the express purpose, No pains or expense have been spared, to make them what they should be for this age of improvement. The Proprietors having examined the most celebrated and successful establishments in Europe, have adopted the best, and the erection of this, to adapt all their better arrangements, and improve upon those in which they are faulty. The length of the building is 108 feet front; costs 4 stories, and weighs 3 tons. The building is situated on a hill, and the Establishment is 90 feet long by 74 wide, with arched ceiling 16 feet high; so arranged as to allow wind to enter the room, and the room is so constructed, and health-reforming exercise; its spaciousness affording every advantage of exercise in the open air, while the temperature can be regulated to suit the most sensitive constitution. The building is so constructed, that it is contracting widely with the rough and repulsive appearance of those attached to most of the "Water Cures."

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The air is sunny and dry, the air pure, and the local climate is celebrated for its uniform healthfulness—no epidemic disease having ever made its appearance here. In parallel for healthfulness is not to be found in any

The **WATER** is abundant, soft, and of the purest quality; the springs flowing from sand-stone rock, unimpregnated with any calcareous or other mineral substance. The **WATER-WORKS** are so arranged as to supply the mills from a current flowing through the top of the hillsides.

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passengers come here via Cincinnati or Dayton, up the Mid River Railroad, will come to Sandusky, and take the Sandusky and Toledo Railroad to Berlin Station. Those coming from the West, via Cleveland and Toledo Railroad, will leave the Southern Division at Clyde, and come via Sandusky; or, if on the Cleveland and Toledo Railroad, will leave the Cleveland and Sandusky Train from Toledo, go on to the Towanda and Station, and then take the Sandusky and Toledo Railroad from the South, via Massillon, proceed to Sandusky. Coming from the East, via Cleveland, take the Cleveland and Sandusky Road to Berlin Station, or the Cleveland and Toledo Railroad to Toledo, and then take the Sandusky and Toledo Railroad to Berlin Station. Patents will be sure of the strictest attention to all our needs, and the closest examination and observation of their cases, at all times; as no one will be employed, who is not a native American, and who is not a native of her or her race, but also possessed of refined taste and sympathetic, and the purest morals. The Proprietors will spare no expense in securing the most ample and comfortable accommodations for all who are happy to visit here, and beautiful when they depart.

[illegible]

P. S.—The subscriber would increase the above to \$10,000, by addition in money, accept of subscriptions in capital stock for a first-class extensive Water-Cure and Spring boarding-house, of capacity for 400 persons, address as above ; or, Avon, Livingston Co., N. Y.

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[illegible]

FOWLERS AND WELLS, 308 Broadway, N. Y.

MR. EDITOR: Permit me, through the columns of your valuable JOURNAL, to give to the public a brief account of what I have seen and experienced at this famous Water.

Cure. First let me describe the buildings. The institution is now three and four stories high, covering an area of 45 by over 400 feet, being by far the most extensive private institution for the insane in the United States. The architecture is of the most modern style, and many of the chambers are furnished with the most modern and comfortable appliances. A new front of ninety feet has been added within a few months. The bathing apparatus has been improved, and the medical department is well supplied with the medical application of Water. There are great quantities of the purest water, and the water is taken as it flows. I know of no institution of the kind so commodious and convenient in every detail. The grounds are covered with a growth of the noble forest trees, on an elevation of 200 feet from the sea, in the Connecticut River valley, overlooking a magnificent view of the river for many miles. The scenery, both of the extended and the immediate grounds, is of the most beautiful and surrounding country, is indescribably romantic, the most beautiful in America. Every thing within the walls is of the most beautiful and the most agreeable retreat for the invalid. The excellent school in the village, gives the institution many advantages for the patients desirous of having their children educated. The village is a beautiful one. It is beautiful, and hundreds of strangers are every year attracted to the institution, and the beautiful and the splendid mountain scenery.

[illegible][illegible]

The success of the Institution in the management of FEMALE COMPLAINTS needs no comment. I have known more than a hundred cases under treatment at any one time, the year and a half ago, and I could judge, all of them seemed to be recovering. Many of these, I learned, were the wives of good practical physicians, and a large proportion of the cases had long been treated hydropically at other places, the results coming here. But it is the employment of the method employed in such cases here, that asserts so much in imparting tone and strength to the ligaments and muscles that support the uterus. No person need despair of obtaining relief from this distressing afflition if she resort to Round Hill. I have witnessed in the Institution some remarkable cures in cases of Hysterical spasms, and in fact in almost every one of the many complaints and in fact in complaints to which the female sex is subjected.

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Your most obt. servant,
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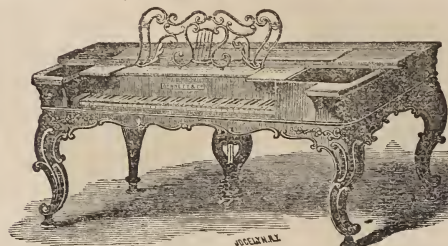
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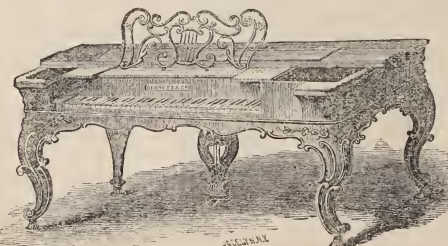
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Apr 20 tr

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Feb 4th tr

NOTICE TO AGENTS.

THE WAR STILL GOING ON.—Just Published, the MODERN WAR MAP, comprising a complete Map of Europe and the Old World, showing the Theatre of the present War between Russia and Turkey, and contains for a very minute description of the shores of the Baltic, where an important part of the war will be carried on by the Allies.

Map and Book Dealers can make money very rapidly by exchanging in the sale of this Map for the People, and our other map publications. On addressing a letter to us, a circular will be sent giving full particulars, price terms, &c.

DAYTON & WENTWORTH, Publishers,

No. 44 Wall street, Boston.

Feb 4th tr

THE SONS OF NEW ENGLAND

Have scattered to the remotest quarters of the Union; but wherever they are, they will never forget the scenes of their nativity. In the valleys of the great rivers, and in the still receding country which we call THE WEST, they will resort to their fatherland, with its tall well-swept, the little red schoolhouse, with the tall, thin, black-robed minister, with the solemn, old man of the house, with its ancestral lines of Paul and Sarah.

Waver will recall these MEMORIES OF HOME, will find an unalloyed pleasure in the charming sketches of New England life and Character, to be found in

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May 11

WARNER'S PATENT SUCTION, FORCING AND ANTI-FREEZING PREMIUM PUMP!!

ALSO, WEST'S DOUBLE-ACTING HYDRAULIC RAM.



This is the most SIMPLE, DURABLE, POWERFUL, and CHEAPEST PUMP in use, either for Wells, Factories, Steamboats, Vessels, Mines, &c., &c.

IT HAS TAKEN THE FIRST PREMIUM!

Twice at the New York State Agricultural Fair; twice at the American Institute Fairs; at the Franklin Institute, Pennsylvania; the Maryland Institute at Baltimore, and innumerable others.

The last Journal of the New York State Agricultural Society contain the report of the judges upon the machinery presented at their Annual Fair at Saratoga, in September. Among the articles mentioned is that of a pump which we have used on our own premises, and can therefore speak of it with personal knowledge of its value. With two persons at the handle, it throws the water 30 feet, through 50 feet of hose, with a 3/8 inch nozzle. A child six or seven years of age would keep a continuous stream running with ease. Water may be thrown over any ordinary building with it. Below is the description and award by the Judges—New England Farmer.

Prize.—A. W. Gay & Co., of 115 Maiden Lane, New York, exhibited a suction Pump, called Warner's Patent Suction, Forcing and Anti-Freezing Pump, Price \$25. It will raise, with ease, 70 gallons per minute, at the ordinary rate of labor by pumping; in cases of emergency, with rapid action, it could be made to raise double or triple that amount. It has a movable strainer, carries a steady, continuous stream, is durable,

This Pump has but two valves. It is often fitted with an extra discharge

and unobscured by frost. Where a farmer desires to have a pump in his well, which, brand a supply of his family and stock with water, will answer for a fire-engine, when connected with a hose and pipe, he cannot have a pump better suited to his purpose than this one. We recommend that a Diploma and Silver Medal be awarded for it.

Messrs. A. W. Gay & Co.—Dear Sirs:—The Warner Patent Pump which I purchased of you this spring, is the best instrument of the kind I ever saw. I have put it up at my place at Hudson Park, and although my well is 48 feet deep, and 65 feet from my house, yet I pump the water into the air, at least 45 feet above the surface of the well. Though forcing the water 90 feet horizontally, and 45 feet vertically, yet I can run one 81 yard at the rate of 55 gallons per minute with it. Wm. H. KIMBER, Jr., 92 & 101 William st. New York, Aug. 29th, 1854.

We have had the opportunity to test it thoroughly, where most other pumps would fail, and where a crank

pump which we tried did fail, and therefore commend it to the public with perfect satisfaction.

F. E. STOW, Esq., Taylor's Saloon, Broadway, N. Y.

CHARLES IN ENO, 36 Terry st., N. Y.

Through 60 feet of hose 1 in water my whole garden, containing an acre and a half of ground.

CHARLES A. VANANST, M.D., Brooklyn.

My well is 30 feet deep and yet a lead of six inches can pump with ease; and with 30 feet of hose, can force water over my five-story house.

T. ABROT, Cashier of the Trenton Bank.

It is as simple as an ordinary lifting pump, and as strong as a steam pump. It May.

As to the price, it is very low, and the quality is very high.

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Varieties.

ANNIVERSARY OF THE AMERICAN VEGETARIAN SOCIETY.—The Annual meeting of this Society is announced to be held at the rooms of the Hydropathic and Hygienic Institute, No. 15 Light street, New York, on Wednesday, May 16th.

NOTICE TO VEGETARIANS.—A meeting of the members and friends of the **VEGETARIAN KANSAS EMIGRATION COMPANY** is appointed to take place on Wednesday, May 16th, 1855, at Dr. Trail's Hydropathic School, 15 Light st., New York City. Persons intending to join this company are requested either to be present, or to write replies to the following questions, and to send one dollar as a guarantee of their cooperation:

1. What is your name, address, occupation, and amount of capital?
2. Have you a family or friends who will accompany you, and how many?
3. Are you prepared to go in the fall, or spring following?
4. Will you agree to abstain from the flesh of animals, and otherwise conform to the rules passed by the majority of members, during your residence in the Vegetarian Settlement?

All Vegetarians are respectfully invited to attend at 9 o'clock, a. m.

Signed by the officers *pro tem*:

CHAS. H. DE WOLFE, Philadelphia, President.
JOHN McLAURIN, Ottawa City, Canada West, Treasurer.
HENRY S. CLUBB, New York City, Secretary.
Communications to be addressed to the Secretary, care of FOWLENS AND WELLS, 305 Broadway.

VEGETARIAN KANSAS EMIGRATION COMPANY.—Enquirer, "Quebec," in expressing his approval of this project, asks the following questions:

1. When will the society commence operations?
2. On what principle will the society be founded?
3. What amount of capital is necessary for joining?
4. What qualification is necessary for membership?
5. Where will the society be located?

Replies.—1. The first meeting for making arrangements and completing the organization of the company, will take place on the 16th of May, according to the notice in the present Journal. 2. On the principle of a joint-stock company. Shares \$5 each, payable either in money or labor when called for by the requirements of the company. The scrip received from the company for money or labor, to be a legal tender in the settlement, as bank-notes. 3. Each member is expected to take one share for every acre of land he intends to locate; but the call for money or labor on each share is to be regulated by vote of a general meeting of the company, by which all expenditures of sums over \$50 is to be ordered. The amount of capital necessary to become a *paid-up* member, \$500. But persons who can labor and perform service to the company, will have the option of paying in money or labor, after the *capital deemed necessary to commencing operations* shall have been raised. Until then, all payments must be made in money. The actual amount of money required will depend upon the vote of each meeting. As there will not be less than twenty-four members to commence with, it is probable that about \$40 each may suffice for the first payments, as some members will pay more than that. 4. To be a decided Vegetarian is the only necessary qualification. 5. The locality will be decided upon when the report of the pioneers has been received.

Communications on the subject should be addressed to the secretary of the company, Henry S. Clubb, care of the Publishers.

TOBACCO.—Its history, nature, and effects; with facts and figures for Tobacco users.—Tobacco diseases; with a remedy for the habit.—Evils of Tobacco as they affect body, mind, and morals.

Such are the titles of *Three Prize Essays* on the common use of this abominable narcotic. They are written by R. T. Trail, M. D., Joel Shev, M. D., and Rev. Dwight Baldwin, respectively. These essays are stitched in one pamphlet of some sixty pages, and sold by Messrs. Fowles and Wells, 305 Broadway, New York, for 15 cents.

If able, we would put these essays into the hands of every man in America. The horrid stench of this deadly weed, this destructive poison, hovers over us, surrounds us, and is

beneath our feet in every part of the country. It is stimulating the passions of the young, poisoning the atmosphere, and creating a thirst for stimulating drinks, throughout the breadth of the entire Continent. Every philanthropist should not only avoid it, but lift up the voice of warning. Reader, send Messrs. Fowles and Wells 15 cents in postage stamps—prepay your letter, and obtain a copy, by them prepaid. Read and circulate.

WEALTH OF THE STATES.—The population of the United States is set down at 20,746,000, and the aggregate of personal and real property is estimated at \$3,294,500,000. New York is the richest State, her property being \$1,112,000,000; Pennsylvania next, \$550,000,000; then Ohio, \$740,000,000; then Virginia, \$508,000,000. The remainder of the States rank as follows:—Indiana, \$384,000,000; Tennessee, \$350,000,000; Kentucky, \$342,000,000; Massachusetts, \$340,000,000; Georgia, \$320,000,000; North Carolina, \$305,000,000; Illinois, \$294,000,000; Alabama, \$276,000,000; Mississippi, \$256,000,000; South Carolina, \$242,000,000; Missouri, \$240,000,000; Maine, \$240,000,000; Maryland, \$193,000,000; Louisiana, \$188,000,000; New Jersey, \$166,000,000; Michigan, \$148,000,000; Connecticut, \$132,000,000; Vermont, \$120,000,000; New Hampshire, \$120,000,000; Arkansas, \$60,000,000; Texas, \$55,000,000; Iowa, \$52,000,000; Rhode Island, \$52,000,000; Wisconsin, \$34,000,000; Delaware, \$32,000,000; Florida, \$30,000,000; District of Columbia, \$18,000,000; Oregon, \$8,000,000.

THE HYDROPATHIC METHOD.—One of our exchanges gives the following:

"A warrant was issued against a young man in Pawtucket on Monday last, charging him with being indecently drunk. Officer Fairbrother went to serve the warrant, when the young man, on learning his business, plunged into the river and swam over to the Massachusetts side, and was consequently out of his precincts. We have no doubt a cold bath sobered him, and may do him as much good as ten days in bed."—*Herald of the Times.*

GLAD OF IT.—The Minnesota newspapers are dissenting the merits of medicine. Our Hydropathic friends also have a hearing, and we have, therefore, no doubt of the results. It would be well if all our newspapers were open for the same purpose. Some delusions would be exposed, and some light let into the dark drug-shops. "Go ahead," Minnesota.

MISSING NUMBERS.—Our subscribers who have had the misfortune to "miss" any number of the *JOURNAL*, may usually have their files completed by notifying the publishers in season. We generally file a few extra copies for this purpose. Sometimes numbers get lost in the mails, sometimes they get "taken" by somebody who has more ACQUISITIVENESS than CONSCIENTIOUSNESS. But when possible, we will remail the missing message.

REMARKABLE CASE.—On December 3d, Mr. Alphonso Bickford, of Palmyra, Me., had his chest tapped, and the almost incredible amount of nine pints of fluid, in all its characteristics resembling pus, taken therefrom! The operation was performed by Dr. J. C. Manson, of Pittsfield, Mass., and assisted by Dr. Benson, of New York. The fluid was situated in the left side of the chest, and consequently the heart was very much displaced; so much so, that it could be distinctly felt beating two inches upon the right of the sternum or median line of the body. It, however, gradually receded during the operation, and, after the entire evacuation, was found beating in nearly its natural position. The patient immediately began to amend, and is at present doing well. His case has for some time past been considered hopeless, but there is now a prospect of his recovery. This case, with its results, is condensed and recorded in the annals of surgery, in the county of Palmyra.—*Eastern (Me.) Argus.*

We have received a copy of the By-Laws and Constitution of an Anti-Tobacco Society, lately organized near Barnesville, Ohio, which is in a flourishing condition. We hope that kindred societies may spring up in all parts of the country.

DR. RUBEN F. DUTCHER, Graduate of the New York Hydropathic Institute, will take the field as lecturer on WATER-CURE and PHRENOLOGY, during the ensuing summer. The Dr. is one of the radical stamp, and practices what he preaches. We wish him abundant success in his efforts to promulgate the laws of health, of body, and of mind. His lectures will be principally in the Western States, where the demand for information on these subjects is so great.

FROM FRANKLIN, INDIANA.—Messrs. Editors:—In the Water-Cure Journal you say you consider the mass of drug-doctors as lost, given over to hardness of prejudice and blindness of education. We do too. But when you say you suppose their proper place would be farming, we, living in this our glorious United States, have a right to our opinion, which is, that they would be of but little benefit, and little honor to that worthy class of men, on whom all must depend for subsistence. In the first place, her to have lived her long since, had she not had a constitution stronger than the drug-doctors, or their patients. In the second place, we think it would be entirely out of place to put a class of men on farms, whose constitutions would not enable them to do the manual labor necessary on a farm. The agricultural class should be shrewd, observing, and reasoning men, who are calculated to do the greatest amount of good for the human race, on the least means and least grounds. Drug-doctors do not belong to this class of intelligent men, or they would have long since abandoned doing their fellow-mortals, and betook themselves to a more honest and honorable avocation. At any rate, we farmers feel our dignity wounded, by having them styled with us, and would advise them to go to pumping water, carting coal, chopping wood; any thing, but farming.

FARMER.

FROM CAVENDISH, WINDSOR CO., VT.—Enclosed I send the money for your valuable Journals, the Water-Cure and Phrenology, which we can not possibly give up. We have got so accustomed to their useful and entertaining reading, that we had much rather give up any one of our other papers, than either of these. We think the more of them, as they are so bold in proclaiming all new reforms, especially the dress reform, which I think, is the great and leading one. I have always worn short skirts; I never knew the disadvantages of long ones, but I assure you that I can see enough of them without experiencing them. I am just sixteen, yet I am alone in this noble cause; but I care not. Although I am surrounded by the fashionable world, I will turn neither to the right nor the left, but will follow on in the path of duty. I can see a hand in the far distance, beckoning me on, and that hand I am determined to follow. I will not listen to the scoffs, or silly speeches of those around me, but I will hearken to the words of noble reformers. I have often heard it hinted, that when I am eighteen, I shall be ashamed to be seen in short dresses, but I think eighteen will still find me in the path of right. I hope you will still continue to advocate this noble cause, as I think it is the most interesting feature of your Journals.

C. M. G.

A WORD TO BLOOMERS.—Having worn the Bloomer dress for three years, I think that I can speak from experience. The longer I wear it, the more favorable I am to its adoption. I have had to encounter a great deal of opposition from both sexes, but often from my own sex; but thanks to my own resolution, I have borne it all, and am determined to persevere. I care but little for what the weak-minded and foolish may say, for I know the virtues of having my dress at a convenient length to do my work, without having to hold it up, or let it drag in the dirt, as many like to hear, through your valuable paper, that there are a few who are determined to outlive prejudice, and hope that they will continue in a good cause.

R. H.

LONG BEARD.—Mr. Editor:—As my wife has spoken in favor of Bloomers, I will raise my voice in favor of long beards. I have not shaved for two years, although I have been the laughing-stock for the smooth-face people, but have outlived the storm thus far. My health has been greatly improved, as I had been troubled with the Phthisis from my youth, so as to have to sit up nights for months at a time; but now I am not troubled at all, and am enjoying good health. Let all who are troubled in the same way try it.

J. H.

AN AGENCY WANTED.—Mrs. S. A. K. writes from Hamilton, Illinois, that many of our publications could be sold in Hancock county, were we to establish an agency there. This is also true of every town and county, in all the settled portions of the western States. Who will supply this demand? The market has been made, and only awaits the opportunity to be supplied. Volunteers in the cause of life and health are wanted. The writer adds: "I cannot find language to express the gratitude I feel for the information obtained from these publications."