

WATER-CURE

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General Articles.

Each Contributor presents their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

FACTS FOR THE PEOPLE.

BY H. H. KNAPP, M. D.

SINCE Hydropathy has become popular as a system of medication, and it is clear that drugs will soon be numbered among the things that were and are not, it is no uncommon thing for Allopathic physicians not only to pretend to understand it, but even attempt to practice it. In ninety-nine cases in a hundred, they not only fail of success, but produce positive evil; in consequence of their ignorance of the system. Then they are ready to denounce it a humbug, and its practitioners a set of charlatans.

They assure the people that they have tried it, and it, not they, has failed. With as much propriety might the *professed* mathematician who failed to solve a problem, declare that there is no science in mathematics.

A striking example of drug-doctors' knowledge of Hydropathy came off, a short time since, in a court room in this place, which is too good to be lost. Last fall, I was called to see a young woman, who had been attended some time by an Indian doctor for a fever. On seeing the patient, I saw, at once, that it was a case of inflammation of the bladder, causing severe stricture and a very high fever. She was in great agony from the pain in the bladder, was delirious, and quite deaf. It was about ten o'clock in the evening when I first saw her. I prescribed treatment for the fever and head, with hot and cold applications to bowels, and frequent hot and tepid sitz baths. This treatment was persevered in during the night. The next morning, as she had obtained no permanent relief, I used the catheter, when I drew nearly a vessel full of almost black and very offensive urine. This gave relief immediately. The case was then treated with warm and tepid sitz baths, packs, compresses, &c. She commenced mending at once; and in the course of a week the fever was subdued, she was sane, and the deafness had nearly left her.

I attended her three weeks, when she had so far recovered that it was no longer necessary for me to visit her.

Although there had been more or less doubts with her friends as to her recovery, they were now satisfied that with care and good nursing she would soon be well, without any further attention of a physician. About forty-eight hours after I left her, she was neglected in the night, and took cold, which caused another attack of pain in the bladder. Instead of calling on me, they went for an Allopathic physician, who visited her a few times, and she soon got along, as she would have done without him. He assured her on his first visit, so report says, that she did not need any medicine. I presented my bill for services, when its payment was refused on the ground that Hydropathic treatment is not only useless, in any case, but injurious, especially in such cases as this. Yet, Mr. Z. did not refuse to pay Dr. C., an Allopathic physician, who doctored his son, last year, till he died. I wonder if his son was benefited by the doctor's visits? if so, how? If drug-doctors were paid only for their services when the patients they attend recover, in spite of the disease and treatment, they would soon be obliged to abandon their profession for a business that would insure them their bread and butter. Mr. Z. having refused to pay my bill, I commenced a suit for its recovery. He attempted to defraud me of it by getting three Allopathic physicians to swear that the treatment of the case was useless, and hence worthless. Dr. F., the physician employed in the case after me, took the stand and swore that he understood Hydropathy, and that although it might be good in some cases, it was not only useless in inflammation of the bladder, but injurious. I directed my counsel to ask him what the Water-Cure treatment was for such a case. He said he did not know. Yet, mark you, he had just sworn that it was *worse* than useless. But, said my counsel, you say you understand the system, and yet cannot tell its treatment in diseases? He was then asked if he ever studied it. "Not in particular," he replied. He said he had "read some authors on it." Being asked what authors, he replied, he had read the WATER-CURE JOURNAL some, and a work on Water in Fevers, by one Dr. Courrier, published some fifty years ago. He

WHAT THEY SAY.—Editors, more than those of any other profession, appreciate the true value of a magazine, book, or newspaper. They can judge its quality in every particular—paper—type—ink—its editorial and literary ability and merits. From their nitid criticisms there is no higher appeal. To their commendations we bow with deference and thankfulness.

It would give us great pleasure to show the patrons of the WATER-CURE JOURNAL the hearty and spontaneous words of approval showered down from some thousands of our contemporaries of the PRESS, but we must confine our space at present to a few, as follows:—

"There is no other JOURNAL that discusses the subject of Hygiene with such scope and ability. It is one of the publications which no family should be without."—*N. Y. Eve. Mirror.*

"As authority on Water-Cure, it stands alone; being the only reliable publication of the kind in the United States."—*British Whig, Kingston, C. W.*

"What a change has been wrought in public opinion during the last eighteen years, in regard to water as a remedial agent, through the instrumentality of this JOURNAL!"—*R. I. Freeman.*

"Extensively as the JOURNAL is known and appreciated, hundreds are weekly laid in the grave whose lives might have been prolonged, with the knowledge and application of the laws of life and health annually given in this JOURNAL."—*Monmouth Atlas.*

"Certainly among the most valuable papers in the Union."—*Ellsworth American.*

"One of the most attractive and useful publications for the home circle in existence."—*South West Democrat.*

"It embodies a vast amount of instruction to the general reader."—*Parkersburgh News.*

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was then asked if he had ever read Drs. Trall, Shew, Gully, Meigs, Franke, Johnson, &c., to which he replied in the negative.

Here, then, we have a physician who pretends to the people, and swears in court, that he understands Hydropathy, and at the same time is *compelled* to acknowledge that he has not even read the standard authors on the system. How far such a man is to be trusted with the health and lives of the people must be decided by them.

Perhaps he is one of the thin-skulled ones (he is thought to be thick-pated) upon whose brain the intelligence and knowledge of others may be daggerreaped by simply mingling in society; and hence he is not, like other men, subjected to the laborious task of study and experience necessary to qualify common men for a profession.

Next, Dr. McC. was called. It was his *opinion* that "Hydropathy, although good in some cases, in which he used it, yet it was of no use in inflammation of the bladder." He thought it harmless in the case. Being asked if he understood the system, he replied he did not, as he had not *wasted* his time in reading its authors. Yet, mark you, he *used it in some cases*, and gave it as his opinion that it was not good in the case cited, although he *knew nothing about it*. How consistent his practice with his preaching will be readily seen.

We trust a candid public will give him and Dr. F. all the credit for honesty to which they are entitled, and have as much charity for their ignorance as they can.

Dr. L. next took the stand. He fully concurred in the opinions of the learned (?) Doctors who preceded him, viz., that the Hydropathic treatment was of no use in inflammation of the bladder. He showed himself as familiar with the system, as we shall see by what follows, as his brother physicians, whose opinions he tried to ape. Having said it was not good in such cases, he was asked if he ever tried it for a disease? He said he had not. He was then asked what the Hydropathic treatment was in such diseases? but was unable to tell, for the reason that he had never read any works on it. "But," said my counsel, "if you have never tried it, nor read any works on the system, you can have no knowledge of it, or its effect in disease; how, then, do you know that it is not good in inflammation of the bladder?" His answer was what all drug-doctors give when asked for a reason for what they do or prescribe, viz., "It is my opinion." Of course, that was a *silencing reason*, although not *convincing*; and, hence, no further questions were asked. The worth of a man's opinion of a matter of which he is entirely ignorant, we think can be very easily estimated.

Now, who are the charlatans of whom we hear so much? Let a candid, intelligent public answer. There is one Dr. H. in town, who is a great man, if one's own good opinion of himself makes a great man, who, perhaps, might feel himself slighted, if passed unnoticed here. He is another Allopathic physician, who assures the people that he understands Hydropathy as well as Dr. Knapp or any other Water-Cure physician. That he does not understand it, is evident from his use of it in a case of congestion of the brain with which I was made acquainted by being called to see the case. His use of water in this case, consisted in giving the patient frequent full hot baths, without any cold application to the head. This treatment, I opine, is as startling to the Hydropathic faculty, as it is new. No doubt, they will incorporate it into the system, if they think best; and when said doctor dies, if he ever should, (is not his superior skill in Water treatment, if not in drugs, sufficient to save him in any emergency?) the friends of the cause will rear a monument to his name for his wonderful discovery in Hydropathic therapeutics.

Suffice it to say, that although there was no lack of skill in intrinsic and duplicity shown in the defence, nor want of drug-doctors to attend to their sick case, yet judgment was given in my favor.

In conclusion, I would say, that the above facts, I believe, are only a fair sample, not only of drug-doctors' ignorance of Hydropathy, but of their duplicity, their dread of truth, and hatred to all who have honesty enough to denounce errors in medicine, and moral courage to adopt anything different from the old death system of Allopathy.

Hydropathy is a science; and those only can understand it who *study* it as such. It matters not how skilled a man may be in drugs or the lancet; unless he has devoted years, not months, to the study and practice of Hydropathy, he can know but little about it. It is not enough that a man has a few or many Hydropathic books in his library, with the contents of which he is entirely ignorant, to constitute him a Water-Cure physician. What, then, shall we say of those who advertise themselves Hydropathic physicians *before* they get their books from New York? No practitioner can succeed in his profession who attempts to prescribe for his patients from books; since the successful treatment of any case depends upon the circumstances and conditions of the case, which are not written in the books.

Principles are what we want, and from these we must adopt a treatment for each case, that shall be adapted to the circumstances and conditions under which it exists. This is evident from the fact that the same diseases may be, and are produced by *different* causes, which it is necessary to remove before a cure can be effected.

Drug-physicians knowing it is for their interest to keep the people in ignorance in regard to the laws of health and life, they leave no stone unturned to accomplish their purpose. They may know that the Hydropathic treatment of all diseases is not only unequalled by any one system of medicine ever practiced, but all put together. Shall they not, then, be held accountable for their conduct and influence, whereby thousands of our fellow men are annually sent to an untimely grave?

Lockport, N. Y.

STRANGULATED HERNIA. ITS SUCCESSFUL TREATMENT BY MEANS OF ICE AND OTHER COLD APPLICATIONS.

BY JOEL SHEW, M. D.

SOME months since an article giving instruction and advice concerning Rupture, or Hernia, was quoted in the WATER-CURE JOURNAL from the HYDROPATHIC FAMILY PHYSICIAN; and considering the importance of the subject, the great danger that attends hernia in the strangulated form, and the fact that there are very few among medical men in the country parts who are either willing or competent to perform an operation for it, the means of avoiding the use of the knife, or in other words of reducing the strangulation without a surgical operation, which must always, in the very nature of things, be a very dangerous one, should be most carefully studied, and this, too, not only by physicians and surgeons, but by all who are liable to an attack of this kind.

What, then, is strangulated hernia? Almost every one knows something of the nature of a common rupture, and it is estimated that about one in eight of adult males are affected with it. It is not a little remarkable, too, that the disease—if such we call it—has a great tendency to pass from father to son. In other words, it is strongly hereditary.

Now, if a rupture gets *down*, as the term is, the protruded bowel inflames not unfrequently, as well as the parts about it, so that it becomes either difficult or impossible to get the protrusion

back. The consequence is, no natural movement of the bowels can take place; the inflammation, if not arrested, increases, very great suffering is experienced, and in a short time mortification and death closes the scene.

But there are various means of reducing strangulated hernia, which if vigorously put into practice from the very first, will probably be found to succeed in almost every conceivable case. The first measure to be resorted to, as I have said in the work before referred to, is what surgeons call the *taxis*, which consists in gentle and even pressure upon the tumor—the patient lying down always—and this is to be continued to a considerable length of time. If this does not succeed, the legs and lower parts of the body should be elevated; in short, the patient should be hung up, or nearly so, by his heels. The plan of this "hanging the patient up" has been successful in some instances in the practice of the French surgeons. It is based on the fact that when the body is thus inverted, the bowels draw downward, *i. e.*, downward when the head is downward; and thus the protruded part may be drawn back into the abdomen; or it will, at the very least, be in a better condition for getting it back.

In the work before alluded to, several cases are quoted from French authorities, in which irrigation, or pouring a stream of cold water upon the patient, particularly upon the protruded part in hernia, effected that which all ordinary surgical means had failed to accomplish; and the prominent object of the present article is, to lay before the readers of the JOURNAL some facts which have lately been published in Braidwaite's Retrospect of Practical Medicine and Surgery—part the thirtieth, 1855, and quoted from a French medical journal (*Gaz. des Hôpitaux*), which show the good effects of the cooling plan in reducing strangulated hernia, ice being the principal means used. The account is this:

"In sixteen cases of strangulated hernia, in which all of the ordinary means of reduction had been unsuccessfully employed, M. Baudens has effected the return of the bowel by the application of ice associated with permanent local pressure. The degree of refrigeration is to be regulated in proportion to the amount of inflammation in the hernial tumor, and the sensations of the patient. M. Baudens commences by the application of a simple compress, which is soaked from time to time in water, the coldness of which is gradually increased. Fragments of ice are afterwards placed on the compress, and the cold thus produced may be augmented, if necessary, to a very considerable intensity, by the addition of increasing quantities of common salt. Sometimes the refrigeration alone is sufficient to effect the reduction, as M. Baudens has witnessed on three occasions; but when this does not take place, an elastic bandage is applied over the ice, by means of which a continual steady pressure is exercised on the tumor. Whenever the rupture is so painful that no pressure can be tolerated, ice alone must be employed at the outset, and the elastic bandage may be added as soon as the sensibility of the swelling is sufficiently diminished. In order to facilitate the action of these measures, the pelvis should be kept in an elevated position.

M. Baudens ascribes the efficacy of this treatment to the powerful influence of cold in diminishing the size of the hernial tumor, by overcoming the capillary congestion, and extinguishing the inflammation in the strangulated bowel. "Hitherto," says he, "the treatment by cold has been condemned, because its therapeutical effects have been neglected or misapprehended. He regards the idea that the application of cold to a strangulated rupture is likely to produce mortification in the bowel as a groundless apprehension, believing that so large an amount of heat is developed during the continuance of inflammation, as to enable it to resist with facility long and powerful refrigeration, without at all endangering its vitality. As long as the patient feels that the action of the refrigerant is grateful, and productive of comfort, the application should be continued; but as soon as he begins to experience a disagreeable sensation of coldness and moisture it should be immediately removed.

MORE INFIDELITY.

Nor long since, one of our exchanges, the Geneva Courier, gave the Journals published by Fowlers & Wells a commendatory notice, whereupon the Geneva Gazette takes occasion to read the publishers out of good society quite summarily.

The following is the "notice" referred to: "Phrenological and Water-Cure Journals.—These excellent periodicals contain their usual variety of useful and interesting matter. Truly, Fowlers & Wells are doing more towards the regeneration and purification of mankind, than all the D. D.'s in the land. How can the pure and healthy soul make its home in a tenement so gross and unhealthy as the body which gloats in all the impurities which are known and recognized as articles of food? And how can a body, rendered impervious by dirt, contain a clean and unpolluted soul? We believe the only true philosophy of the regeneration of mankind is, to first cleanse and purify the body, and make it a fit receptacle for an immortal soul. And we have no better philosophers on this subject than Fowlers & Wells."

It is possible the above is quite too flattering—perhaps extravagant. Certainly the publishers have never claimed as much as the Courier credits them for. But this is the Courier's business alone. Messrs. Fowlers & Wells surely ought not to be charged with arrogance or assumption,—much less infidelity, because others puff or praise them or their publications. The Gazette's notice of the Courier's notice certainly sounds very queer. It runs in this wise:

ERRATA. NOTICES VS. DIVINE REVELATION.—Among such notices, it is seldom that a more shameless assault upon the Bible and the religion it inculcates, escapes the pen of an editor whose paper is patronized by a Christian community, than appeared in a recent editorial notice of the works of Fowlers & Wells.

Now, I will not take it upon me to say how much toward the "regeneration and purification of mankind" all the D. D.'s in the land are doing. It is enough that they are respectable ministers of the Gospel, and none the less efficient in their reaction on account of the honorary title they bear. The thrust is, therefore, not only at ministers, but at the most conspicuous of them—a species of ratiology which belongs to the lowest grade of infidelity. But let that pass, and notice this editor's philosophy of the "regeneration of mankind" by first cleansing the body, and making it "a fit receptacle for an immortal soul."

Did the teaching of Him who "spoke as never man spoke" possess any weight with this philosopher, we might refer to the following:—"Do not perceive, that whatsoever thing man without entering into him, it cannot defile him: That which cometh out of the man, that defileth the man."

By this, it is understood that the soul is not polluted by any food a man may take, but that such pollution comes "from within," and, as by the same inserting instructor added—"Out of the heart of man," at the head of which we have "the words," by the white dark text, which is committed by men. Hence, the false philosophy and gross infidelity of the above editorial notice, and the moral delinquency thereby exhibited. Perhaps, however, this "notice" does not contain the sentiments of its author, and that we are to look for the explanation of its appearance in one of his "Terms of Advertising." "Several notices, the effect of which is to procure a private interest, ten cents a line." This rate puts into the pocket of the editor *two dollars* for his notice, containing in his paper twenty lines. That is he consents to "defile himself by an issue from within, out of the heart, for *two dollars*." Wonder if this was caused by anything the editor had eaten? What say the parents of those Christian families in which such sentiments are thrown? And are these the teachings of the Journals thus puffed? A.

Now, we have read the aforesaid journals from the beginning. They have never assailed D. D.'s, nor clergymen, nor sought to detract from the importance of their mission. But they have taught, and do teach, the doctrine that bodily health and purity is as proper a subject of "faith and practice" as is moral health and purity. Nay, they have taught with the Christian poet, who says:

"'E'en from the body's purity the mind
Receives a secret, sympathetic aid;"

and, in all their journals and publications, they continue to repeat the doctrine, that mind and body are reciprocally influenced for good or evil.

We pity the philosophy and the theology of that religious teacher, who can see no difference in the mental or moral nature of man, whether the body be or be not defiled with gross, and sensual, and disease-producing food. To our dull moral sense the sentiment seems self-evident, that a transgression of the laws of God, as manifested in the intricate mechanism and wondrous functions of the human body, whether in eating improper food, partaking of intoxicating beverages, or swallowing poisonous drugs, is a source of pollution to the soul,—so far, at least, as its manifestations through a material organism are concerned. If the man of the Gazette thinks otherwise, let him eat, drink, and take the consequences. "As for us and our household, we will obey the law." INDEX.

THEORY AND PRACTICE OF NATURE.

BY DR. D. W. HALL.

The medical libraries are full of works entitled Theory and Practice of Medicine, but not one can be found in them on the Theory and Practice of Nature. It is universally admitted that nature is the great remedial agent. Why, then, has the medical world ever been devising some means to discover some specific for diseases in drugs, rather than in nature?

Here is a wrong basis to begin with. Then by their starting from this wrong basis, that disease is an entity, and that in the vegetable and mineral toxology there is some specific for each disease, we can readily detect the errors and fallacies that envelop in mystery the popular medical system. They are founded on hazardous experiments, instead of being based upon principles brought to light by nature and reason.

My design in this thesis will be, firstly, to show what disease is—its causes and action. Secondly, the effects of drug-medicines as remedial agents. Thirdly, the theory and practice of nature (not medicine) is the only true system of medication. Lastly, our duty to the two systems.

Every created thing is governed by law—from the little spear of grass that shoots up from the face of mother earth, to the innumerable worlds that course through their allotted realms of

space above—from the lowest grade of animals that inhabit the earth, up to the crowning glory of created perfection—man. All these created things act and accomplish the object designed in the same harmony and perfection as prevails in the action of their laws; the action of these laws depend upon the conditions which surround them. Hence, if man's system is diseased, there must be a derangement of her laws, which derangement is caused by the conditions in which they are brought to act, and by which they are controlled. Now, we come to sensible conclusion as to what disease is, its cause and action. Disease is the incapability of the organism to perform its normal function. The incapability of the organism is caused by the improper condition in which it is brought to act. The action, called disease, is the vital effort of the organism to rid itself of morbid matter, or restore harmony of fundamental action. The manifestations of this action are what we call symptoms. Understanding as we do the nature, cause, and action of disease, we can readily see the absurdity of supposing that drug-medications can supply the conditions which nature requires in her struggling efforts. Now, what are those conditions? Do we find them laid down in the "Theory and Practice of Medicine," in which we are taught that certain drugs, according to the quantity given, act as emetics, as purgatives, as diaphoretics, or as tonics? I think not. From their first authors we can prove their drug system to be unphilosophical, and destitute of any principle to guide their medication. When Sir Astley Cooper, the king of medical literature in the Old World, declares that the drug system is founded in conjecture and improved by murder. When Dr. Johnson says that the whole tribe of narcotics, as opium, hyoscyamus, or prussic acid, are dangerous sedatives, presenting allurements to the unwary with all the meekness of the serpent of Eden, and that poison too often is equally fatal, and there be any philosophy in their combined wisdom when they come to such conclusions as these? When such a man as Dr. Cox, who holds a Professorship in an Allopathic school, declares that thousands yearly fill a premature grave who are literally and legally murdered by the administration of mercury, and yet that same routine species of murder is continued, and the community sanction it, is it not time that we began to open our eyes and understanding to this subject?

We might quote such language from every Pathologist who has had any experience in drug-medications. But let us notice their astonishing cures. Your tartar emetic, lobelia, and ipecac produce vomiting; mercury and tobacco promote the secretions, and produce salivation, &c.; but why not tell us the reason why they produce these effects? You do not. The *practice* of your "theory and practice of medicine" is as obscure now as before medical sciences dawned on the world. Your mercury promotes the secretions, and lobelia vomits, but it does it at the expense of life—of vital energy; there is no specific effect in their action, but they promote activity because their operation is destructive to the fluids and solids, and is everywhere met with a vital resistance to expel them through the excretories, or involve them in mucus so as to neutralize their properties and diminish their neutralizing effects while in the system. Then is not this vital effort ruinous to the vital energies?

Although the liver, or any other organ, is roused to action, is there not a depressed condition after the action, caused by the vital resistance against the poisonous mercury? If the vital energy of the liver or any other organ is diminished, is not its capacity to perform its normal function diminished, hence more liable to assume its torpid nature again? And does not experience teach us that the second attempt to rouse the liver or any other organ to action, that it requires an increased quantity? Then the more you medicate, the more poison it requires to make the impression, because the vital

energies are jaded out. The same system claims to effect great cures with their tonics, such as quinine, arsenic, copper, iron, zinc, pounded glass, &c.; but what are their effects? All authors admit that a continual administration of these tonics is followed with debility. Here is another query. The same principle of vital action explains this apparent tonic effect. The poisonous minerals are administered: the vital instincts recognize them as neither food or drink; hence, they cannot be appropriated to the growth and strength of the tissue. The alarm is conveyed to the other organs by the sensitive nerves, which increases this vital action—this discord of the organism—this commotion of the whole system; and the drug-doctor thinks he has produced a tonic effect. But no! Instead of supplying better conditions to aid the vital efforts in their struggle, he has added fuel to the fire, until the vital energies are exhausted, and to their great surprise debility follows! On the same principle do their stimulants act, which are their great remedy in extreme debility, and every other drug. But now, when we have got the world so far convinced, comes our most esteemed friend, who denounces the use of all poisons, but admires his lobelia and cayenne pepper because of their inviting properties. This invitation is so polite we do not understand the nature of its courtesy. No Hygienic agency appropriates a motive power in the manner of a stimulant or excitant; but gradually develops this motive power, and gradually appropriates it. When a tree is wounded or cut, there can be no specific applied to excite or invite suddenly its recuperative energies. It receives its developing and healing power from the natural conditions of its existence and development. And so with the human organism. If we make this exciting impression on the vital instincts, it must be a morbid impression, for we cannot hurry nature beyond her gradual development without an expenditure of vitality. But, says the doctor, Did you ever witness any harm from these innocent medicines? We may ask, Do you witness any harm from a small dose of mercury, colchicum, or prussic acid? We know their effects are injurious, though not apparent; so with your weed tinctures; if they excite (or invite, as you choose to call it) the energies of their presence, there must be some inherent property in the weed inimical to the living parts, and not appropriated by the healthy action and development of the living tissue. Then, considering the theory of medicine as unworthy of attention, except when considered as destructive to the health and happiness of mankind, we will next consider the Theory and Practice of Nature—the only true Therapeutist.

The theory of nature is a knowledge of her laws, and the conditions that are favorable to their healthy action. The practice of nature is a practical application of all influences and agencies favorable to their healthy action and highest development. These influences and agencies are all embraced in what this school recognizes as Hygienic agencies—the virtue of which I have not time and space to detail. Philosophy is embodied in their every application. How our remedies act and why they produce the effect, we know, and can tell. If we wish to eject the contents of the stomach, is it not better to distend it with warm water than to administer some poison, such as tartar emetic, lobelia, ipecac, &c., which produces a strong vital resistance, spasmodic contraction of the muscular fibres of the stomach and the abdominal muscles, and throws out the foreign substance before it sinks deep and destructive on the vital domain? If we have inflammation or fever, which is increased determination of the circulation, and decreased action of the capillaries, is it not better to equalize the circulation by our derivative applications than to counter-irritate with some injurious mineral which changes the vital determination, hence relieves the diseased part for the time? And so we might treat the two mutual

antagonistic systems of medication through the whole urology of disease if we deemed it necessary.

Understanding, as we do, the two systems to be mutual antagonists, there is an important duty devolving upon us. If we and our successors and co-operators live true to our own principles as we now understand them, our reward will be in a revolution of the whole medical science. If we compromise with public opinion, with our infinitesimal doses, we do injustice to ourselves, to the cause, and to the world. It is important that when we have torn down the old structure, that we erect a new one that will be handed down to posterity as a true system.

But says one, I would like Water-Cure better if they would let other doctors and systems alone. We have nothing to do with individuals; but it is our duty to denounce error, whether it be embraced in the interests of some popular drug school, in the interests of some popular drug shop, or some popular M. D.

Says Prof. Van Buren to his one hundred and six graduates in his farewell address, "Avoid all discussions, for it is beneath the dignity of your noble profession."

O, what a noble profession is this! Reared and nourished in a free country, where every institution is founded upon the broad basis of free thought and free speech, we have in our midst a noble profession that shuns agitation to preserve its dignity! O, what tones would our Pilgrim Fathers utter were they now with us! Would they not renew their prayers that the fires of agitation they kindled here on earth may not go out, but go on to consume every old structure whose beauty and dignity fades and withers when agitations open their rusty petals and unravel its errors and mysteries?

Here, Fellow Students, is a duty which we owe to ourselves and to humanity, who are suffering from this dignity. Let us feel thankful that we have not had such principles inculcated in our minds, and that our steps have been guided in the path we are now treading. Let us feel proud that the principles that have been taught us, and the doctrines which we embrace, will not lose their dignity when submitted to agitation. One more duty which is prominent in our calling, is the righting the wrongs of our sisters, that not only circumscribe their powers and duties. Not only help them to aspire to the medical profession, in which they have proved themselves equals, but give them perfect freedom to act their part in the great work of making mankind happier and better. Let us be true, that we may promulgate a medical science, not founded on an incoherent assemblage of incoherent ideas, but founded upon facts instead of opinions; reasons instead of theories; knowledge instead of titles and certificates.

No. 15 Laight st., May 1st, 1855.

AN IOWA AGENT.

We have received a long letter from one of our agents in Maquoketa, Iowa, who is an ardent advocate of phyrology and hydrophaty, and a valuable co-worker in the reform field, from which we extract the following paragraphs: "I have come almost penniless to this beautiful village for the purpose of acquiring an education. I have been obliged to work physically in order to get along; consequently, could not spend much time or money in my calling. Your valuable works yet, notwithstanding this disadvantage, I have obtained in this vicinity, since November, over forty subscribers for the PNEUMOTONIC and WATER-CURE JOURNALS, and sold a great number of your books, being attending school most of the time. There is scarcely a cottage here in which your Journals are not attentively perused, and the truth they promulgate seem to take deep root in the minds of the people. They are fast becoming convinced of the fact that drugs are not the panacea for disease, and that hydrophaty is Nature's inflexible and unchangeable throne, even in this remote part of the land, is beginning to totter from its very base.

Every mother's heart is open for the reception of the truths embodied in your valuable work on Maternity; and a great many of them are frank enough to avow, that had they read such books when in youth, their own and their children's happiness would have been incalculably increased thereby."

PHYSIOLOGY OF THE BLOOD.

BY MRS. J. P. STEPHENS.

The blood, or life-fluid, may be very naturally divided in our description, into two distinct portions, according to the situation in which it is found.

The ARTERIAL blood, or that found in the arteries, is of a bright scarlet color, while that of the veins, the VEINous blood, is of a dark crimson or purple. In the dead subject the arteries are found empty, and the veins are distended with blood. It was owing to this circumstance that they were for a long time regarded as air-vessels; hence their name arteries. The arterial blood is sent from the heart to every organ and tissue, to supply them with nutriment.

The VEINous blood is the arterial changed by imparting its nutritious particles, and receiving effete matter. It is collected from every part of the system and returned to the heart to receive nutritious particles, and to be sent to the lungs for purification. The arterial is the pure blood, the venous the impure blood of the system.

The specific gravity of the blood is greater than that of water. It is so rapidly diminished that the last blood drawn during venesection is lighter than the first. It is also true that the blood which possesses the most vitality is first drawn, while the more lifeless remains because the former circulates more rapidly. The blood thus procured if allowed to stand exposed to the light and a warm atmosphere, separates into two portions, a light colored fluid, and a coagulium or clot. The former, or serum, consists of water with some saline substances in solution. The coagulium is organized fibrine, in which the red corpuscles are entangled.

Coagulation is a natural process, and under similar and favorable circumstances the sooner blood coagulates the greater its vitality. The color of the blood is owing to the presence of minute flattened spherical cells, which contain a peculiar coloring matter called hematin. The chemical analysis of the blood shows that it contains all the elementary substances which enter into the composition of any tissue of the body. Some of the proximate elements are also found, as fibrine, albumen, fat and water.

More than three-fifths of the blood is simple water. It is by its agency that all the different secretions and excretions are performed. It is the great universal solvent in the system as well as out of it. It holds the different elements in solution which are to enter into the structure of the body. Thus, every organ and tissue are enabled to select from the free atoms, such as are adapted to supply the waste of its own structures. It is by water that the different parts are enabled to free themselves of the waste particles. And it is in water that the various secretions for purification are carried on. By the agency of water the living organism is nourished, is kept in motion, is purified, and that life is maintained. The vitality of the different parts of the system is in proportion to the amount of water which they contain. The bones which contain the most solid matter, possess the least vitality, the muscles being less solid possess a greater degree of vitality, and the blood which contains the largest percentage of this fluid, is the most vital of all.

The office of the blood is to convey nutriment to every part of the body, and to carry the waste particles to the different organs by which they are to be eliminated.

The blood is formed from the food which is eaten. This is first reduced by the combined action of the gastric juice, the pancreatic fluid, and the bile, to such a state that it may be absorbed into the blood. After it is formed into chyle it is absorbed by the lacteals from the alimentary canal, and conveyed to the *vena cava*, and by it emptied into the heart. From the heart it is sent with the impure blood to the lungs to be purified and oxygenated. The lungs return it again

to the heart, from which it is now sent through the arteries to every part of the system. The arteries arise from the heart in one large trunk, which divides and sub-divides until the minute branches are invisible to the eye unaided by a microscope. At this point they unite with the capillaries. At this minute class of vessels which connect with the veins. The average diameter of the capillaries is one three-thousandth of an inch. It is in this class of minute vessels that all the processes of nutrition, secretion and excretion take place. They are so distributed through the substance of every organ and tissue, that the blood is brought in close proximity to every part. In this manner every fibre in the body is brought into so close a relation to the blood, that it is enabled to attract such particles as enter into its constitution. For instance, the bones attract or absorb such particles as enter into the composition of bones, muscular tissues such as are adapted to form muscles, and fat the elements which form fat, and supply their place by worn-out and useless particles. Thus, every tissue acts upon the blood, impoverishing it and filling it with impurities.

The blood after having imparted its nutriment and received its food, is received by the veins. They commence in exceedingly small vessels, which constantly unite to form larger ones, until they constitute two large vessels, the ascending and descending *vena cava*, which empty their contents into the right side of the heart. The blood just previous to entering the heart receives a supply of nutriment from the thoracic duct. From the heart it is sent to the lungs for purification, and again goes through the circle which has just been described. The blood performs the entire circuit of the body once every minute.

The process of calcification or the maintenance of the animal heat is carried on in the capillaries. It is effected by the chemical combination of some substances of the body, more particularly carbon and hydrogen, with the oxygen of the blood. The carbonic acid which results from this combination, is carried to the lungs, where it is given off, and its place supplied by oxygen. In other words, the blood imbibes oxygen from the atmosphere, which it conveys to the capillaries. Here the oxygen unites with some elements of the tissues, and the product of their combination is removed from the blood by the lungs. The powers of generating heat depends upon the force and activity with which this process is carried on. It is also supposed that the heat-generating power is greater when the blood contains a large proportion of blood-corpuses.

The largest capillaries are found distributed upon the skin. They are also very numerous, forming a complete network over the entire surface of the body. The absorbent powers of these vessels have been repeatedly proved in applying different substances to the skin. In this manner it has been ascertained that the effects of poisons upon the system are as soon perceptible and as fatal as when injected into the blood. Many substances are absorbed by the skin and prove speedily fatal, which exert no poisonous effects when taken into the stomach. Others affect the system in the same manner when applied either way. Thus, mercurial ointment applied to the skin will produce salivation the same as when taken into the stomach. Many other substances will poison the system when similarly applied. Hence, people should be exceedingly cautious how they apply poisonous washes and ointments to the skin. A decoction of tobacco, if applied to the skin, is attended with the same deadly sickness as when taken internally.

The great absorbent powers of the capillaries, and their numerous distribution upon the skin, make this organ a very important one in all diseases of the blood, because it can bring remedial agents directly in contact with the skin, and thus act directly upon the blood. Another important fact, which makes the skin of double importance in all diseases, is the tendency which

all fluids have to seek an equilibrium when two fluids of unequal density are separated from each other by any permeable substance, as an animal membrane. For instance, if pure water be kept in contact with the skin for a great length of time, the impure water of the blood will flow out, and the pure water flow in, until that upon the outside is equal to that in the blood are equal density. As the water of the blood is the medium by which the system is purified, it would follow that in all cases of depraved and impure blood, purification might be accomplished by supplying the system with an abundance of pure water.

Of all the boasted remedies for purifying the blood, not one supplies the system with the elements needed for that purpose; hence they are powerless for the accomplishment of that end. Nature's method for purifying the blood is by the secretions of the various glands. The instruments of which she makes use are *pure air* and *pure water*. It is by *pure air* that the lungs are enabled to remove impurities from the blood in the form of carbonic acid. By the agency of *pure water* the liver, kidneys and skin perform their work of purification. Nothing but *pure air* will supply the lungs with the elements needed to purify them from their filth. There can be no nostrum which will remove the carbonic acid and supply the blood with oxygen. Neither is there any which can take the place of *pure water* in the secretions of the skin, kidneys and liver. Water only is capable of holding in solution the atoms of impure matter; and it is only when they are thus held in solution that the various organs are able to remove them from the system. Excretion cannot be carried on except by the agency of water.

As all the excretions are performed by the agency of water, so are all the nutritive processes. The particles of food after being prepared by the stomach are held in solution by water, so that the absorbents may be able to receive them and convey them to the blood. After they are received by the blood they are still held in solution until they are appropriated by the various tissues. Thus, by the agency of water the system is nourished, and by its agency the particles resulting from the disintegration of the tissues are removed. Without water all animal and vegetable life would become extinct.

We have seen that every substance which enters into the composition of the human system is first received by the blood; and that it is only through the blood that we can act upon any portion of the body. No substance taken into the stomach or applied to the skin ever affects one organ alone. Its influence and presence is manifest in every organ and tissue of the body. We have also seen that the blood is formed from food and drink taken into the stomach. Hence, if we wish to make pure blood we must supply the stomach with pure food and pure water. If we wish to maintain a pure state to us, in addition, supply an abundance of pure air and exercise. If we wish to cleanse the blood which has been rendered impure by improper diet, impure air and water, exclusion of light and inactivity, we have only to forsake the evil and turn to the good. We have only to obey nature's laws, apply nature's remedies, and lo! the evil is removed. In all diseases the curative effort is carried on through the medium of the blood. Health is restored by purification and invigoration, cleansing and strengthening. As a stream of muddy water can be made pure by cutting off the supply of filthy matter and allowing pure water to flow into it, so must the system be purified. The impure supplies must be cut off and pure ones substituted; thus gradually the impure particles which now enter into the composition of the body will be removed, and their place supplied by the pure ones. The same means invigoration will restore health will preserve it, and *vixce versa*.

When nature's laws are fully understood, disease will cease to be the terror of mankind, because obedience to those laws will render its existence an impossibility. Then, and not till

then, will the inhabitants of the earth be able to say, "there shall be no more sickness," or premature "death." Then, and not till then, will death be the reaper of only the ripened grains.

Model Water-Cure, Dansville, N. Y.

THE DISCUSSION.

DR. TRALL TO DRs. CURTIS, JOHN AND PRETTYMAN :

As I have not heard from Dr. Curtis since my last article, published in the *May WATER-CURE JOURNAL*, and as the editors and proprietors of "The Middle States Medical Reformer and Advocate of Innocuous Medication," Palemon John, M. D., and J. S. Prettyman, M. D., which said medical periodical is published simultaneously at Millville, Pa., and Morristown, Del., on the first of every month, and, moreover, displays a list of six M. D.'s as regular contributors, have entered the field of controversy as the allies of Dr. Curtis, I propose to address this article to the trio.

Whether Dr. Curtis will find more assistance than botheration from these volunteers, it would not be decorous in me to suggest. I have, however, a *private* opinion—my own, that a regiment of such volunteers would do him more damage than good. It would trouble the medical profession, I think, to find a more intelligent or more competent disputant on the affirmative of the question between us. If he fails to make good his position, all the rest needn't try. And for this reason it is that I am so willing and even anxious to discuss, with him, all the problems directly or even remotely connected with our question.

For myself, I am entirely ready to discuss this question against the combined wisdom of all the drug-doctors of all the drug-schools in existence. I have full confidence in the truthfulness of my position, and truth is or should be impregnable.

But let us hear Drs. John and Prettyman. In their "innocuous" journal for May, 1855, I find the following article :

PROF. CURTIS AND PROF. TRALL.

The discussion was warm.

"Now one's is the best, the other best,
Both tugging to be victor, breast to breast;
Yet neither conqueror or is conquered,
So is the equal poise of this fell war."

Prof. Curtis has already brought forward a mass of scientific and indisputable facts to strengthen and fortify his position, most of which Prof. Trall has not yet attacked, the outposts of each of their positions has been attacked by the other, and occasionally a bomb-shell from each burst on the camp of the other, but thus far "neither is conqueror or conquered." Prof. Trall seems disposed to get around many of Prof. C's arguments, and in some instances ingenuously (not fairly) tries to change the issue or to reply (unfairly) to a direct question by mistating it (on purpose). For example—Dr. A. says in one place, "the vital powers make an effort to depurate the body," &c., and Dr. B. in parenthesis asks him, "how many vital powers there are?" when Dr. A. answers it thus, "you ask how many vital powers (?) there are?" I respectfully beg leave to say there are three, sensibility, contractility and irritability!

Dr. Trall seems to consider the position—as explained in the following paragraph from his article—as an impregnable fortress. Let Dr. C. demolish this and the war is done—unless there is more "dogging."—"In relation, then, to the modus operandi of medicines, my position is the reverse of yours. You say, for example, an emetic drug acts on the stomach, and thus induces the stomach to act in a manner to expel its contents; I say the stomach acts on the drug to expel it—the drug being entirely passive in the matter. I place all the acting principle in the living matter; you divide it equally between the living and the dead matter; but when you undertake to expel the action of the drug on the dead, inorganic material acts on the living tissue, you can only say, 'it acts so as to induce the stomach to act.' What is the inducement? Perhaps you will say, 'the impression on the stomach.' In this is what I say; but what is an impression? Is an impression the action of a dead thing (how can dead matter act on a living thing? Or is an impression the recognition, by the living thing, of the presence of a something else in contact, and of its relation to that something?" We have no disposition to bring out little self in controversy with you, or to quarrel, or to quarrel though, nor stryings either), but just for the benefit or amusement of our private readers? ("not to go out of the family") we will attack a soldier with a sword, and you can only say, "Prof. Curtis please to excuse us?" and if this meets his eyes, will Prof. Trall please to overlook our presumption? The whole plot of the paragraph is contained in the question propounded by Dr. A., viz., "How can dead matter act on a living thing?"

We assume, and every man (except Dr. T.) admits that it can act chemically, mechanically, and indirectly, at least physiologically and pathologically in many more ways than you want it to. To swallow an ounce of coarsely powdered glass, and you will have an ever to be remembered illustration of how dead matter can (mechanically) act on a living stomach. Dissolve a gill of nitric acid in the same manner, and you will have a practical illustration of how "dead matter" (chemically) act on a living thing. When you try these simple experiments we think you will be prepared to admit that "dead matter can also act pathologically, and if pathologically why not physiologically?"

Curtis says that drugs act on the body in many ways also acts on them. Trall says that drugs do not act on the body, but that the body acts on the drugs. If drugs do not act on the body, how can they be poisonous, as Dr. T. assumes, all drugs (medicines) are? If mercury does not act on the blood, how can it dissolve its fibrine and change all its relations and properties? Do all these direful effects originate from the "action of the system against the drug, contemplating its expulsion"? Does the body dissolve, disorganize, rot its own blood? From a review of the whole ground of controversy we think Prof. Trall will ultimately be compelled to yield to Prof. Curtis the palm of victory; if so, of course "water cure" will cease to lay claim to a perfect system of therapeutics, and will seek a place where it properly belongs: viz., under the broad aegis of the legitimate science of medicine.

I am not disappointed when a drug-doctor expresses his opinion that Dr. Curtis' argument is already conclusive. I should be surprised were he to do otherwise; for the moment he expresses the opinion that my position has been sustained, his "occupation is gone." Nor do I doubt in the least, that if our question, in the present stage of its argumentation, should be submitted to a jury of all the drug-giving doctors in the world, they would all, with one accord, pronounce the verdict in his favor. Were they to decide with the majority, and would not and could not longer be drug-doctors.

I will try, in this article, to satisfy, not Drs. John and Prettyman, but the unprejudiced reader, that the argument of Dr. Curtis' distinguished allies is really "innocuous," so far as my positions are concerned.

Drs. John and Prettyman "burst their first bomb-shell," in informing their readers that Dr. Curtis has brought forward "a mass of scientific and indisputable facts," which I have not yet attacked. Very well, I admit it all. Dr. Curtis has brought forward many facts. I have not attacked them, nor do I intend to. Why should I? I have yet to learn that denying indisputable facts, is a pertinent or proper way to conduct a scientific discussion. No, gentlemen doctors, I explain those facts differently from Dr. Curtis, that is all.

In the next place, I deny, not a fact, but an assertion of Drs. John and Prettyman, to the effect that I have tried unfairly to change the issue. Their assertion will appear sufficiently ridiculous, even to themselves, if they will but reflect a moment on the simple truth that *vital powers* and *vital properties* are synonymous terms! There are three *vital powers*, viz.: sensibility, contractility, and irritability; and there are three *vital properties*, viz.: sensibility, contractility, and irritability. Is this satisfactory?

Then, as to the "solution of the great problem" so kindly offered by Drs. John and Prettyman. "We assume, and every man except Dr. Trall assumes, that dead matter acts chemically, mechanically, and indirectly, &c." Suppose, gentlemen, that all the world should assume that the sun goes round the earth, as was once the universal opinion, would that make it so? But think what a pretty fix you have got your solution into, by assuming that dead matter acts *indirectly*! What, Mr. Prettyman, is an indirect action? Do you not mean indirect effect when you say indirect action? What says the other man, John, to this? Does he, too, think dead matter has an indirect action, or living matter! Have you not got an erroneous idea of the nature of the whole question you offer to discuss, or rather to solve? Let me state it for you again. "Do remedial agents act on the living organism? Or, in other words, do medicines act on the living system?" Or, do drug remedies act on the living body?" These several propositions involve the same leading idea, which is, the relation (or action) between those agents we call drugs, remedies, chem-

icals, medicines, &c., and the structures of a living body while endowed with vitality. Keep this in mind, if you please, or your solution will be a gigantic failure.

I admit that when a living tissue has lost its life, when it has parted with all of its vital powers, or properties in its struggle with, or action against injurious agents, it is then acted upon by such agents; it combines with them chemically. But do you not see that a dead body is not a living one? Our question is, "Do remedial agents act on the living body?" that is to say, while it is possessed of life or vitality. A dead body or a dead portion of tissue rots and decays. It is subject to and governed by the common laws of chemical affinity. But vitality resists and controls those laws; and mere chemical action can never take place in a living structure till vitality is lost.

Recollect this fundamental principle while you attend to what else I may have to say. Have you ever thought of the essential distinction between dead or inorganic and living or organic matter? Living matter uses, appropriates, or resists dead matter—it acts upon it. Dead matter *totally passes* in relation to living. It does not act upon it, neither chemically nor indirectly, until the living becomes dead, and then, I scarcely need tell you, it is not living. "Do remedial agents act on the living system?"

But the question you are in the fog about is this: How do the destructive effects, or remedial effects of poisons, or of medicines, come about? What is the rationale?

This, gentlemen, is substantially our question. Your coarsely-powdered glass does not affect this question unless you assume it to be an "innocuous medicament;" for the question is not how does powdered glass act, but how do remedial agents act? It is true I should assume, were I to argue the proposition, that powdered glass does not act on a living stomach; but I am anxious just now to stick to the question, by way of an example to some other person I could name, so I "dodge" this issue for a short time. Your gill of nitric acid can be disposed of in the same manner as your powdered glass. But as you hint at an experiment with these agents, I will improve the hint, and see whether the experiment proves your position or mine.

Give a patient a very small remedial dose of either powdered glass or nitric acid, and as the same principle is involved, it is enough to try the experiment with one, say the nitric acid. I prefer this to the glass, because it is a remedial agent in common use, whereas coarsely-powdered glass is seldom, if ever, used remedially, albeit finely-pulverized glass is occasionally administered for worms, and has been recommended in dyspepsia to excite action—to act upon the torpid alimentary canal, or to excite the torpid alimentary canal to act upon it.

Let us, then, give a patient—it must be a patient, for we are talking about *doctoring*, and he must be *conscious*, for we are to try a *remedy*; and nobody that I know of proposes a *remedy for health*—let us give a dyspeptic patient a single drop of nitric acid, diluted in a gill of water. What follows? He experiences a little of a sour constricting sensation in the mouth and throat, and that is all. Well, then, give him ten drops in a gill of water. The effect (when I say effect I don't mean action) is a eouragulating and warm sensation along the esophagus to the stomach, with a drooling of mucus and saliva from the mouth. Then give a teaspoonful in a gill of water. Immediately there is, in addition to the effect already mentioned, a severe burning sensation in the stomach, followed by severe pain and violent inflammation. Lastly, give a tablespoonful in a gill of water; and the substance of the stomach is actually corroded, or decomposed, and death ensues.

Now, these are all facts which none of us need "attack," or dispute about. The question which concerns us is, How are these phenomena to be explained? You say the nitric acid acts on the

stomach according to the dose or quantity. I say the stomach acts on the nitric acid, according to its vital capacity to resist incompatible or foreign ingredients. I am aware that the theory of the action of the nitric acid on the living system seems very plausible to you, and such has always been the theory of the medical world; it is an *apparent* truth; and so it is an apparent truth that the moon goes round the earth every night. But the real truth is different in both cases.

The real truth, in the experiment we are considering, I hold to be this. When a small quantity of nitric acid is taken, the mucous membrane pours out its secretion to defend itself, by diluting and washing away the agent whose presence is abnormal; thus giving a sense of burning or astringency. Where a larger quantity is taken, the blood is determined with more violence to the part to supply the greater amount of secretion rendered necessary; and thus we have a warm or hot sensation, with a copious drooling.

When a very large quantity is taken, the determination of blood is so great—the vital resistance, if you please—as to amount to severe inflammation, and we have the pain and burning sensation precisely as in inflammation of the stomach from surfeit, indigestible food, cold, and various other causes.

Here, according to my theory, all the action is on the part of the living system. But you ask, does the body kill itself? "Does the body dissolve, disorganize, rot its own blood." Verily it does all this and much more. The body bullies itself up, changes itself continually, and finally destroys itself. The body, by virtue of its vitality, (by vitality I mean the sum total of its vital powers or properties,) appropriates to itself nutriment, changes the elements of food into the elements of its own structure; uses these structures as elements of force or action; casts off the particles which have been used, and thus become effete, and so replenishes and disorganizes itself continually; and at the same time resists, as chemical and physiological incompatibles, all poisons, all drug-remedies, in fact everything except food or the elements of sustenance. All food it acts upon to appropriate; all medicinal drugs it acts against to resist or expel.

Is not this position proved by every article in your materia medica? You give remedies you call sudorific. They occasion sweating. How do they occasion sweating? Of course you cannot tell, and of course I can. Your authors say, the diaphoretic—catnip, pleurisy root, mayweed, hoarsett, ipecac, tartarized antimony, &c., act on the skin, on the perspiratory glands, on the pores, &c. They select or clect the skin to act upon instead of the bowels or kidneys, and hence they are sudorifics instead of cathartics and diuretics.

On this theory of selecting or elective affinity, all the classes of medicines are accounted for. But the explanation is, to my mind, supremely ridiculous, and based on the most profound ignorance of the relations of living to dead matter, as I shall demonstrate, before I get through with Curtis, John, Prettyman & Co.

You ask: "If drugs do not act on the body, how poisonous?" I will tell you. They are poisonous because they are not food, not usable, and hence the system wastes its vitality in getting rid of them. It is in this way, and for this reason alone, that alcohol and tobacco, No. 6 and lobelia, are poisonous. The action of the living system in getting drug-poisons out of the body through the skin, bowels, kidneys, &c., is what the medical faculty has in all ages mistaken for diaphoretic, cathartic, diuretic, &c., actions of the medicines on these excretory organs.

You ask, in another place, "If dead matter" can act pathologically, why not physiologically?" This is a very, very strange question. Nothing acts pathologically, and nothing acts physiologically, while that physiology taught the actions and uses of the structures of living bodies, and that anatomy taught us the structures alone. Now,

was also ordered water to drink frequently, but in small quantities. The next day he had a rubbing sheet morning and evening, a half bath with pain douche at twelve o'clock, and water drinking, enemas, waist compress, &c. His diet was confined to farinaceous articles and broth. This day he got up. The following day the treatment was the same as the preceding—the patient walking about. He was perfectly well in every respect, except that he was weak. His baths were now reduced to spring water of the natural temperature, and his diet increased as his appetite improved. In one week from the time I fairly began to work on him, he went to work, and had been under my eye from the first, and important time not lost in the beginning by false reports being brought of his condition, might have been cured much sooner of course, and without any pain being suffered. But even as it was, his case contrasts very strongly with those of the pill doctors in the same quarter. This man was cured, and not marred, scarred, or left to a long and tedious convalescence, and perhaps permanent bad health. The two other men treated for the same disease this winter are not well yet, as I stated before, one after five months have elapsed, and the other five weeks. This is not a single and isolated case either, but the same superiority in the cases will always be experienced when they are treated by water, provided it is done properly; but, as W. J. says, it must be done in the proper manner, or death will be the result. *Baths do not answer in treating acute diseases of the chest, more particularly sitz baths, no matter of what temperature, but the worse the colder. This disease of pneumonia requires prompt, active treatment, and continued long enough to produce the desired result. There is no time to be tinkering with sitz baths or foot baths, or wash douches, nor will they do any good, but may do immense harm. The congestion of the lungs must be relieved, the pain subdued, the cough allayed, and the stricture removed so as to permit the lungs to be expanded freely. All these ends can be better accomplished by the pack than by any other agency on earth. In my opinion, and its administration is not so apt to produce fatal or injurious consequences if misapplied, as are baths, particularly cold baths. I treated a delicate young lady last fall for breast complaint, &c., cough, pain in the side and breast, headache, sick stomach, &c., &c. She had taken severe cold, and was threatened with pneumonia, if not promptly relieved. I first gave her some tumblers of warm water to drink, had her feet bathed in warm water, and intended to apply the warm fomentations to the breast to remove the stricture; but not wishing to lose too much time, she was placed in the pack with compresses to the head, and a wet sheet to the breast. She became easy after an hour or so, pain left, stricture ceased, and she lay quite comfortable. I allowed her to remain in the pack six hours, when, no perspiration ensuing, she was taken out, rubbed well with a wet sheet, the waist compress put on, and she was put to bed. The next day she had a pack of an hour or so, with rubbing sheets, enemas, &c., &c., and was up the third day, as well as usual, except not quite so strong. She was treated afterwards with rubbing sheets for a day or so, when she resumed her regular course of treatment (as she was a patient at the time for chronic disease). I have written you a more lengthy letter than I intended at the start, but I have an unfortunate faculty of being compelled to string out what I have to say, instead of compressing it in small compass. I hope you may find time to read what I have said. I have been the more impelled to write from the fact that I never see anything said about the treatment of lung diseases by water, and both you and S. N. always confess in your writings that Water-Cure doctors have had but a limited experience in the treatment of such cases. I would be glad if you would write a studied article in the JOURNAL on the subject, for the benefit of your numerous readers. With the best wishes, &c., I remain,*

D. M. H.

AN OBSERVER writes us from St. Charles, Illinois: "Having a few moments leisure, I would like to give your readers some idea of matters and things in this locality. We are blessed, as most places are, with medical men of all kinds (at least a common assortment). One year ago, we had five Allopathic physicians. One respectable old man was nearly out of business in the line of pills and lancet. One has grown rich, and invests considerable in houses and lands. Another is well off, but did not get his cash by poisoning this community. One came here not long since, and being quite a gentleman, got a good ride in a short time, but sad to relate, after a brilliant career of a few months, he was prostrated by disease, called the best medical aid he knew

of, and after a few weeks of suffering, died of disease and a number of doctors. Then we have another, the last but not least of the five, who has more medical knowledge than all the others; he rides night and day. Our town has but about twenty-five hundred inhabitants, yet we have, in addition to those already mentioned, two Homoeopathic physicians, and one Botanic, who all live on this community. A large number of WATER-CURE JOURNALS are taken here, which serve to enlighten our benighted minds to a great extent. Three drug stores grace our village, and pills, phisic, doctors, undertakers, and grave-diggers, make sad havoc among us. Time would fail to tell of all cases of misery among us, commencing with a little bad feeling—calling a doctor—takes a few powders—feels worse—larger dose of some thing—awful sick, with high fever—more medicine—more fever—dangerous—consultation of doctors—all was done right—patient dies—mysterious dispensation of Providence, &c., &c. I will close by stating a case or two. Some years since, a middle-aged gentleman was taken with pleurisy and congestion of the lungs, was treated by one of the Allopathic—got about in three or four months. Last fall, this same man was severely attacked with pleuritis and congestion of the lungs—took Hydropathic treatment, was off his bed in five days, and at work by the day in ten or twelve days. Last and least, I had neglected to mention the last addition to the fraternity of pill vendors, in the person of a self-concocted young man, who migrated to this place of late, thinking to dupe and doctor the dear people. A young man in the prime of life, a neighbor of mine, had been complaining for some days, was told he had better take a little hydropathic treatment, and thereby save a fit of sickness and a doctor's bill. He made answer, he had rather be sick than submit to cold water. Within three days this new physician was called, gave some powders—came next day—patient worse—more medicines—much worse—until it was declared to be a case of typhoid fever. It has now been twenty days since the doctor was called, patient still on his back, but feeling a little better, fever not so high, and some of the contents of his purse. One new doctor thinks in a few days now he will give him some different medicinae which will raise the patient, with good nursing, perhaps in twenty days more. So here the matter lies, and there lies the patient. Not having yet gained any strength, whether he lives or not I know not, but perhaps the doctor does.

A CONFESION.—While visiting a relation, in Windham County, Vermont, not long since, I chanced to fall in company with Dr. G., an aged Allopathic physician, said to be rich, eminent, and skillful. And after referring to the subject of Hydropathy, he said: "Now, let me tell you a story. I was called to visit a sick child, an only son of wealthy parents, the pet of the family, the idol of the neighborhood, who was sick of a fever. The disease," he says, "I combated for many days and nights with no success, and at last I told the fond parents that all the skill within the reach of humanity could not, in my opinion, save their child. Thus I left them, with tearful eyes and sad hearts. Yes," he said, "and was not my heart sad too? For even Allopathic Physicians are not without some feelings. But I had not proceeded very far on my return home, before I involuntarily turned back to the house of suffering, and sat down again on the bed of the child, and gazed upon that fair brow and burning cheek. I had not been in the room long before I saw the child gasp, as if for water. I called for a cup of cold water, which, when brought, I placed to the lips of the child. It drank, and such a brightening of the countenance! I looked up to the mother and laughed. Said she, 'You wretch, how can you laugh when my child is dying?' I told her, her child would not die, but would get well. It did get well, it revived at that moment, and finally recovered." Now, readers of the JOURNAL, I leave you to draw your own conclusions.

Proctorville, Va.

SENDER.

THE DOCTOR THAT WAS NOT A HUMBAG.—TRAVELLING through the country, I sometimes meet with very rich experiences; and if they were not accompanied with very much of suffering and ill to the human race, would be very valuable.

A few months ago I was staying near the residence of a lady, who took unfortunately a bad cold, which became very oppressive to her lungs and chest, and she felt herself threatened with an attack of pneumonia. In her distress, she besought her husband to call in a physician, and sug-

gested that he should employ a Homoeopathist and Hydropathist, (one who ordered infinitesimal doses inside and packs and wet bandages outside, and thus between the two, was gaining a great reputation.) But the husband replied, indignantly, that "if she was sick enough to have a doctor, he would have a doctor. He would not have a humbug," and so a regular Allopathist was called. The good husband, no doubt, comforting himself with the thought, that if his wife should die, he would have it left upon record, in the hearts of the world around him, that he had "her cured to death, after the most approved practice."

The doctor ordered cups upon her breast, and put her to the torture forthwith, and then a honey cathartic was administered, which did its work effectually, and a little more so; then a dose of morphiae had to correct the excess. In the meantime, a wee little child commenced its wail by the exhausted mother's side, and the fourth or fifth day the food herself horribly salivated, and for four weeks lay groaning under that terrible affliction, a calamity sore mouth. Her husband had called in a doctor that was not a "humbug," and most likely he will find himself reminded for years to come in the broken health and injured constitution of his wife, that his doctor was a sober, solid reality, one that has left his impress for evil on his wife, and all the children that may hereafter be born to them, (both are young.) The country is full of young empirics, young men with good hearts given, but who, under the teachings of the old masters, are prepared to do a world of mischief. Had the lady in question escaped salvation, and arisen from her bad cold and confinement with impaired health and stiffened joints, aching bones, subject to bad colds, decaying teeth, fretful breath, disordered appetite and shattered constitution throughout, no one would have suspected the cause of all this. But the evil came palpable to view, and more than one woman and man declared solemnly they were forever done with calomel. So good is sometimes brought out of evil. Every such instance has its effect, and the more widely circulated the tales of such misdeeds, the can be but foster it. Is hoped that this will be brought to regulate the use of such fearful and destructive remedial agents.

The use of water is everywhere gaining ground, and bathing and bandaging is practiced to a great extent, where a few years since it was not thought of. Homoeopathy, too, is doing a great work; for it, at least, has the merit of excluding all harsher remedies, and most Homoeopathic practitioners recommend free use of water. If the women of this country who must be the mothers, and for the most part the nurses, would spare a little time from their novelties and embroidering for the study of their own organisms—a few evenings from the theatre, or even the church—to attend physiological lectures, and then be as busy in giving out their knowledge to the world around them, as they are in spreading the news of the last flirtation or Paris fashions, we should soon have less sickness and suffering, and husbands would not be allowed to force upon wives against their will, "Doctors that are not humbuds."

Yours, truly, F. D. GAGE.

SMALL-POX.—Feeling a deep interest in all pertaining to Hydropathy, I have, at the request of a friend, taken pen in hand to give you a short account of what I suffered, and what I enjoyed, during an attack of small-pox. And allow me to preface it by mentioning, that I believe I have had a perfect horror of this disease, having always associated with it the idea of filth, and never for a moment supposed that a person of cleanly habits, and one who practicing daily bathing, could be in any danger from it. But alas! I met the enemy and *voilà lui*. And since then my opinion has materially changed. I now look upon it as a very respectable sort of a disease, and, having ascertained that it has been intimately connected with some of our first families, I find myself rather disposed to look down upon and pity those who have never been so fortunate as to have made its acquaintance.

The premonitory symptoms strongly resemble those of a violent cold, and for a day or two I "moped round" feeling as if I would be sick, if I only had time; on the third day, however, I was obliged to give up and send for a physician. Dr. Kittredge, who has been my family physician for the last eight years, was called; and his first act was to place me in a large bathing tub, and pour upon my aching head and shoulders two brimming pails of stone-cold water. Harsh as such a remedy may seem, it was effectual in driving the heated blood from my overcharged brain, and relieving in

a great measure my throbbing temples. I was then wiped dry and wrapped in blankets; after that came the luxury of the wet sheet, and after *that* "ugh!" came the eruption. I continued to bathe occasionally, in water with the chill taken off, until I was "fully blown out," and then I was a beauty. At this stage of the disease commenced the "itching era." Oh, Lord! words are inadequate to express that intolerable sensation; I can only liken it to the feeling that would be produced if each and every infatigable atom in your whole corporeal system should be seized with an irresistible desire to get up a sneeze on its own private account. I believe it was Queen Bess that said, that scratching was to treat a luxury for a subject; and if she meant a small-pox subject, I think she was more than half right, for if they indulge in it, they will carry the marks to their grave. Now, as I had no desire to "mar my beauty," or to be pointed out as the man that "had it prime," I chose a milder course. When the itching became greater than I could bear, I got into the bathing tub, and took a cold bath; and

Had I the tongues of Greeks and Jews,
And nobler speech than angels,

I could not begin to give you any idea of the pleasurable sensations of a bath under such circumstances; it relieves the pain, cleanses the person, and invigorates the whole system. During the whole of my sickness I drank freely of water, and when my recovery commenced, it was very rapid, for it had no longer to contend with. I have span this letter out much longer than I intended, and will merely add that I have practiced WATER-CURE in my family for the last eight years, with the most entire success; and I feel that if people would only give it a fair trial, they would become convinced that it is the very best of all the "pablies."

Charlestown, Mass., April 27, 1855.

W. G.

Literary Notices.

ALL Works noticed in this department of the JOURNAL, together with any others published in America, may be procured at our Office, at the Publishers' prices. EUROPEAN Works will be imported to order by every steamer. Books sent by mail on receipt of the price. All letters and orders should be postpaid, and directed to FOWLER & WELLS, 308 Broadway, New York.

GAZETTEER OF THE WORLD. LIPPINCOTT, GRAMBO & Co. will publish in a few days a "Gazetteer of the World; or, Geographical Dictionary." [Price, in cloth, \$3 50; in Extra Sheep, \$6 00.]

The following are a few of the distinctive features of this highly important work, as stated by the publishers:

1st. It not only supplies the deficiencies of existing Gazetteers, but furnishes a *Geographical Dictionary* as comprehensive in its design, perfect in its arrangement, and complete and accurate in its execution, as the best *Dictionary of the English Language*.

2d. It will be a *Pronouncing Gazetteer*, and the only one of the kind ever published.

3d. In accuracy we unhesitatingly claim a great superiority over all others.

4th. It contains many *thousand more names of Places* than any other Gazetteer of the World, and the notice of more important places more fully than any other.

5th. The information has been obtained from the *most recent and reliable sources*, both at home and abroad.

6th. It contains a notice of all the *railways in Europe, Asia, Africa, Australia, and America*, including the West India and other Islands. Being fully up to the present time. We might have hurried this Gazetteer through the press, to forestall other works commenced long after ours was in progress, but we could not be tempted to waive a single feature of excellence requiring time for its perfection. It will contain over 2,000 super-royal octavo pages, bound in the most substantial manner.

It will be for sale by *Fowlers & Wells* as usual, published.

THE HEALING OF THE NATIONS. BY CHARLES LINTON. With an Introduction and Appendix, by NATHANIEL P. TALLMADGE, late United States Senator and Governor of Wisconsin. Published by the Society for the Diffusion of Spiritual Knowledge. For sale at this Office. Octavo, 337 pages. [Price, \$1 60; postage, 20 cents.]

This work is regarded by our spiritual friends as one of great importance, and it has already had a wide circulation among them. It consists of a series of sentences written by the author when he supposed himself to be under spiritual influence, and the whole work was composed, as he asserts, without the exertion of his own mental powers. The manu-

script was handed to the printer without an erasure or alteration of any importance. The work has one desirable quality, not generally possessed by books claiming supernatural origin, namely, that of perfect harmlessness. No one can be made worse by its perusal, and we have no doubt that many will be made better. The leading topics of the work are the justice and beneficence of God, and the beauty of virtue in man.

THE RACK-BAG; or, a Collection of Ephemera. By N. PARSON WILKS. New York: Charles Scribner. [Price, prepaid by mail, \$1 25.]

A handsome and readable volume, made up of articles first published in the *Home Journal*, on the persons, things, and events of the passing day. No one but N. P. Wilks could have made so made so much of so little. These "morceaux" are always written with smartness, and sometimes show great knowledge of the world and much tact in seizing upon the salient points connected with social and fashionable life and manners, at home and abroad. However trite may be his subject, or trivial his materials, Mr. Wilks always makes a pleasant book.

ELLEN NORRUBY; or, the Adventures of an Orphan. By EMERSON BENNETT. Philadelphia: T. B. Peterson. [Price, prepaid by mail, 50 cents.]

This is a local tale of Philadelphia, and portrays with terrible fidelity the scenes of poverty, misery, and crime witnessed in the morally-infected districts of a great city. It is a fiction founded on facts, gathered from actual observation of human misery, by the author himself, and gleaned from the records of a distinguished philanthropist. It is a picture of light and shade, presenting the widest and most striking contrasts. Its shadows are as dark as vice and crime can make them, while its lights are the brilliant gleams of purity, truth, and love. We doubt the utility of the class of fictions to which this work belongs, but must to Mr. Bennett the justice to say that his production is free from every objection not inseparable from his subject and plan.

THE OLD INN; or, the Traveller's Entertainment. By JOSIAH BARNES, Sen. New York: J. C. Derby, 1855. [Price, prepaid by mail, \$1 25.]

This volume is made up of a series of stories professedly related to beguile the tedium of an evening, by a company of travellers sojourning at a country tavern in Vermont. The narratives are mo-tly of a tragic cast, describing the adventures of the speakers in foreign lands, and embodying a variety of exciting incidents. The book is written in good English, which is a great not to be passed over without our commendation in these degenerate days.—*Life Illustrated.*

UNCLE SAM'S FARM FENCE. By A. D. MILNE. Illustrations by N. Oar. New York: C. Shepard & Co.

This is one of that kind of books of which we wish there were more, the whole aim of which is to do away with the legalized traffic in intoxicating liquors. It is written in an easy style, adapted to the masses, and, if it lacks anything in literary merit, it is none the less fitted for general reading by the homely truths it contains. See advertisement in another column.

BLACK DIAMONDS; or, Humor and Satire treated scientifically. By PROF. JULIUS CESAR HANSEN. New York: T. L. Magagnoli. [Price, prepaid by mail, \$1 25.]

The readers of the New York *Pleasure*, and, in fact, the people of the country generally, are familiar with the name and fame of Prof. Hannibal, (alias W. H. Levison, editor of the *Pleasure*), and fountain of that Ethiopian humor which has overflowed the country of late years, and will be glad to use a stereotyped expression—to see his valuable discourses in this permanent form. The book is undoubtedly the *funniest* of the season. It is full of true humor and genuine philosophy. "Laugh and grow fat."

THE CASTLE OF ORANTO; a Gothic Story. By HENRICE WALFORD. Philadelphia: Henry Carey Batd.

New York: Scribner. [Price, prepaid by mail, 37 cents.] Byron pronounced "The Castle of Oranto" "The first romance in our language." This may be rather extravagant praise, but it is certainly a masterly production. It deserves to be ranked among the classics of English literature. The handsome and readable edition before us will doubtless meet with a ready sale.

BELL SMITH ABOARD. Illustrated by HEALY, WALCOTT AND VERELDER. New York: J. C. Derby. [Price, by mail, \$1 25.]

This is a series of letters from an American woman in Paris, and is—for a wonder—something new in the way of letters from Europe. Usually such books are mostly alms, the writers imitating the style of some illustrious predecessor; but Bell Smith has chosen a style of her own. We

thank her for it, and so will you, reader, if you read her book. We can do no less than to commend it to general notice.

FASHIONABLE RELIGION.—We hear of a forthcoming volume, from the press of Garrett & Co., of this city, which will, in all probability, create a stir. It is an original novel, entitled *Which; The Right on the Left*. We hear it will be a bold, energetic, and telling tale, and that the work strikes a bold, energetic, and telling blow at fashionable religion, and that its scathing denunciation cannot be read by *fashionable* or *business* Christians without a profound sense of humiliation. If the half of what is rumored concerning it be true, "Which; the Right, or the Left" will attain a world-wide celebrity, and leave an enduring mark upon the literary column of our century.

A NEW BOOK, by HENRY WARD BEECHER.—J. C. Derby announces a new work, entitled the *STAR PAPERS*, by this celebrated divine. The name of the author will be sufficient to insure it a large sale. See contents in another column.

Business.

AT WHOLESALE.—Besides our regular monthly packages to Agents, we have recently shipped cases, with an assortment of our Books, for wholesale and retail, to persons and places as follows:

To S. S. ROBINSON, Galveston, Texas. Mr. R. is agent for all our publications, who will supply dealers at New York prices.

To GEORGE W. STANNON, Parkersburg, Indiana.

To WRIGHT, MARBLE & Co., Beloit, Wis.

To ALLEN J. WHITTIER, Grand Prairie, Wis.

To LATOURETTE & HOLLAND, Oregon City, O. T.

To GEORGE B. JOYNSON, Perkins Grove, Ill.

To HENRY STEPHENSON, White Pigeon, Mich.

To JOHN CASSE, Marysville, O.

To HOBSELL & SHERRIFFS, Oxford-street, London, Eng.

To T. J. DAVENPORT, Springfield, Mass.

To N. M. STRONG, Fredericktown, Ohio.

To W. R. PRICE, Harrellsville, Va.

To NORMAN H. ALLEN, Dayton Station, N. Y.

To ALLEN HILL, Cleveland, Ind.

To HUGH BICKHAM, Huntsville, O.

To URBAN LAGNY, New Garden, Ind.

To IRAH M. LACE, Deerfield Centre, N. H.

To E. WEDDELL & STONE, Green Castle, Ind.

To O. S. POSTEN, Harrodsburgh, Ky.

To S. GREEN, Cambridge Station, N. Y.

To E. B. STROUT, North Hollis, Maine.

To J. F. McCARTNEY, Kingsville, O.

To J. B. HUSTED, Vergennes, Vt.

To STEWART & BOWEN, Indianapolis, Ind.

To B. F. WITT, Dublin, Wayne Co., Ind.

To A. A. JONES, Evansville, Ind.

To JESSE PYLE & Co., Hopkinsville, Christian Co., Ky.

DR. NEEDHAM'S PATENT IMPROVED BREAST PUMP.—The fact that this breast pump is superior to all others is self-evident, because its mode of operation (unlike all others) is as perfect an imitation of nature as can be attained by artificial means. We are also in possession of practical proofs of unquestionable character, in the form of certificates, from many of the most eminent physicians, professors of midwifery, editors of medical journals, and general practitioners in the United States, who speak of it from practical knowledge, and give it their unqualified preference and recommendation.

ITS ADVANTAGES.—1st. It will extract the milk freely when other instruments will extract little or none. 2d. Its application is free from pain in cases of sore nipples or inflamed breasts, while other instruments, and even the infant itself, would cause intolerable suffering.

All nursing mothers should be provided with one—to be used under the following circumstances, viz: 1st. Where there is a super-abundance of milk, which, if not removed, is a prolific cause of inflammation of the breast and mammary abscess. 2d. When these misfortunes have already befallen the patient from not having the instrument in time to prevent the same. 3d. In case of the loss of the child, whether the mother desires to follow the profession of a

wot-nurse or otherwise. 4th. When it becomes desirable or necessary to spend a day or two on a visit without the child. 5th. When the child is to be weaned. Therefore, health, comfort and convenience dictate the propriety of the universal adoption of Dr. Needham's Bre at Pump, the Nursing Mother's Friend. Price, \$1.50; net mallable. See advertisement in another column.

HIGHLAND HOME WATER-CURE, up among the mountains, is pleasantly situated, near Fishkill Landing, Dutchess County, N. Y. On the banks of the Hudson River, easy of access, by Fallway or River, quiet and secluded, air salubrious, with such sublime scenery and mountain walks as to exhilarate and enliven the most torpid imagination, to quicken the pulse, and send the blood leaping through his veins. But we must not Poetize till we climb the ragged heights, and reach for inspiration to the realms above.

Dr. May always wears a joyous June countenance, and can with his quick, practiced eye, read the thoughts and feelings of his patient, and is prompt to prescribe and carry out the renovating Hydropathic practice. Long life to the merry Dr. May.

MERIDEN WATER-CURE.—Connecticut awake! The first Water-Cure establishment opened in that famous State was recently dedicated. The *Meriden Transcript* thus glories over the event:

"We are happy to chronicle the advent of so important and worthy an enterprise in our beautiful town. The subject of Hydropathy is at present attracting much attention, and is rapidly becoming popular as the most successful system extant for the treatment of nearly all classes of disease. Connecticut has furnished a liberal share of patients for the various Water-Cures existing in New England, and the need of a first class Hydropathic institute in this State cannot be questioned. Meriden possesses all the advantages for such. It is situated in the centre of the State, equidistant from Hartford and New Haven, eight miles from Middletown, and fourteen from Waterbury, and but four hours' ride from New York and six from Boston. Besides the taste which its citizens have so well exercised in building up the town, it is unsurpassed in New England for its beautiful and variegated scenery, its laughing mountains and its deep glens. Here, from West Peak, may be seen stretching away in the distance, Long Island Sound, with its myriads of floating barges, while a thousand fields lay sleeping at your feet, and scattered over an area of hundreds of miles. By aid of a telescope one can count the steeples that lift their vanes from a hundred towns and cities. Lovely carriage drives branch out from the town in every direction. A shaly drive of half a mile brings one to the well-known resort, "Hammock Grove," where at much expense and taste has been located a fine house for visitors, in the midst of a dense forest, fitted up with rustic seats, a revolving swing and fine bowling alley. Another drive of a mile and a quarter from the centre of the town, brings one to the renowned Cold Spring, with its natural ice house, and other curiosities to invite the attention of the invalid. The air of Meriden is salubrious and vitalizing, the water soft, pure, and invigorating, and withal there is reason to believe that one or two Water-Cure enterprises started in our midst would be abundantly patronized and prove highly successful."

DR. ARCHES and TAIT have the management of the Meriden establishment, and we have no doubt they will prove themselves a blessing to all whose bodies are entrusted to their care.

PITTSBURG WATER CURE.—It gives us pleasure to announce the opening of a new W. C. in the Iron city. The BROTHERS FREARE, formerly of Sugar Creek Falls, Ohio, are the Physicians and proprietors. We expect soon to be able to give a more elaborate notice of this new accession to the Hydropathic cause. For years to come we shall need an establishment in every inhabited county, where may be treated those chronic cases left as hopeless by the Allopathic school. Success to the PITTSBURG WATER-CURE.

A NEW CATECHISM.—The reader is respectfully referred to the article under the title of *JUNE TOPICS*. It may afford our Hydropathic friends a little amusement to catalogue some of the wise, old-fashioned family physicians. One question at a time, and not too near together, would probably be enough for most of the "gold spectacles" to study out between two Sundays. But "try them on" with this new catechism.

TO OUR READERS.

END OF THE VOLUME!—This present number closes the Nineteenth Volume of the WATER-CURE JOURNAL. VOLUME TWENTY begins with the next number.

Subscriptions which commenced in July, 1854, have been completed, and now terminate. Those which commenced in January terminate with the December number.

RENEWALS.—All who wish to keep themselves and their friends fully informed upon all the important subjects to which this JOURNAL is devoted, will, of course, not only renew their own subscriptions, but induce others to join them.

OUR PROSPECTUS.—To facilitate the recording of Names, we send blanks, which may be filled out, and returned to the Publishers. May each circular bring to our new subscription list the names of Twenty or more.

KEEP YOUR SETS UNBROKEN.—By neglecting to renew in season, subscribers sometimes fail to keep their files complete. We would therefore suggest that Clubs be made up, and names sent in to the Publishers at the earliest period convenient.

TEACHERS, EDITORS, CLERGYMEN, and others, are invited to obtain subscribers in the neighborhood where they reside. Agents and Canvassers may obtain Certificates from the Publishers, on presenting suitable recommendations. Sample numbers always sent gratis, when desired.

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

Additions to clubs may be made at any time at the same price per copy paid for the original club.

Several Bank Notes, Postage Stamps, or small Gold Coins, may be enclosed and sent in a letter to the Publishers, without increasing the postage.

Those who prefer may remit for one, two, three, or more years, as may be convenient; the amount will be duly credited, and JOURNALS sent the full time paid for.

REMITTANCES.—Large Amounts in Checks, Drafts, or Bills on New York are always preferred. We will pay cost of exchange.

CORRESPONDENTS will please be particular to give the name of the Post-office, County, and State. All letters should be post-paid, and directed as follows:

FOWLERS AND WELLS,
No. 308 Broadway, New York.

TWENTY-FIVE CENTS.—A NEW PLAN.—One of our Western co-workers in the good cause of Water-Cure, proposes to send in the names of ONE HUNDRED *six months* Subscribers for the WATER-CURE JOURNAL, to commence with the next number—JULY, and to terminate with the next December number. He says, "I can procure the names of one hundred persons in my vicinity who have never yet read the JOURNAL, just to 'try it,' if they can get it for half a year at the Club Price. Now, if you approve the plan, I will engage to send you one hundred names—and more, if possible—between this time and the first of January 1856, that is to say, during this next half year. What say you?"

HALF A YEAR "FOR TWENTY-FIVE CENTS."

That's the question. Hitherto, we have received only yearly subscriptions, which, in clubs at only fifty cents a year, scarcely pays for the white paper on which the JOURNAL is printed; and now, "on top" of this—just after getting through the "hard times"—comes this proposition from one of our very best and most zealous friends. We will not, we cannot, resist it. Looking at it from the "standpoint" of our friend, we consider it a first-rate plan. Twenty-five cents, he says, is just the price of a box of pills, four glasses of grog, four No. 1 segars, or a half pound of plug tobacco, a single look at the elephant, a pocket-full of pea-nuts, or a little roll of ribbon, and some other very small things, for only twenty-five cents! We'll do it. Yes; we will send one hundred copies of this JOURNAL *six months* to one or one hundred different persons, to one or one hundred different Post Offices, for *twenty-five dollars*, fifty copies, six months, for \$12 50, and twenty copies, six months, for only \$5!!!

By this cheap means, a few thousand families may be made acquainted with that which will save them many times its cost, and put them in the way of becoming acquainted with the LAWS OF LIFE AND HEALTH.

GIVE IT AWAY.—Large numbers of the Water-Cure fraternity are in the habit of ordering copies of the JOURNAL sent to their friends and relatives residing in different parts of the Union. This is a simple and cheap way of "doing good."

ONCE ON THE TRACK, the reader will pursue the subject until familiar with the philosophy and practice of Hydropathy, and all those health-preserving principles which grow out of it.

SAVING EXPENSE.—It is affirmed by hundreds that the JOURNAL has been the means of saving doctors' bills, drug-bills, time, health, and of prolonging life; yet it is not claimed that "water alone" will either raise the dead or prevent natural death.—But it is claimed that a judicious application of all the Hygienic agencies embraced in the Hydropathic system, will do more towards restoring health and prolonging human life, than can be done by any other means known to man.

THEFORE, Believing all this, yea, KNOWING it to be TRUE, we submit it to those who have experienced and realized the blessings growing out of it, to disseminate, promote and extend its benign influence everywhere. Let it be "talked up" in every neighborhood—let it be introduced into every dwelling.

The above plan will facilitate the undertaking. We solicit and entreat all Men and Women to join in this work of physical redemption, and "lift up" sick and suffering humanity upon a higher and a happier plain. Friends, may we not hear from you? A small sum, with a little persevering effort, will "tell" upon the destiny, the life, and the happiness or misery of many a family.

We shall work and wait—we shall hope and pray.

Water-Cure Journal

NEW YORK, JUNE, 1855.

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

JUNE TOPICS.

BY R. T. TRALL, M. D.

ANOTHER NATIONAL CONVENTION.—“Time rolls its ceaseless course,” and, with another revolution of the seasons, comes another assembling together of our allopathic brethren in national convention. Philadelphia enjoyed the distinguished consideration of providing for the entertainment of five or six hundred *foreign* doctors on this occasion; and it is said that the city of Brotherly Love, for a day or two, contained an amount of “medical science” sufficient to have destroyed or crippled for life half the people of Pennsylvania.

The ostensible objects of these convocations are, to elevate the character of the medical profession—a sadly-needed work, God knows!—to secure to the profession the confidence of the public—in which enterprise they are steadily progressing backward—and to put down quackery—a task requiring something more than an absurd system to accomplish.

There are many men of extensive learning and of philanthropic motives in the medical profession: they do all the good they can; but a fallacious doctrine, an erroneous theory, a false philosophy, has mis-directed their intellects and their energies, and caused those who should prove blessings to their fellow-creatures to be curses to the human race. We have watched the proceedings of these national conventions from the start, and have not yet seen the first particle of good result to the community from their immense labors and imposing demonstrations.

They read learned essays which none of them understand, or care a straw about the next day; offer contemptible premiums for the “best essay” on some common-place subject; pass high-sounding resolutions about elevating the standard of the medical profession; propose additional restrictions—*alias* higher charges for admitting young men to the dignity of M. D.; suggest plans for increasing the confidence of the public in the killing method of curing diseases; deplore the ravages and rapidly-spreading influence of all kinds of quackery; give hydropathy and homœopathy a particular stab (as they suppose) under the fifth rib; declare it an excommunicable crime for one of their precious number to consult with an irregular; visit the city institutions, make fluent speeches, eat tremendous dinners, drink swiggingly of anti-Maine law beverages, smoke, return thanks, and—go home again.

We do not like to speak lightly of dignities; but we would like to see something useful to somebody come of these portentous gatherings. We can propose subjects for them to discuss, problems for them to investigate, propositions for them to settle, worthy of the most learned heads and most benevolent hearts of the nation.

For example:

1. Why do nearly all of their own standard authors condemn their whole system?

2. Why is the whole medical profession profoundly ignorant of the manner, the rationale of the operation of a single one of their thousand drug remedies?

3. Why do their best authors agree that all drug-medicines cure one disease by substituting another?

4. How is it that the laws of health are never taught in their medical schools?

5. Wherefore do so many of them chew tobacco and drink spirituous liquors?

6. Why are medical men just as much addicted to unphysiological habits, and just as liable to diseases, as other people?

7. Why do the majority of them continue to prescribe intoxicating drinks freely as medicines, when some of their most eminent scholars declare them unnecessary in any case?

8. Why did their journals lately attack Dr. N. Gilman, of Mass., with ridicule, instead of argument, when he *proved* that alcohol, in any form, was injurious in all diseases, and in all states and stages of disease?

9. For what reason do you “old fogies” always meet quackery by denunciation, instead of by teaching the people a better way?

10. Why are you perpetually prating at the people, because they can't have confidence in your skill, when their own observation and experience tells them that your skill is very dangerous?

11. When will you progress so far in a knowledge of the healing art, as to learn that those poisons which make well folks sick, are not remedies to make sick folks well?

12. What do you think induced the eminent author, Dr. John Mason Good, to declare that “the science of medicine is a barbarous jargon; and that our medicines have destroyed more lives than war, pestilence and famine combined”?

13. What prompted the celebrated Sir Astley Cooper to declare that “the science of medicine is founded on fact, and improved by murder”?

14. What made Professor Gregory exclaim: “Ninety-nine out of every hundred medical facts are medical lies”?

15. Why should Dr. Ramage, after attaining the highest honors of the British medical schools, assert that, “in most cases, the sufferer would be safer without a physician than with one”?

16. What caused the eminent Dr. Bailey, of London, to declare—“I have no faith whatever in medicine”?

17. How happened it that Professor Evans declared, “Our system has neither philosophy nor common sense to commend it to confidence”?

18. Why did Dr. Adam Smith exclaim, “The cause of the quackery out of the profession, is the *real* quackery in the profession”?

19. What caused the venerable Dr. Rush, of Philadelphia, to declare, “We have assisted in multiplying diseases, and we have increased their mortality”?

20. Why did your Dr. James Jackson, of Boston, speak of your system as “a poor pathology and worse therapeutics”?

21. Why should Dr. Jamieson, of Edinburgh,

affirm that, “Nine times out of ten, our *mis-called* remedies are injurious to our patients”?

22. Why did the great Magendie, of France, declare that “there is scarcely a sound physiological principle among us”?

23. Why did Dr. James Johnson, of the London Medical-Chirurgical Review, “declare, as his conscientious conviction, founded on long experience and reflection, that if there was not a *single physician, surgeon, apothecary, man-midwife, chemist, druggist, nor drug* on the face of the earth, there would be less sickness and less mortality than now prevail”?

24. Why do people everywhere have better health, the less you do and drug them?

25. Why do all manner of quack doctors, with no learning at all, have just as good success as you do in curing diseases, while you have all the science of the world to help you?

We could easily ask a few hundred similar questions, but as we do not expect you to pay the least attention to any of them, a couple of dozen must answer for the present. But these are precisely the questions you *ought* to meet and discuss; and the time is not far distant when you can no longer dodge them. They will meet you—*aye*, and discuss you, too,—as a cold cloth discusses a phlegmon—“scatters it away.”

ALLOPATHY VS. THE PEOPLE.—In nearly every State in our Union, the allopathic physicians are besieging the legislatures incessantly to pass prohibitory laws against all physicians, except of their own school, while, all over the country, the people are fast asserting the right to be doctored by whom they please. What a contrast is there between the schools of drug-medication, and the school of hygienic medication! Both are struggling to secure the public confidence, but how differently! The former are striving for laws to compel people to employ them, and deprive their opponents of the common rights of citizens; whilst the latter is asking nothing of powers or privileges. One seeks to establish a medical system on the basis of a law interdicting all other kinds of practice; the other seeks to establish a different medical system on the basis of the general education of the people.

The latest and meanest expedient we have heard of to establish “medicine and State,”—in other words, to declare by statute that allopathy—*regular* allopathy—is, and shall be, “henceforth, forever, and for all future time to come,” the only legalized way of doctoring, is now *agitating* the Pennsylvania Legislature. The *Philadelphia Ledger* says:

A bill is now before the Legislature of this State, for the establishment of a Board of Medical Censors, to consist of three regular physicians, to be appointed by the Governor, before whom all practitioners of medicine in this State, irrespective of age or standing in their profession, shall be annually summoned, in order to undergo an examination, not only as to their qualifications, but as to the progress they have made as relates to the developments and improvements in the science of medicine; subjecting them, upon the first examination, to a tax of twenty-five dollars, and five dollars for every subsequent yearly inquest. In the event of non-compliance with this act, the penalty is, “no recourse in law for the collection of their bills for medical services.” Two of these censors are to constitute a quorum,

to whose decision, in all cases, the third shall submit.

We've ever bigotry, selfishness, tyranny, and old fogysm, expressed in a more concentrated form? Two regular physicians are to have supreme authority to decide upon the fitness of all the practitioners of the State! and if these do not come up to the master like manacled dogs, once a year, and bark assent to whatever the mighty two (for the third "shall submit in all cases") ordain to be faith and practice, the collection of their honest debts is to be outlawed! And they are to come together from all parts of the State, like a flock of sheep to have the owner's mark branded anew, and to pay five dollars annually for this "inquest." Go ahead, gentlemen. The more of such and similar laws you get legislators to enact, the sooner will the people see the necessity of taking this whole matter into their own hands. All we ask of legislators, in our controversy with you, is to give both exactly the same privileges, or to let both parties entirely alone. If there are no merits in your system to talk about, go to the law for protection, by all means. If there are any merits in it, suppose you let the people know in what they consist?

A NEW CHOLERA IDEA.—The following paragraph is going the rounds of the papers:

—A new idea with regard to the cholera was started a short time since, by an American physician. He maintains that sores of any kind will act as a preventive to the cholera. He accordingly recommends, that on the appearance of the cholera, all people shall be inoculated by a caustic issue. The idea has been lately tested in St. Petersburg, with very satisfactory results.

This plan of preventing cholera reminds us of the equally profound idea not long since elaborated by a Cincinnati physician, in relation to the prevention of scarlet fever: "Whenever the scarlet fever comes about," reasoned Esculapius, "put the children on a diet of plain, simple, healthful articles."

If there is any virtue in the Cincinnati doctor's advice, it would be better still to keep the children on good food at all times, so that scarlet fever would not come about at all. And if there is virtue in the American doctor's idea, the people had better keep themselves covered with sores continually, so that cholera will have no chance to get hold of them.

Appropos, we venture to start an idea which may be new to the said American physician. If the people will keep their *inwards* healthy by proper diet, and their *outwards* clean by appropriate bathing, there will be no necessity for inoculating them with caustic issues. They will be cholera-proof.

TEA, COFFEE, AND COCOA.—The fallacies taught by professional and scientific men—physicians, chemists, and physiologists—on the subject of food and drink, are so multitudinous, that we are often tempted to exclaim, *a la Magendie*, "there is scarcely a correct idea about eating and drinking among us." The following article, now going the rounds of the newspapers, is a fair illustration of the manner in which the people are continually misstaught and misled by those to whom they are accustomed to look for science and instruction:

COCOA AND CHOCOLATE.—Applied to beverages, the term cocoa describes a decoction, which is used like coffee, rejecting the insoluble part of the bean; while chocolate is employed to designate a preparation like gruel, the whole of which is adapted for consumption. The former is prepared for market by depriving the bean of its husk, and crushing it to fragments. The latter, after being roasted over a slow fire, is either beaten or ground in the husk, with starch, sugar, or other similar ingredient, to a paste; or, when the finer article is sought to be manufactured, is shelled after roasting, and ground with sugar and a flavoring of vanilla. Where vanilla is too expensive, cinnamon and cloves are substituted; but a single pod of vanilla is sufficient for a pound and a half of cocoa. Chocolate is variously formed into confections, to be eaten in the solid state, and when properly made, they are alike wholesome and palatable. Like tea and coffee, chocolate operates upon the human system with exhilarating and sustaining effects; and though it does not in the same degree influence the nervous or intellectual life, it supplies nutriment to the body in much larger proportion. Its predominate ingredient—indeed, more than one-half the weight of the shelled bean—is fat; while it contains, also, a large proportion of starch and gluten. It differs from milk, to which it bears the closest resemblance of all varieties of human food, according to Prof. Johnston, chiefly in the greater proportion of fat which it contains. In the *Chemistry of Common Life*, the following comparison is instituted between milk evaporated to dryness, and the dry cocoa-bean:

	Milk.	Cocoa-bean.
Caseln or gluten,	35	18
Fat,	24	55
Sugar or starch, &c.,	57	23
Ash, or mineral matter,	4	4
	100	100

The union of milk and chocolate in the preparation of the domestic beverage, is practically a skilful chemical adjustment, by which the excess in either of the nutritive ingredients, is made to compensate the deficiency in the other. The result is an eminently nutritive mixture, of great virtue to support the bodily strength, and sustain the nervous energy. It is apt to disagree with delicate stomachs; and persons of weak digestion, fond of the cocoa flavor, should use only the simple infusion, made by boiling the bean, crushed into fragments after being roasted and deprived of its husk, drinking it with sugar and milk, like coffee.

The cocoa-bean possesses one ingredient which gives it a great advantage over milk, in the substance called *theobromine*, so termed from the generic name of the tree—*Theobroma* (Food of the Gods), given to it by Linnaeus to mark his appreciation of the savory qualities of the fruit. In its composition and action, theobromine bears a striking resemblance to the *Theine* or *Caffeine*, which is the principle that gives to tea and coffee their soothing, exhilarating, hunger-allaying, and waste-retarding effects. Both substances contain nearly half their weight of carbon; and of the residue, about three-quarters in theobromine, and a little more than half in theine, consists of nitrogen, and to this extent is attributed the same power and *novelty of influence* upon the system; the remaining ingredients are oxygen and hydrogen, which exist in them in the proportion about of four to one. Another principle which the roasted cocoa-bean possesses in common with tea and coffee, is the volatile oil, to which its aroma is due. In neither of the three plants does this volatile ingredient appear to exist in the natural state; it is produced or developed in the process of drying or roasting. The proportion contained in the cocoa-bean is less than in either tea or coffee. A hundred pounds of tea yield one pound of the oil; it takes 50,000 pounds of coffee to produce the same quantity, and it is believed, still more of cocoa. Upon the development of this principle in coffee and tea, their value in general estimation chiefly depends; it is the existence of this aroma in greater degree, that distinguishes the finest Mocha from the inferior productions of other localities; and it is supposed by Payen, that if the oil could be bought, to impart this flavor to the commoner kinds of coffee, it would be nearly ten times more precious than pure attar of roses, and bring in the market five hundred dollars an ounce.

In tea a portion of the volatile ingredients of the leaf escapes, and its aroma and flavor are diminished by lapses of time. But in the cocoa-bean no such effect results from its preservation in the state in which it is brought to market; for the obvious reason, that the oil is not produced till it is roasted. On the contrary, the leaf ripens by keeping, and

is thus made to yield a larger quantity of this much-prized substance. Chocolate paste improves in its flavor by keeping; but the roasted cocoa-bean soon loses its aroma, if exposed to the air. Prof. Johnston says that the effect of the volatile oil of coffee upon the system has been ascertained of experiment, and found to be almost precisely that of theine or caffeine, already described. No doubt the same results are produced by the volatile oils develop'd in tea and cocoa, viz., in retarding the waste of the tissues, producing an agreeable excitement, stimulating the digestive apparatus, and dispelling hunger. In the experiment referred to, the quantity of coffee taken in a day was two ounces. Double the dose produced violent perspiration, sleeplessness, and symptoms of congestion. The quantity of good tea that may be taken in a day by most full-grown persons, without injury, is estimated by Prof. Johnston at about half an ounce; but twice that quantity would in general be attended with unpleasant effects.

Here we are expressly told, by the highest chemical authority, that a person may take half an ounce of tea daily without injury; and by implication, that it is useful to take substances into the system which produce *unnatural* exhilaration; which dispel *natural* hunger; which prevent or retard the natural change or transformation of tissue; and which stimulate the digestive apparatus;—all of which propositions have "neither philosophy nor common sense to recommend them." Are these learned gentlemen aware that alcohol, tobacco, iron, arsenic, quinine, &c., will occasion all of the results—and in precisely the same way—that they attribute to tea, coffee, and cocoa? And yet the latter are called poisons, and the former innocent and even useful beverages!

SOMETHING ABOUT BUGS.—Thousands of our readers have heard of or from the author of a little book which has lately flooded the country, called "The Water-Cure Guide." The author is a practical vegetarian, and, of course, a great admirer of the best fruits and vegetables. Being in the country last summer during the melon and cucumber season, his attention was directed to the causes which impede their successful cultivation, or occasion a destruction of the fruit altogether. He has furnished the following data in relation to one of the most destructive insects which prey on the vines, for the benefit of those of our readers who love to luxuriate on a rich melon—and who does not?

"The striped melon bug is one of the first to make its appearance; and while the plants are young and tender, they do extensive injury. I have found the following remedy both simple and effectual:

"Removing all lumps and rubbish, gently pat down the hill, then fill all the crevices and depressions within one foot of the plants with *fine dry sand*, whereon nine-tenths of the bugs in the habit of visiting the premises will immediately seek other accommodations.

"My attention was called to the subject on observing how much thicker these animals congregated around and upon plants in cracked, lumpy hills, than upon those with a more smooth and even surface. These bugs prefer a soil where they can easily burrow and deposit their eggs. When the hills are levelled and sanded as above, they find this difficult, and hence seek other quarters."

This is altogether preferable to the common method of sprinkling lime, ashes, ley, and other pungent and corrosive ingredients, on the deli-

cate leaves; for this latter practice is analogous to taking drug poisons into the human system to cure its diseases. They cannot be otherwise than injurious to growth and development.

To Correspondents.

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

Professional Writers.

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

CONSUMPTION.—W. N., Wilton, N. H.—“What is the state of the lungs when there is soreness in one side of the chest, accompanied with a cough and expectoration of a yellow or greenish matter of a sweetish taste? And when there is not much pain or soreness, and no cough, but a hawking of phlegm from the throat, and a sort of lameness or weakness about the chest and shoulders, causing fatigue by exercise, getting out of breath, with sometimes an inability to take a full inspiration? Is the case a curable one in a person of consumptive family, when these symptoms occur just before or soon after the death of one of the family, several having died successively within a few years? The first case mentioned we should regard as ulcerated lungs; the second as dyspepsia tending to consumption. We cannot pronounce on the curability of the case mentioned, without knowing all the circumstances. The chances are, however, unfavorable.

DYSPEPSIA AND RETROVERSION.—E. R. B., Mich.—“I have a sour stomach and a weak, irritated feeling over the region of the liver. My diet is brown bread, wheaten grist, apples and potatoes. I bathe daily, and take a cool sitz-bath twice a day. May I ever expect my stomach cured, and in what way? I have been mechanically treated for retroversion of the womb of long standing; but still that organ is inclined to fall back frequently. Would wearing a sponge prevent the difficulty? Would an astringent wash be injurious? Don't meddle with sponges or washes without the direction of some person who understands such cases. Your muscular system must be treated judiciously, that is to say, so as to strengthen whatever muscles are relaxed.

CALCULI.—S. W. N., Holmesville, Miss.—“I have read a few numbers of the ‘Water-Cure,’ and as I see that its columns are open for the satisfaction of the inquisitive, I would ask what is your treatment for the lithic, phosphatic, and oxalic diathesis, under the Water-Cure system? What are the chemical changes produced by water diet and diet in these diatheses? Does not the exclusive use of a vegetable diet have a tendency to aggravate the oxalic diathesis? The plan of treatment consists in keeping the excretions free by bathing and diet, at the same time avoiding the introduction into the system of the impurities which form the calculeous diathesis. Water has a solvent, but not a chemical action on the elements of gravel and stone. A proper vegetable diet does not conduce to the oxalic diathesis, but is a preventive.

SORE LIP.—W. G., Ferguson, C. W.—“You would very much oblige me by giving your advice in your next Journal, how I am to treat a sore under lip I have. The skin comes off it in the summer this two summers past, and it is getting sore this spring again. It keeps raw for two or three months at a time, and is very painful at night with my breath blowing on it. I am a farmer, and thirty years old (and a bachelor), and very temperate in my habits. I have not tasted any intoxicating drink this ten months back. I use tea and coffee moderately, but no tobacco; my health is very good.” Wash the whole surface with tepid water on rising in the morning, and again at bedtime, and adopt a plain vegetable diet. Avoid salt, spices, alkalies and vinegar.

LETTERS.—E. M., Chillicothe.—Tell your patient to adopt a strict vegetable diet, and wash all over in tepid or cool water morning and evening.

OVERLOADED STOMACH.—S. P.—“Do you think a daily sitz-bath, with the wet girle occasionally, is the best I can do for a fluttering sensation about the heart, and a very sour stomach, with occasional pains in the stomach and bowels, caused, I think, by overloading the stomach? Is flour or corn bread the best? The proper remedy for your overloaded stomach is to cease overloading it. This idea of killing yourself by bad eating, and curing yourself by good bathing, at one and the same time, is about as preposterously ridiculous as it would be to hold your hand in the fire, and then swallow bits of ice to keep from being burned. Wheat or corn bread are equally good if properly made. See Hydropathic Cook Book.

SUGAR AND PUDDING.—E. P. B., Northampton, Mass.—“Please inform me, through the columns of the ‘Water-Cure Journal,’ whether sugar or maple sweetening is injurious to our health? It certainly is very pleasurable, particularly at this season of the year; but is it well to make a daily use of it? and, also, do you think yeast pudding end milk a healthful article of diet for a working man, and, if so, can he do that amount of work that he could on ordinary food?” Don't know what you mean by “ordinary food.” Sugar is not a good food for you, and pudding and milk, though better than some kinds of “ordinary food,” are far from being as good as solid bread and good apples.

INJURED EYE.—E. H. G., Alton, Ill.—“Some eighteen months ago, while turning a piece of steel, ‘a chip’ flew into my eye, and worked itself from the inside into the lower eyelid without much pain or inflammation; but has caused a hard bunch to form, somewhat disfiguring the eyelid. Can it be removed without surgical operation?” Probably the knife or caustic is the best way to dispose of the thing, using proper precautions to obviate inflammation.

MERCURIAL DISEASE.—R. J., Orangeville.—“The patient has had typhoid fever—been treated the usual allopathic way—rheumatism followed—and now one limb is larger than the other, and has several boils or ulcers around the knee joint.” This is a mercurial disease, very likely. Keep him on vegetable diet, give a lepid bath daily, and bathe the limb frequently in rather cool, but not very cold, water. Keep the wet compress on the part whenever there is unusual heat.

CRACKED WHEAT AND WET GIRLES.—C. B., Atlanta.—“Can cracked wheat end rice flour be obtained in New York? and where? When the wet girle produces chilliness shall it be taken off? and is it useful in prolapsus?” 1. The best cracked wheat we have any knowledge of is prepared at 13 Light Street in this city, where the best article of Graham's flour is also kept, and also rice flour. 2. Yes. 3. This depends on the circumstances of the case.

WHITE SWELLING.—M. H., Canada West.—“I have been afflicted for the last dozen years with rheumatic white swelling in the knee. It is enlarged, contracted, nearly stiff, and painful. Age 40; health good. Is it curable? 2d. What home treatment would be proper? Its curability depends entirely on the constitutional stamie yet remaining. Probably the joint will always be more or less stiff. For treatment see the Encyclopedia. It would take many pages to write it all out.

SORE UPPER LIP.—In the Answers to Correspondents in the April number of the WATER-CURE JOURNAL, is a case of “Sore Upper Lip,” which appears to be very similar to the case of a man in this city who was troubled exceedingly in the same way. It was cured by abjuring the use of the razor. Several years have elapsed, and the cure is permanent.

T. W. C. might try this; perhaps he might meet the same result.
Boston, April 9, 1855.

H. W. SWETT.

STAMMERING.—A. B. S., Gauley Bridge, Va.—There is no other way of obtaining the instruction taught in this school, except by attending it. The exercises adapted to stammerers cannot be communicated in writing. The kind of training depends on the kind of impediment, and this, nine-tenths of the so-called stammering doctors know nothing about.

DIST.—F. E. W., Rockport.—You ask a great many questions, and call for explanations which would require several pages to answer satisfactorily. You will find all the information you seek, and much more, in a small cheap work, called the Hydropathic Cook Book. A score or more of questions you ask concerning bathing in different diseases, are answered in the Hydropathic Encyclopedia.

PREPARATORY STUDIES.—G. W. A., Murray.—“Please inform me, through the Water-Cure Journal, the best works to study as a preparation for entering Dr. Trall's Hydropathic Medical Institute, which I contemplate doing a year from date?” The Encyclopedia, Graham's Science of Life, Yonnam's Chemistry, the Hydropathic Review, and Combe's Constitution of Men, are among the best.

MISS LESLIE'S COOK-BOOK.—C. C., Edenboro, N. Y.—“Please inform me, through the Journal, whether Miss Leslie's plan of cooking, as contained in her book, is healthy or not?” In some respects it is; but in many respects it is not.

WORMS.—R. D. B., Newark.—You will find ample directions for the treatment of such worms as you complain of, in the Encyclopedia. The diet is more important than everything else. The Cook Book will tell you all about this.

LIEBIG ON COFFEE.—S. M.—“Liebig says that coffee contains a principle called ‘taurine,’ which he considers essential to the health of those who do not take strong exercise. What is your opinion?” Exactly the contrary.

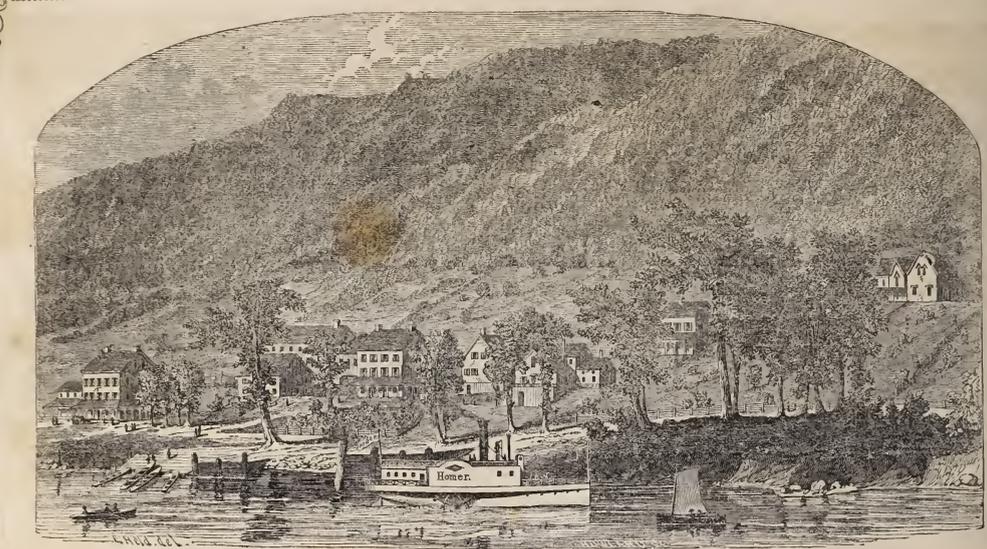
CHRONIC CATARRH.—Rev. D. B. L., Scottsville.—Your case requires all the management applicable to a bad case of dyspepsia. See Encyclopedia, chapter “Indigestion.”

Miscellany.

WHEAT FLOUR.—It is said that there are of nutriment peculiarly favorable for the growth of the muscular system, in every 1,000 pounds of wheat about 98 pounds. In every 1,000 lbs. of flour, only about 20 lbs., and in every 1,000 lbs. of bran about 6 lbs. To please the eye and the palate we sift out the most nutritive part of this grain, and seek a substitute for it in the consumption of animal food, &c. There is yet another loss or disadvantage from this rather foolish fastidiousness. The bolted flour will not go nearly so far as the unbolted. If in a given time eight persons will consume 40 lbs. of fine flour, or the usual product, one bushel of wheat, then it would take a considerably larger time for them to consume that flour with the addition of several pounds of coarser material. This saving from the use of unbolted flour would be greater than just in proportion to the increase in weight of the unbolted above the bolted article, for the former contains the most nutriment. It would be within the limits of truth to calculate that four bushels of wheat would go further in the unbolted state than five bushels bolted. This is no contemptible consideration at present prices of wheat and flour.—*Real Estate Register.*

[We would suggest the propriety of simply “cracking” the wheat in a cheap hand mill, and then cooking it to the taste. Served in this way, it proves to be nutritious, economical, and one of the most healthful articles of diet. It is much used in all the large Hydropathic establishments, and is said to be a remedy for dyspepsia.]

VEGETARIAN MEETING.—We regret to say that the Report of the Annual Meeting of the American Vegetarian Society, held at the Hydropathic Institution, on the 1th of May, came too late for insertion this month. The meeting was unusually interesting, and our vegetarian friends who were not present will be gratified by the report of the doings of the Society. It will appear in our July number. The excellent address of Doctor Taylor which we give at length will in part compensate for the delay of the account of the proceedings.



GLEN HAVEN WATER-CURE, HOMER, CORTLAND CO., NEW YORK.

READER:—Our picture describes Glen Haven as it is—lacking its life, which no picture can give. Though called last fall to suffer great loss, yet we have not filtered, and have now a building under contract, every way superior to the old one which was burned. We mean to make our Cure, before we die, the best in the world. Already are persons seeking homes on our mountain sides, that they may have a residence where *life shall be full of*

enjoyment. In a few years, we shall have a hamlet of houses, filled by refined and well-educated Water-Cure families, besides our own family of guests under treatment. And as we are of those who are willing to wait for results till they can grow naturally, so we shall labor on, hopefully and joyfully, in a cause worthy the inspiration and the efforts of all who value health and human redemption.

CIRCULARS! SEND FOR THEM!

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 opinion as to its utility over the long-sleeved dresses 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 Drs. J. O. Jackson and H. N. Austin.

No. 3—SPERMATORRHOEA. This is written to give information to all such men as, from whatever cause, may be suffering from debilitated reproductive organs. Dr. Jackson has had very large practice in the treatment of Spermatorrhoea, with most marked success.

Our Physicians are also preparing circulars on "DISEASES OF CHILDREN," "SCORFULA," "DYSPERPSIA," "HEBERSTEIN'S," "SORE EYES," "Fever and Ague," "Bilious and Typhoid Fevers," with general suggestions for home treatment, where it is feasible for it to be taken; and when there are ready we shall add them to the advertised list in this notice.

Mean while, order as many as you choose of those already published, and so serve the good cause.

Yours truly,
 CHAS. H. HASKELL, AND BREWSTER,
 Proprietors, Glen Haven Water-Cure,
 Homer, Cortland Co., N. Y.
 MAY 1, 1876.

COLUMBUS WATER-CURE, FOR LADIES

EXCLUSIVELY.—In founding this Institution, OUR object has been to combine the best, most modern, and most scientific treatment for the cure of complaints particularly incident to Females. We feel confident that we have accomplished our object, and treat, with a certainty of success, all cases of Uterine Displacements, Enlargements, Congestions, &c. Our plans are so uniform, that we have advertised to enter into a written agreement, and hereby renew our offer to not restore them to such health as to enable them to walk from one to ten miles daily. We urge this offer upon bed-ridden cases, who have not enjoyed during the past year, who had been confined entirely to their beds from one to several years, with complete success. Address,
 Dr. W. SHEPARD,
 Water-Cure, Columbus, Ohio.

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

The public are informed that they have opened their New Establishment in Forest Dale, and are now ready to receive patients of both sexes for the winter. The new edifice is of brick and stone, and finely adapted to the purpose for which it is designed. It is warmed and ventilated on scientific principles, and hot and cold air can be introduced at pleasure. The rooms are pleasant, the water soft and abundant, the pleasure grounds picturesque, and the gymnasium commodious.

No expense has been spared in its construction, and they are determined to make it second to none in remedial facilities.

Prices—\$7 to \$12 per week, according to rooms, and attendance required.

Each patient requires two coarse coats and one linen sheet, one woollen blanket, one comfortable, and six or eight crash towels.

All communications addressed to Dr. G. W. STANGOR, or ISAAC JENNINGS, M.D., Cleveland, Ohio, postpaid, will receive immediate attention.

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

The BROWNVILLE WATER-CURE will be reopened next April, under the direction of Drs. Ritter and Baer. Dr. Ritter is well known as a scientific physician and surgeon, educated in Germany, and for the last two years physician to Dr. Munde's establishment in Florence, Northampton, Mass.

Articles, post paid, to be addressed to
 Dr. J. RITTLER,
 Brownville, Pa.

KENOSHA WATER-CURE, at KENOSHA, WISCONSIN.

This is a large institution, and has been its successful operation for the past two years. It is now undergoing thorough repairs, and will have connected with it all the modern improvements of the Hydropathic practice. It is the intention of the proprietors to make this institution second to no other. The site is but two hours' ride either from Milwaukee or Chicago, by the Lake Shore Railroad.

Address H. T. SHELLEY, M. D., Kenosha, Wis.
 H. T. SHELLEY, M. D., } Proprietors.
 J. JOHN S. HANSEN, }

Mrs. L. F. FOWLER, M.D.—Office

HOURS—From 9 A.M., to 2 P.M., at 50 MORTON ST., between Hudson and Beecher Sts. From 4 to 9 P.M., at PHENOLICEN ROOMS, 308 Broadway.

MT. PROSPECT WATER-CURE, BINGHAMTON, BROOME CO. N. Y.

This beautiful retreat for Invalids

continues with increasing prosperity,—large additions having been made during the last season. We are now prepared to accommodate one hundred patients, and can say with confidence, that our present arrangements are not excelled by any similar establishment in this country.

For healthfulness of climate, purity of water, and general adaptation for pursuing Water Treatment, this place is unrivaled.

A few rods from "the Cure" is the beautiful "Chenango River," which furnishes abundant opportunities for rowing and sailing. We are fitting up some fine swimming-baths, which are not excelled at Cape May or Rockaway. All parties are requested to provide themselves with bathing dresses.

The Medical department is under the charge of Dr. G. V. Thayer and Mrs. H. H. Thayer, whose large experience in Hydropathic practice, thorough knowledge of disease, and the success that has attended their efforts, are sufficient evidence of their skill in attending to, and relieving the wants of, diseased humanity.

Medical lectures daily during the entire year, upon Anatomy, Physiology, the Laws of Health, the History, Pathology, Causes, and Symptoms of Diseases, and the Theory and Practice of Water-Cure. We treat all curable diseases successfully. We have made the following diseases our special study, and give them more than ordinary attention:—

"Female Complaints." Our success in treating and curing these diseases peculiar to females has given us confidence, and we can daily invite all ladies who are now suffering from the same, even though you have not succeeded in your former attempts for the restoration of your health, to make one more trial, and give us a call.

"Diseases of the Lungs." We are using, in addition to Hydropathic treatment, inhalation of medicated vapor, and since its adoption we have succeeded beyond our sanguine expectations, and we hold out a ray of hope to the unfortunate invalid who—tho' our method of treatment has succeeded in checking the progress of that fearful scourge of humanity, Consumption.

"Sperminal Diseases," "Spermatorrhoea," and "Nocturnal Emissions," treated effectually by a mild and painless operation, (commonly known, and it seldom fails of a permanent cure).

Prices—From \$5 to \$25 per week, (payable weekly), according to room and attention required. Address,
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 Mt. H. HAYES, M. D., } Physicians.
 M. H. H. TRAYNE, M. D., }

JAMESTOWN WATER CURE, at Jamestown, Chautauque Co., N. Y.

For particulars see the April Number of the Water-Cure Journal. Address,
 D. S. PARKER & MIXER,
 June 6t

GEO. HOYT, M. D., 77 Bedford st., Boston. makes critical stethoscopic examinations of the lungs, attends specially to uterine diseases, and visits patients both at a distance and in the city.

NEW-MALVERN WATER-CURE, West-hor's, Mass., is in successful operation. Dr. J. H. Hiko, Resident Physician; Dr. GEORGE HOYT, 77, Bedford st., Boston, Consulting Physician. Feb 6t

THE MISHAWKA WATER-CURE is now open, and ready for the reception of Patients. Address or apply to Dr. J. B. GULLY, Mishawaka, St. Joseph Co., Ind

SPRING RIDGE WATER-CURE, Hinds County, Mississippi. H. J. Holmes, Jr., M. D., Female Diseases, or Diseases of the Women, treated by H. J. HOLMES, Sr., M.D. Mich

CANTON WATER-CURE AND PHYSIO-MEDICAL INSTITUTE, at Canton, Ill. is now in successful operation. Terms, \$2 to \$10 per week. Address,
 JAMES BURSON, M. D.,
 Feb. 6t
 Proprietor.

NEW GHAENBERG WATER-CURE. For full, printed particulars, Address R. HOLLAND, M. D., New Greenburg, N. Y. Aug 6t

H. KNAPP, M.D., Water-Cure Physician and Surgeon, Lockport, Niagara Co., N. Y. Dr. Knapp constantly on hand, and for sale, Water-Cure and Pneumological Books, at New York prices. Jan 11t

GEORGIA WATER-CURE.—At Rock Spring, near Marietta, Georgia, is open, summer and winter; terms, \$10 per month. C. Cox, M. D., Proprietor. Feb 6t

ATBURN WATER-CURE, Auburn, Mecon Co., Ala.—Dr. Wm. G. BARR, F. J. BARR, M. D., Proprietors. April 6t

DR. BODERTH'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug 6t

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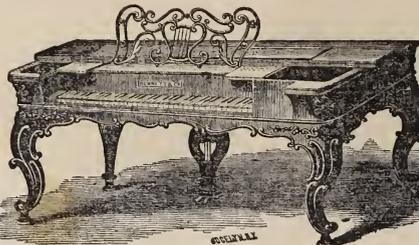
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The myriads of readers will never forget the narrative of Little Daisy's Death, or the passionate beauty, the graphic power and the vivid reality with which the scene is portrayed.

This is the subject which the author of the Song in the above Song, or of the assessment of beauty, the poetry is simple but elegant, sweet and touching, and all the melody charmingly variant to the work.

Little Daisy is already in great demand, and will have an unusually extensive sale.

Copies of the above Song, or any other Music, sent by mail, postage paid, on receipt of the money.

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The Books will be sent by mail, postage paid, at the price (as appended) remitted to C. S. 11 d

Astounding Work by a Mormon. SPIRITUAL DELUSIONS.

Being a key to the Mysteries of Mormonism and 'Spiritual Wife' System, as practiced by Brigham Young and his associates, at Great Salt Lake City.

This interesting work bids fair to run like wildfire, coming as it does at a time when the peculiarities of the Mormon people, and their doct. advice towards our Government, are exciting such universal attention...

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TEMPERANCE men will please send in their accounts and circulars to the body, and they will be sure to send the Maine Law.

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THE ENGLISHWOMAN IN RUSSIA.

IMPRESSIONS OF THE SOCIETY AND MANNERS OF THE RUSSIANS AT HOME. By a lady ten years resident in that country. 1 volume, 12mo, with six engravings. \$1.25.

She is a very agreeable story-teller, never growing dry in her narrative, showing a quick sense of the comic, and chiding away with her readers in a tone of such charming confidence, that you can scarcely help feeling that she has eyes to you, on some special amusement.

It is not only an interesting but extraordinary work. The author is not a person who has run through the country, guide-book and note-book in hand. Here and there in Russia, nor even the fruit of a long vacation trip.

From the Christian Intelligencer. A descriptive narrative, which will not only gratify the curious, but instruct the learner as well.

From the Worcester Palladium. Her observations on Russia and their relation to all classes of the Empire. The volume includes the impressions of the Russian people—their social and religious sentiments and habits.

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Resolved, That the third regular term of the New York Hydropathic and Physiological School is now closed, and the students of said School, being desirous of giving to the public an expression of our sentiments as to its merits, therefore,

Resolved, That in our opinion, the New York Hydropathic and Physiological School affords unsurpassed facilities for refined, moral, and intellectual improvement, and for acquiring a thorough knowledge of a correct system of medical science.

Resolved, That we unhesitatingly recommend all ladies and gentlemen who desire to qualify themselves as practitioners of the healing art, and as public teachers of the laws of health and life, to avail themselves of the advantages of this Institution.

Resolved, That the past history of this Institution has fully demonstrated the soundness of the philosophy and the liberality of its founders in affording equal advantages to both sexes.

Resolved, That the unprecedented success of this system, and the moral, refining, and elevating influences which the sexes exert over each other, more fully convinces us of the propriety and importance of educating them together.

Resolved, That we tender to each of the Professors of this Institution, our heartfelt thanks for their persevering, able, and mirroring efforts to unfold to us the true principles of medical science.

Resolved, That a copy of these Resolutions be forwarded to the Editors of the WATER-CURE JOURNAL and LIFE ILLUSTRATED, and the *New York Weekly Tribune*, for publication, with the request that exchanges please copy.

Resolved, That the Secretary of this meeting be requested to present to each member of the Faculty a copy of the foregoing Resolutions, as a testimonial of our esteem.

E. W. GANTT, Lockport, N. Y.,
Mrs. A. FRANCES KIMBLE,
J. S. WISE, Raymond, Miss., } Committee.

J. S. WISE, President.

REUBEN F. DUTCHER, Somers, N. Y., Secretary.

REVIVAL PREACHERS.—Without disrespect to those concerned, we quote from the *Christian Ambassador* the following paragraphs:

This class of ministers has always been regarded with great distrust by the most intelligent class in Christian sects, and in many quarters they have been tolerated rather than respected. At the late anniversary at Andover Theological Seminary, the Rev. M. P. Brannan, of Danvers, one of the most talented orthodox ministers of New England, denounced them as the "Mendicant Friars of the Protestant Church." And he said he had a copy of a letter in his possession from one of this class, in which, by way of negotiating the pay for his services, the gentleman stated that he expected to be instrumental in converting at least two hundred souls, and that they would be worth certainly a dollar a piece. If, added Mr. Brannan, conversions were raised to a dollar the head, they would be *warranted the genuine article!*

The *Ambassador* adds the following, which has a queer "ring," coming from a Christian:

"We copy the above from the *Boston Transcript*. The "Mendicant Friar," we think, put *too high* a price on his labors. However, Mr. Brannan (Br. Whittemore's old opponent) ought to know the value of a soul when converted to orthodoxy. He thinks, if the article *proves genuine*, the conversion may, upon the whole, be worth a dollar. Either or dear! But how is the *bag* to be distinguished from the genuine? By the *brass*, to be sure. St. Paul compares a counterfeit Christian to "sounding brass, or a tinkling cymbal."

DRESS IN CALIFORNIA.—A San Francisco editor tells this story about the prevailing taste for finery among the California ladies:—"There is, perhaps, no place in the world where ladies are so fastidious as in California, and the every-day costume of a lady in San Francisco is quite equal to a special 'get up' for a promenade in that wonderful thoroughfare, the Broadway of the Gothamites. The good old-fashioned ten-cent calicoes that our grandmothers used to wear, which were made upon economical principles, and not to run to *railet*, are here scarcely ever seen; but, 'though lost to sight, are to memory dear.'" In those good old days

a dress three yards in circumference was considered sufficiently ample,—but now it takes more material to dress a lady than to envelop a respectable mummy. We have not passed anything in our streets, time out of mind, but silk and satin; how rich and pleasant it sounds as it rustles past—so luxuriant and refined! Yesterday, as we were plodding in noisier reflection towards our sanctum, a lady came out of a store and moved gracefully on in front of us—her figure was elegant; a rich China silk swept the pavement and cigar-stumps; a splendid Canton crape shawl enveloped her shoulders; a hand encailed in a white kid glove gracefully over one arm; a French embroidered handkerchief emitted an odor of "Jockey Club." Our curiosity to see the face of the fair proprietress of these dry goods was intense; we walked faster, got before her, dropped our walking-stick, stooped to pick it up, and as we gained our upright position, the face met ours. Shade of departed romance! It was our washerwoman, Sally, a respectable "cultured pusson" of the fast water.

THE WOMAN'S HOSPITAL.—The Woman's Hospital is one of the most beneficial of the many charitable institutions of our city and country. The Hospital is now open at No. 83 Madison Avenue, and has accommodations for about forty patients.

Thus far the enterprise has been a labor of love on the part of several ladies of this city, organized as the Woman's Hospital Association.

The present Hospital building has been leased for three years, and is the first step toward the establishment of a great State Woman's Hospital, specially for the treatment of the diseases peculiar to women; to be located in this city, and based upon the most liberal and enlightened conditions, including the election of the Medical and Surgical staff by *concourse* giving woman freedom, as is done in the great Hospitals in Paris, thus precluding the possibility of men of inferior abilities and attainments occupying the responsible positions where ignorance or want of skill must fall with such crushing weight upon the helpless victims of poverty and misfortune.

Various members of the Common Council have interested themselves in the Institution, and made a liberal appropriation in aid of its funds. The present arrangements contemplate the reception and treatment only of cases that have been considered incurable with ordinary treatment, such as Varico-Vaginal Fistula, Ovarian Dropsy, etc. There are about twenty cases in the wards now, with about double that number who have applied for admission.

FEMALE EDUCATION.—Eds. W. C. JOURNAL:—It is to be regretted that so much false delicacy exists in society in relation to female training,—their education, dress, and especially their occupations. Quite a change has taken place for the past thirty or forty years, in the education of girls, for the better, so far as the sciences are concerned. But their training, so far as the superfluity of dress and labor is concerned, is far inferior to "olden times." It is true, a few "Bloomers" are seen (success to the move), but the majority of young Misses are so extravagantly "fixed up" with *thin slippers*, and needless ornaments, that it is a wonder they do not all die "old maids"; for what honest young man could expect to live with his head above water, and supply all their fancies, desires or tastes. The unfitting attire of females precludes their out-door exercise, which brings far by the greater evil consequences both of body and mind.

Who does not know, in these days of "water-cure," that out-door labor or exercise brings strength of body and vigor of mind. But there are but few that dare leave the parlor, or at most the kitchen, lest they should be seen by some passer-by, and what? why, be *deadfully mortified*!—be seen at work, or play, or exercise, out doors. Did *modesty* allow these things, we should see every village and country less or young lady, out inhaling the fresh air, delighting themselves in manual exercise, whether in the garden, meadow or field. How beautiful! how delightful!

Smithfield, R. I.

O. P.

THE IMPROVED HAND MILL, for cracking wheat, grinding corn, etc., etc., is advertised in the present number of the WATER-CURE JOURNAL. We have had the pleasure of sending out quite a number of this new and useful invention, and the satisfaction of good reports from those who have used it. We have no doubt it will supersede all others, when once before the public. We have an abiding faith in the good time coming, when we may truly find "EVERY MAN HIS OWN MILLER."

THE AGE OF THE PATRIARCHS.—DR. VAN ORDEN remarks as follows:—Some have not hesitated seriously to ascribe to our forefather Adam, the height of nine hundred years, and the age of almost a thousand years. But the accurate and rational investigation of modern philosophy, has converted the supposed bones of giants, found in different parts of the earth, into those of the elephants and rhinoceros; and acute theologians have shown that the chronology of the early ages was not the same as that used at present. Some, particularly HENSLE, have proved, with the highest probability, that the year, till the time of ABRAHAM, consisted only of three months; that it was afterwards extended to eight; and that it was not till the time of JOSEPH, that it was made to consist of twelve. These assertions, ar, in a certain degree, confirmed by some of the Eastern nations, who still reckon only three months to the year; and besides, it would be altogether inexplicable why the life of man should have been shortened one half immediately after the flood. It would be equally inexplicable why the patriarchs did not marry till their sixtieth, seventieth, and even hundredth year; but this difficulty vanishes when we reckon these ages according to the before-mentioned standard, which will give the twentieth or thirtieth year; and, consequently, the same periods at which people marry at present. The whole, therefore, according to this explanation, assumes a different appearance. The sixteen hundred years before the flood will become four hundred and fourteen; and the nine hundred years (the highest recorded) which METHUSELAH lived, will be reduced to two hundred—an age which is not impossible, and to which some men in modern times have nearly approached.

WOMEN INVENTORS.—Eleven patents, if we number rightly, have been granted within the past two years to ladies,—not altogether void of the inventive faculty it seems, although improved rather sparingly. Phrenology gives to woman the power of originating, and originating in art as well as in literature; but the organ is not often seen very much improved from its natural state. Woman hardly fills her "sphere" in this branch of industry. If they cannot find sufficient inducement to try their inventive skill in the household department, let them try the locomotive engine, the steam-ship, or the telegraph.

HUDSON RIVER RAIL ROAD—CHANGE OF TIME.—The travelling public will see by advertisement in another column, that changes have been made in the time tables of the Hudson River Railroad.

A little attention to such changes often saves much disappointment.

This Road is now in first-rate condition, and for time, convenience and safety, is not excelled by any in the world.

CHILDREN'S AID SOCIETY.

APPEAL TO THE PUBLIC.

Our operations must always depend on the immediate sympathies and support of the public. If these fail, our movements would at once be checked. We prefer that it should be so. We desire that this Enterprise should appeal constantly to the judgment and feelings of our citizens, and not rest on any invested or independent support.

We find ourselves with a Treasury very low, at a season of the year when the most important operations of the Society, and those requiring most expense are being carried on; namely, the sending of destitute and vagrant children to homes and occupations in the country.

Our charity differs from many others in the City, in that its most valuable work is not confined to the Winter months. The Spring is especially the time when the City can rid itself of its most needy population. Our Office is crowded with these wretched and ragged children, while the receipts of the Association have not, during the past month, amounted to one-half of what they were in the same month of last year. We are sending off to the country now from 75 to 100 children every month.

It should be remembered we are doing what will tend to prevent POVERTY and CRIME. It is not necessary that we should speak at length of the labors of the Society; they are well known to the public. The record of them is every where. We are sending out a number of these poor children to the country, and we hope now to receive what will carry us through the Summer—a season during which the public contributions are almost entirely intermitted.

An Agent of the Society will call upon those whose names are upon our list of contributors, and subscribers; and all others who feel able to contribute, are requested to send their donations to the Office, No. 11 CLINTON HALL, Astor Place.