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What they say.—Editors, more than those of any other profession, appreciate the true vains 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 nitted 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 cotemporaries 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. Ecc. Mirror.

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"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."

"Extensively as the Journal is known and appreciated, hundreds are weekly laid in the grave whose lives might share been prelonged, with the knowledge and application of the laws of life and health annually given in this Journal."—Momonth Atlos.

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—Ellsworth American.

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KIK Eloo

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## General Articles.

HERZ Contributors present their own Opinione, 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. KNAPP, M. D.

Since Hydropathy has become popular as a system of medieation, 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 delirous, 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 doctered 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 vet 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



was then asked if he had ever read Drs. Trall, was then asked in its limited with the same of the sam

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 daguerreotyped by simply mingling in society; and hence he is not, like other men, subjected to the laborious task of study and experience neces-

sary 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 inflam-mation 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. 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 ig-

norance 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 Hydropatic 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, e was asked if he ever tried it for such 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 ou know that it is not good in inflammation of the bladder?" His answer was what all drugdoctors 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 him-self slighted, if passed unnoticed here. He is another Allopathic physician, who assures the another Allopathe paysican, who assures me 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 intrigue 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, back. The consequence is, no natural movement I believe, are only a fair sample, not only of drugdoctors' 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 at-tempts 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 inter-Diagraphysicals knowing it is for their inter-est 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

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 protusion 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 prace tice 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 Braithwaite's Retrospect of Practical Medicine and Surgerypart 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 icc, 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 misapprchended. He rcgards 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

### MORE INFIDELITY.

it should be immediately removed.

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 :

sounds very queer. It runs in this wise:

Enrosate Nortes va Birms Retraturos.—Among such notices, it is seldom that a more shameless assault upon the Bible and the religion it incultates, escapes the pen of an editor shoes paper is patronized by a Christian community, editors and the state of the control of the control

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 hy the same unerring instructor added—"Out of the heart of man," at the head of which we have "evel thoughts," followed by the whole dark train of sins indictity of the above editorial notice; the seat of which is indictity of the above editorial notice; the seat of which is in the heart—and hence, also, the moral definement thereby exhibited, Perhaps, however, this "notice" does not contain the explanation of its appearance in one of his, "Terms of Advertising." "Elitorial notice, the effect of which is to promote priests interest, hence each at line." This rate puts taining in his paper twenty lines. That is, be consents to "defile" limpset by an issue from within, out of the heart, for two folders! Wonder if this was caused by anything tian families in which such estimates the revow? And are these the teachings of the Journals thus puffed? "A. T.

Now, we have read the aforesaid jumnals from

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." VINDEY.

### 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 iu 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 medi-cal system. They are founded on hazardous ex-periments, 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 sys-

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 eaused 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. sion as to want disease is, its cause and accounting the Disease is the incapability of the organism to perform its normal function. This 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 har-mony of fundamental action. The manifestations of this action are what we call symptoms, Understanding as we do the nature, eanse, 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 emeties, 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 litera-ture 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 nawary with all the meekness of the serpent of Eden, and the deception too often is equally fatal, can 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 drugmedication. But let us notice their astonishing cures. Your tartar emetic, lobelia, and ipecac produce vomiting; mercury and tobacco mote the secretions, and produce salivation, &c.; but why not tell us the reason why they produce these effects? You do not. The rationale of your "theory and practice of medicine" is as obscure now as before medical science 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 ex-cretories, or involve them in muens so as to neutralize their properties and diminish their ruin-ous 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 energies of the liver or any other organ are 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? 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 tonies that a continual administration of these continual administration of 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 driuk: 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 or-ganism—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 their stimulants act, which are their great remedy in extreme deblity, and every other 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 im-pression, 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, colehicum, 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 by 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

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 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, ipccae, &c., which produces a strong vital resistance, spasmodic contraction of the musclar 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

antagonistic systems of medication through the whole uosology of disease if we deemed it necessarv

Undorstanding, as we do, the two systems to be mutual antagonists, there is an important duty devolving upon us. If we and our successors and cooperators 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. important that when we have torn down the old structure, that we erect a new one that will be

structure, that we elect a new one that with shanded 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 is 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 musty petals and unravels 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 doetrines 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 now circumscribe their powers and duties. 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 aud certificates.

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

### AN IOWA AGENT.

WE have received a long letter from one of our agents in

We have received a long letter from one of our agents in Maquoketa, Iowa, who is an ardent advocate of phrenology and hydrogathy, and a valuable co-worker in the reform and hydrogathy, and a valuable co-worker in the reform and hydrogathy, and a valuable co-worker in the reform 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 spreading your valuable works; yet, neverthetanding this disadvandors and the properties of the present of the particular of the properties of the present of t

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

The ARTERIAL blood, or that found in the arteries, is of a bright searlet color, while that of the veins, the vanous 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 venous 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 venesction 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 and a warm atmosphere, separates into two portions, a light colored fluid, and a coagulum or clot. The former, or scrum, consists of water with some saline substances in solution. The coagulum is organized fibrine, in which the red corpuscles are entangled.

Coagulation is a vital 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 hematosin. 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,

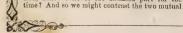
as fibrine, albumen, fat and water.

More than three-fifths of the blood is simple water. It is by its agency that all the different secretions and exerctions 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 vi-tality, 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 sten. This is first reduced by the combined aceaten. tion 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 iuto chyle it is absorbed by the lacteals from the alimentary caual, 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

-CX



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, a very minute class of vessels which connect the arteries 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 nutri-tion, secretion and exerction 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 partieles 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 woru-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 the waste atoms, 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 thoracie 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 per-forms the entire circuit of the body once every

The process of calorification 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 power 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-corpuscles.

The largest capillaries are found distributed upon the skin. They are also very numerous, forming a complete set work over the series.

forming a complete net-work 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 npon 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 deathly 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 we 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 finids 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 and that in the blood arc of 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, puri-fication 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 per-form their office. 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. Exerction cannot be carried on except by the agency of

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 solu-tion until they are appropriated by the different 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 en-ters 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 porthrough the blood that we can act upon any por-tion of the body. No substance taken into the stomach or applied to the skin ever affects one organ alone. Its influence and presence is man-ifest 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, food and drink taken into the storman.
if we wish to make pure blood we must supply the stomach with pure food and pure water. we wish to maintain a pure state we must, in addition, supply an abundance of pure air and exercise. If we wish to cleanse the blood which has been If we wish to cleanse the blood which has been rendered inpure by improper diet, impure air and water, exclusion of light and inactivity, we have only to forsake the cvil and turn to the good. We have only to obey nature's laws, apply nature's remedies, and lo! the cvil is removed. In all diseases the curative effort is carnoved. ried 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 par-ticles which now enter juto the composition of the body will be removed, and their place supplied by the pure ones. The same means which will restore health will preserve it, and vice 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 pre-mature "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 As I have not heard from Dr. Volumbario and last article, published in the May WATER-Clark Journal, and as the editors and proprietors of "The Middle States Medical Reformer and Advocate of Innocuous Medication," Palemon John, cate of Innocuous Medication," Palemon John, M. D., and J. S. Prettyman, M. D., which said medical periodical is published simultaneous at Millville, Pa., and Milford, 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, how-ever, a *private* opinion of my own, that a regi-ment of such coadjutors would do him more damage than good. It will 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 need n'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

PROF. CURTIS AND PROF. TRALL.

The discussion waxes warm.

the following article:

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

Both tagging to be victor, breast to breast; Yet neither conqueror or is conquered; so is the equal poise of this fell war."

Prof. Curtie has already brought forward a mass of scientific and indisputable facts to strengthen and fortify his position, most of which Prof. Trail has not each breast in the outposts of each of their positions has been attacked, the outposts of each of their positions has been attacked hy the outposts of each of their positions has been attacked hy the outposts of each of their positions has been attacked hy the outposts of each of their positions has been attacked hy the outposts of each of their positions has been attacked hy the outpost of their positions have been decided in the outpost of their order orde



We assume, and every man (except Dr. T.) admits that it can act chemically, mechanically, and indirectly, at least physiologically and pathologically. In how many more ways do you want it to act? Swallow an ounce of coarsely powdered glass, and you will see that the control of the control o

I am not disappointed when a drug-doctor expresses his opinion that Dr. Curtis' argument is already conclusive. I should be surprised were the 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 me, they 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 posi-

tions 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 couduct 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 this gigantie problem's so kindly offered by Drs. John and Pret-tyman. "We assume, and every man except Dr. Trall assumes, that dead matter acts chemically, mechanically, and indirectly, &e." 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 aet 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 chemionly. 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 say, while it is possessed of the o'vitanty. 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 inorganie and living or organic Living matter uses, appropriates, or resists dead matter-it acts upon it. Dead matter is wholly passive 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 eoarsely-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 on a coung stomach; but I am anxious just now to stick to the question, by way of an example to some other persons 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 prefor this to the glass, because it is a remedial agent in common use, whereas coarsely-powdered agent in common use, whereas consery-powders 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 aliment-

ary canal to act upon it.

Let us, then, give a person—it must be a patient, for we are talking about doctoring, and he must have a disease, 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 constringing 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 corrugating and warm sensation along the esophagus to the stomach, with a drooling of muens 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, aud 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. 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

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 ing and wasning away the agent whose presence is abnormal; thus giving a sense of pricking or astringency. Where a larger quantity is taken, the blood is determined with more violence to the part to supply the greater amount of sceretion 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 sto-mach 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 builds destroys 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 nu-triment, 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 beeu 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.

aces against to respect
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, may-weed, boneset, ipecac, tartarized antimony, &c., act ou the skin, on the perspiratory glands, on the pores, &c. They select or cleet 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 get-ting 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

diapnoretic, canartic, difference, acc, actions of the medicines on these enunetory organs.
You ask, in another place, "If dead matter can act pathologically, why not physiologically?"
This is a very, very strange question. A dead thing act physiologically! I was thinking all the while, that physiology taught the actions and uses of the structures of living bodies, and that anatomy taught us the structures alone. Now,





a dead carcass may retain a good degree of its anatomy, but how there can be any physiology, any action, use or function about it, surpasses my

comprehension altogether. I have no room further to prolong this arti-cle. In the next number I will resume the sub-R. T. TRALL, M. D. Yours truly, ject.

### THE PHILOSOPHY OF DIET;

A LECTURE REPORE THE NEW YORK VEGETARIAN SOCIETY.

#### BY G. H. TAYLOR, M. D.

THROUGH all ages, the human species has been guided, in the choice of its means of subsistence, by the accidents of locality, and by the caprices of a frequently false and deceitful experience. Without ever questioning the infallibility of such guides, men have been led on through events of the utmost disaster to physical welfare, and have been content to refer the defects in the operation of their own judgment and will, to the arrangements of the all-

At the first, dame Nature is seemingly chary of her secrets, for she chooses not to part with them for nubecoming usos : but with getting a little of her honest confidence, we are astonished at the occult things she freely exposes to our wondering gaze, and we straightway freely appropriate her treasures, and call them all our own. To say why and how the worlds move, was an carly and easy task; but much later, if indeed yet, has science shed her light upon the more vital accessories of human life. The record of any man's thoughts can be multiplied and extended in a limitless ratio; the elements are all constituted the scrvants of his will, but the proper relatious he bears to his material subsistence are poorly enough nuderstood, even by those who make this matter a special study.

The human system may be considered a piece of mechanism capabie of yielding a variable amonut of available force, that may be economized in proportion as intolligence is employed in its mauagement. The aggregate result of a life may be considered as the sum of the uses to which aliment has been applied. Viewed in this light, it is not nnreasonable to couclude that the two conditions of the quality of the aliment, and the expense of vitality by which its use is attained, are most important matters in relation to human welfare

Man, in various parts of the world, is sustained by two general classes of food, that of vegotable, and that of animal origin,-either being in exclusive use in some parts of the world; but a mixed diet seems always to have provailed in temperate climates, and among those of highest lutellectual culture. Iieuce, such has come to be considered the most proper food of man. In the conrse of this article, we shall show some reasons for dissenting from this decision, with how much force of argument others must decide.

Striat vegetariatism may be considered as a theoretical lites at pressure; the highly-respectable and intelligent class that eutertain it, flad numberless impediments in the way of its practice. So imposing are these obstacle, that if the vegetarian proposition can be shown to be scientifically correct, its guized practice may be inferred to be at least a creative proposition of the proposition of the control of the practice of vogetarians; it is oscial induced as the practice of vogetarians; it is oscial induced of the times, and the undeveloped possibilities of agriculture, are coupring us to wait a little longer. Wolling is more pleasant than to contemplate the future of this topic affords scope for our benderal applications, but our onthusiasm should be moderated and guarded by seeines. Strict vegetarianism may be considered as a theoretical

one our onthusiasm should be moderated and guarded by science.

When it is asked we'ly men should so far change their Present style of Itving as to mainly discard animal food, we are answered very differently by the different parties who extrocate the change. And we apprehend that some of the advocate the change. And we apprehend that some of the drawy suffery menuts on the adverse sits, are derived from the farming and of practices of these who extremes the vegetarian idea.

One class conscientiously questions the right to take the

advocate the vogetarian idea.

One class ossiciationally questions the right to take the life of the indriver aurinal, and the piece of flesh conjures up the inarcitary crimeon stream and the last quivering dying his inarcitary crimeon stream and the last quivering dying the inarcitary crimeon in the control of the cont

tion and habit, has next to nothing to do with deciding the

tion and habit, has next to nothing to do with deciding the question at issue upout its electrific and real merits. It is a question whether our conselentions friends, the Vegetarian, are not quite as inconsistent as those who make because the properties of the pr

the some mixing of bis dead remains would full their with The little "bury boe," that has ever been installed the pattern of industry, and even of high mathematical attainments, is ruithlessly mandred to facilitate the perpetration of robbery upon its "vecetable" storehouse. The young of the bovine race are searched its heactombs, to obtain the howine race are searched its heactombs, to obtain the understanding the plundered of their yeary skins to subserve as office of convenience or confort for our tender-hearted friends, and the flesh might follow without materially enhancing the inhamanity of the dood. Though sufficiently ince and metaphysical in making distinctions, our friends fall to make any both are adopted into the flat and the orean of the fivel, as the less violence.

Sacred testimony is often brought it support of both sides in the less typical to the compatible to the property of both sides.

Sacred testimony is often brought in support of both sides

both are adopted tuto their gustatory creed without doing it the least violence.

Sacred testimony is often brought in support of both sides of this question; not that it farnishes any proof directly relations of the property of the prope

Our data, in reasoning upon this topic, commences with the record that is made of the first of organic things, imper-ishably written in the earth's strata. The fact is hence de-

rived:

1st. That vegotable growth proceded that of animals not only that it was necessary that a suitable change should be wrought it like earth's atmosphere and crast by as abunded by the plant, is absolutely necessary in all cases to the production and continuous co for animal. The organic power of the animal The organic power of the animal the provincient of the structure from their crude state. They are previously combined by the vital chemistry of hand, while the animal for the structure from their crude state. They are previously combined by the vital chemistry of the format of the instruments of its will and no power.

attribute those their create state. I new are proviously comonly moulds the instantials thus farmined into instruments
of its will and power.

2d. The different species of animals (we are told by the
same authority) succeed each other in a constantly-ascending scale of development, through a long series of changes
and of time, each epoch bringing some more satisfactory
of sense and capacity, itll alsa mu appears to cap the climax of creative wisdom and onergy. And he, at first, history and sclence course in showing, was crude in his development, and subject to the same rule of progression, with
the design that the higher should conquer and become paramutate to the low real control of the control of the constantial to the low of the control of the conmodern than the control of the conmodern than the control of the conmodern than the control of the control of the conof superiority by its exercise. Hence man, in a crude age
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of superiority by its exercise. Hence man, in a crude age
or sings of development, will wave destruction non animals lower than himself, according to his own capital
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avent though the helig be a human of a man of the conlearns to exercise his higher qualities, or oven knows he
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more reliable and congonial means of his support—that of expriouslarse, and turns he takes the first step towards eviliable and the provided and the production of the want of social opportunities, as well as from similarity in babits to the lower authority of the production of the step towards of the want of social opportunities, as well as from similarity in babits to the lower authority of the production of this force, is to study the laws of life.

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That the preving of animals none each other is the exception, and not the rule intended, is shown by the fact that animals do not accumulate a store of substance. The flesh need as food represents only a portion of the last matters of fool used by the animal. After adult age, the expenditures were just in the ratio of supply—It was an apparatus to olliminate the free that was stored in the organized elements of its food, and the careass remaining after life is extrinsically according to the control of the contr





In regard to the nervons system, we are not at all clear as to what elements in its constitution its action is due. It is probable that vital activity of the peculiar stellate cell of the gray matter of nervo centres, is supported by elements of the blood furnished direct, and that the other chemical or anatomical elements are secondary, where the property of the

If they could have the lives.

11. The superior adaptation of concitivents furnished by plants, to that derived from the minal, furnishes an important argument. The division of food into its introgenized and non-nitrogenized elements, is well understood. The importance of the calorite function, in relation to the others, is well provided for in adapting vegetable provided only about one-offth of the non-nitrogenized principle that the waste of heat requires. The deficiency is partly compensated by economizing the loss by perspiration. Carnivarous animals throw off the smallest quantity of mosture radiation and conduction of heat. They are, besides, compelled to undergo in the cold an unceasing activity of muscles, for the sheer purpose of effecting their waste, so as to accomplish the secondary use to which they are destined, man, too, could spare none of the materials at his physiological command, for any higher or intellectual use.

We have seen what the law of nature is in regard to

man, too, coind spare none of the inaterrais as in sprysological command, for any higher or intellectual use.

We have seen what the law of nature is in regard to
human sustemanes. We will now notice the consequences
and inconveniences that man subjects hintelf to, in afterpital
intellectual to the state of the subject of the subject of the subject of
intellectual to a speedy disintegration, even under the digostive
influences. The physiological system acts more rapidly,
the blood and tissues are replenished more speedily, the
impulse to act is immediately greater, and consequent waste
incident to physiological processes, is increased. Hence the
carnivora me impetuous, enhibet themselves to great fa-tigue, and require long rests and short seasons of richtly.

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As an inforcence derived from their feelings, many human As an inforcence derived from their feelings, many human such externs suppose that the scape of the inparting as surface that the scape of the state of the control of the feel of the control of the feel of the feel of the feel of the control of the feel of the feel

the extremes of corons and sanction, or shall we unique out a condition.

In the amount of nutrition (anhydrous) that a given weight contains, the edible parts of plants have the advantage. It has been stated that, by prolonged to the property of the contains, the edible parts of plants have the advantage. It has been stated that, by prolonged to the carefully-conducted experiments prove, what selence would indicate, that this principle is utterly incapable of serving as a nutrient element. Animals fed on a solution of gelatine will die of starvation in a short time, and solves containing will die of starvation in a short time, and solves containing many time of the containing the contai

till men shall least on each other a brains, as they now do npon brain products.

3. It being demonstrated that plants can, and do furnish the nutrition of man, the attempt to substitute flesh-eating in part as his diet, subjects him to difficulties and barm of various kinds.

in part as his diet, antigeets him to difficulties and narm warious kinds.

(1.) He must devote a good portion of his time either to the chase, or the rearing of domestic animals. He phoes the care of them as the first of his duties, and his own welfare as secondary and dependent on their existence. He devotes himself to their nivantage, as preliminary and essential to The broad copanies of too fields of which he affects to be so proud, he gives to them. He spreads their banquet with an inhecoming actrility, before his can be spread; extended acres he freely accords to them, while a single one is all his higher life would require.

The labor bestowed in precenting antistience for a single play, would support quit a family, if devoted to precuring a suitable natrition. Of course, the objects and practice of

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arriculture need some modification, to correspond with improved human babits.

(2) Our carnivorous friends suffer themselves to yearn inordinately for the extension, rather than the improvement of the species, and assert defautly that the propagation of our principles would terminate in the extermination of supported in their present locality, and ignores the fact, that if the surface of soil now given to the animals was devoted to man, the number of human beings that it would sustain might be increased aimnest without limit.

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The surface of soil now given to the animals was devoted to man, the number of human beings that it would sustain might be increased aimnest without limit.

The surface of soil now given to the animals was devoted to afford contracted comforts. It requires first to be proved that the hyperborean function, the combustion of carbon, is the highest of which man is capable. But he can kept in mind that the primary clements of nutrition are the same in either, and the elimate that will support animals will man also. But it is not well to be so chary of the earth's crust, as to begrade the space afforded for an axis (3). But it the harmount turn for a moment in favor of (3). But it the prement turn for a moment in favor of (3).

earth's crust, as to begrudge the space afforded for an axie for it to turn upon. (3.) But let the argument turn for a moment in favor of our carnivorous friends. Let every rood of the earth's sur-face, from equutor to polos, be occupied by flesh-eating men, —If numbers were to be recarded as the test of advantage. What would be gained? Very manifestly, there would be a wholesale surrender of human life, in favor of that of fulc-

—In number's were to be rectained as its the test of advantage.

—In number's were to be rectained as its the test of advantage, as wholesale surrelater of human life, in favor of that of line-rior animals, whose existence is also necessary to continue the lives of the surrivors. This would be entirely subversive of the idea of the superior include on the respective of the idea of the superior include one on the test of the idea of the superior include one of the other must reign—at present, it is the incident of the inc

improve the apirit or strength of beasts of hurden by means of a fieth-food.

Anti-fiesh-caters often witness with mingled pily and musement the discomiture of their friends, at what is deemed their oddity or perversity, when they stand in the relation of guests. Upon learning with evident concern a select portion of the animal with so much care and pains would be declined, with how much anxiety and haste are cellurs and pantries ransacked for some choice, concentrated preparation, intended for the eclebration of some rare occasion. Our gastronomic organ is expected to become the intended to the eclebration of some rare occasion. Our gastronomic organ is expected to become the property of the control of the control of the property of the control of the control of the property of the control of the control of the property of the control of the vell-meant infliction, we are straightway reported sick of n disease brought on hy our strange way of living. On these occasions, whatever swins in the deep or files in the air, are sacrified in heactombs to satisfy our regularies were the accordance of the control of the property of

without detriment, be dispensed with. Excitement should not be mistaken for pleasure, no more than a fever thirst for Intellectual conditions depend on physiological —how directly do we here have indicated the means for improving both. Purify the body in its inabits and desires, and we reflect direct lustre upon the gem that It enshrines. While man thus spends most of his time in alimentation, and so filters away his little life, no reform of a moral nature cun be carried out with success. Man seems to be a few of the state of the s

through life's ocean.
Wience the origin of so much wasted life, so much mistirected enthusiasm, and unwholesome excitement, on questions of little practical importance? Why is in semi-frenzy so destrails?—but to engulf the pain that is legitimately procured by the preversions of sense and being.

It is said by some that their porsonal experience in the use of a mixed diet is more satisfactory than that of a vegetarile of the local state of the lo

experience is universally illy conducted. We need not go far to find professed vegetarians who are worse caters than those who habitually use a mixed diet. The work of habitually use a mixed diet. The control of the

while It is at the same time pampered mover the game-nutrition. Freedom. The man who feels himself a slave of appe-tites, passions, or fear, will endeavor to compensate the loss of his own freedom, by heaping oppression upon others. Elecution of the mover durity religious character. The Elecution of the mover durity religious character. The sponse in that heart, in which is centered objects of selfish-ness and sensuality, that must be the inevitable consequence of propagating the lower animals.

#### To recapitulate:

1. Plants precede animals in the order of creation, and are indispensable, not only to organize the material, but to keep np the supply of oxygen, which is the essential agency in eliminating the forces of which the animal is the instru-

2. Animals were not intended as the food of animals, for their function is not to accumulate organized tissue, but to destroy it, and separate the force of which the organized structure of the plant is the reservoir.

8. Creation is progressive,-the weaker always giving place to the superior strength or sagacity of the more fully developed, so far as races are concerned. In proportion as man rises superior to other animals, he will displace them, as they do each other; -thus is perfected the design of a progressive universe.

4. Flesh food is not adapted to human wants.

(1.) By not furnishing him with the most suitable proportion of elements that his physical wants require.

(2.) By being incompetent, for the same reason, to furnish the physical instrument of a high intellection.

(3.) By occasioning an nneven and perturbed condition of the physiological system, tonding to an early natural death, or a greater fatality in disease.

(4.) By compelling the use of his body to an excessive extent in providing his subsistence.

(5.) By compelling men to have a first care for animals of n lower order, and for himself afterwards, thus habitnating his thoughts to inferior interests.

(6.) By at least decimating the number of men the sarth is capable of sustaining.

(7.) By encouraging the colonization of men at geographical points, where existence is, at icast, a questionable blessing.

The dietetic ages, then, may be described as three, which are distinct-yet co-exist through vory long periods of time. First, the nge of primeval men-rude, and of the forest, who live by conquest and the destruction of the animals below them. These are the forerunners of the second age, which affords men of sense and selfishness, who, instead of conquering, cultivate animals, for the approsed ministration they afford to their pleasures or necessities. These are ultimately to be superseded by the age of high intellect and holy aspirations, when men will cultivate themselves, as the auperior object and ornament of the creative will. These will expand over the garden of earth, and ultimately displace sentient objects iess worthy.

CHEAP MEAT .- Calves are being bought in this county and shipped to New York that are from four hours to four days old, nt from fifty cents to one dollar per head; and after a passage of five days on the cars, without food or drink, I think they may be considered excellent food for city gents. Limerick, Jefferson Co., N. Y.

[We should think such green "weal" "bad to take." But some green folks will ent green "things."



## Experience.

REPORTS OF CASES. (From a Louisian's Correspen lont.) Since my last letter I have treated a case of pneumonia by the Hydropathic mode, and will give you an account of it. I will preface the matter by saying that this disease is a very common one in our section of the country, and one which is much dreaded. It is most frequently found among negroes, though the whites have it very often. I cannot say what is the cause of the disease, only that it is much more frequent now than in former years. It is no doubt evased by cold, but we do not find that those who are most exposed to cold, or who are least comfertable in their clothing and houses, are the most liable. Oa some plantations the number of deaths from this disease alone, surpasses that from all other diseases combine l. The mode of treatment pursued by Aliopathic doctors is so unsuccessful and nns atisfactory, that when a patient is taken bailty, his death is looked for almost to a certainty or at least a long convalescence, great liability to relapses, and frequently confirmed bs liealth. I have heard that one large slave-owner said, that when one of his negroes was taken with this disease, he generally ordered his coffin in advance, knowing how seldem they ever recovered. This fatality is solely attributable to want of PROPER knowledge on the part of the faculty -they are called in more frequently to such cases than to those of any other class; for the owners of negroes knowing the danger, are generally prompt to call in medical sid, and they cannot allege that they have not ample experience and practice in the matter. My father-in-law lost eight negroes in as many weeks, three years ago, with this disease, some of them very valuable; they were all treated Allopathically. This year several on my father's place have had it, but he has lost none so far. One man was in the hands of the doctor four months, and still complains of one side of his chest. Another man was treated in the same drug fashion, and still is unable to work, after a lapse of six wecks. The prescription the doctor gave upon his last visit, four weeks since, made the patient so much worse, that it was abandoned, and another course pursued. The man will not be himself again, probably, for months, if ever. There are many planters who have adopted the Homocopathic plan of treatment exclusively, in this section, among their negroes, and these now have less sickness and fewer deaths. An uncle of mine lost so many negroes under the old practice, that he adopted the Homœopathic system some years back, since which time his negroes have been healthier, and he has lost scarcely one. In pneumonis, under the old practice, he was very unfortunate-or, rather, the doctors contrived to lose nearly every case. In looking ever the works on Water-Cure which I have (and I have all that are worth anything which are in the English language), I find the best conrse of treatment, I trink, laid down in Weiss. The great remedy is the sheet pack, not for an hour or two as is generally done, but for six, ten, or twelve hours, as the case may demand. It will generally be found, for the first day or two, that the patient will be easy in the pack after he has been in one or two hours, the pain will subside, the coagh and expectoration cease, and the patient be inclined to sleep: if such is the case, he should not be disturbed, but if he grows too warm, or becomes nervous, change the wet towels on the head and chest frequently, being very careful to replace the towel upon the chest, without exposing the patient to the contact of the cold air. If perspiration should ensue, it should be encouraged for some time, and after a while the envelopment loosened to make the patient easier, and permit the perspiration to subside gradually. After he has perspired sufficiently, and the physician (or prescriber) thinks'it time to remove him from the pack, a wash off in water at 80°, or a tepid sheet bath given, and the patient put to bed. If the patient becomes uneasy after being put to bed, the pain in the chest returns, or cough ensues with expectoration, he should be put in the pack again forthwith, the wet compresses on the head changed often, and the wet towel over the cliest changed every forty or sixty minntes, or as often as it becomes hot. If it is found that the patient is easy in the pack, but uneasy and uncomfortable anywhere else, it proves that the pack is the place for him, and he should be kept there. The disease will suceumb under this treatment before a great many days have passed, and this prolonged envelopment, if it keeps the patient easy and comfortable, is not apt to hnrt him, at least not a tithe as much as pain, cough, &c., &c., our of the en-

velopment would. I am only repeating to you in substance what Weiss says, and you have it all by heart, no doubt, and can refer those who wish to know more to his work on the subject. One of the most valuable adjuncts to this course of treatment is copious vomiting from, or by, or with warm water. This, to be of service, must be copious and prolonged, from fifty to two hundred tumblers being administered before ceasing. The object of this is not to empty the stomach simply, but to preduce perspiration, a determination to the surface, and the removal of all stricture from the cliest, the bresking up of all congestions, &c., &c. The proper time for its administration must be prescribed with judgment to effect the end desired. It does not answer to give it while there is violent pain, strictures, or fever these must all be removed by hot fomentations, and the acking first, and then the emetic given. If strictures are present, hot fomentations should be made for thirty or forty minates, until the patient is enabled to breathe freely and expand the chest; if fever is present, it must be subdued by short packs, tepid baths, &c., &c., and if violent pain and cough are present, they will be best overcome by the prolonged envelopment, as described above. I find that I am departing from the line I laid down at the beginning, and am directing an old and experienced physician how to prescribe for a disease, instead of telling him how I treated one myself. You will excuse such seeming forwardness, and I will return to my case. Having such bad success in treating pnenmonia Allopathically, my parents were willing that I should treat a case which occurred while staying a while with them, by the Water-Cure, as I had expressed myself very confidently that the proper way of treating such diseases was by Hydropathy. I had had no absolute experience in but few cases, but my faith was as firm as a mountain, and I felt satisfied that Water was as much more speedy and efficacious in such cases, compared with drugs, as the modern ocomotive is to the old stage coach. The pstient was a man ef good constitution, aged about twenty-five years. He had heen complaining of cold and congh for some weeks, but it was deemed only a trifling matter, and he was at work daily as asnal. I found him in bed, enveloped in blankets, a dose of castor oil having been given by the nurse before I came. He did not complain very much at the time, but said he felt somewhat hetter than he had done. No fever was present, though he had been sick the previous day (Sunday), withent reporting himself at the Hospital. I gave directions to have him bathed in water at 90°, an enema of topid water given, and a tumbler or so of warm water to drink. After resting a while, he was ordered to be packed for an hour, followed by a rubbing sheet, and the same again after a lapse of some five or six honrs - Being unwell myself. I returned to the honse, and did not see the patient again until the next evening. An intelligent negro man was scut from the house to attend to the packing, &c., and to report how the patient, was. He came hack, and said the man was doing very well and I gave no more thought to the case, deeming it cured. At four o'clock he reported the patient worse, and I went to see him. I found him in as bad a fix as possible-he was in an agony of pain, eyes staring, pulse bounding, cough incessant, with bad expectoration, stricture of the right chest so bad that the lung could not be expanded at all, and the breathing short, irregular and spasmodic, in consequence, Upon making searching inquiry, I learned that the man had passed a bad, restless night, with pain, cough, and perhaps fever, and had been very nneasy, and in great pain all day. I was perfectly ontraced when I heard this account, and felt inclined to paddle the nnrse, attendant, reporter, and all hands. The responsibility had been divided by sending the man from the house to attend, and each threw the blame of not reporting correctly to me upon his colleague. I went to work, however, to mend matters, after losing some twentyfour honrs of valuable time in the case, and allowing the disease to get the firmer hold on the patient. I began by giving two or three tamblers of warm water to drink, and having fomentations put over the right lung, as hot as could be borne, to relieve the violent stricture. These gave some relief; but after continuing them forty or fifty minutes, and finding only partial relief from them, I ordered the patient to be put in the pack. The head was well compressed with wet towels, and a large towel, doubled and wet, was placed over the chest, before the wet sheet was drawn around the body. The blankets were well tucked in, and the patient left to himself. The attendant was ordered to change the wet compresses on the head often, and the towel on the cliest whenever the patient became very restless or nervous, being very careful not to expose the body to the

he was packed as stated before, great pain in the chest, stricture, inability to breathe freely, restlessness, &c., &c. I comforted the patient by teiling him that these would all cease in one and a half or two hours, and then he would have a comfortable sleep in his pack. I ordered the attendant to watch the patient closely, and if perspiration should ensue, to allow it to continue, loosening the envelepment should the patient complain, and allow the perspiration to subside gradually. After it had ceased a bath was to be given (a tepid rubbing sheet), and the patient placed in bed. I came home, and my orders this time were obeyed. The patient became easy in one honr and a half, the stricture subsided, breathing became easy, cough ceased, and he went to sleep. After some time perspiration ensued, which was encouraged for a while, the envelopment leosened, so as to relieve the patient somewhat, and after remaining in some ten hours, he was bathed and put to bed. The compresses on the head had been changed often during this time, and the towel on the chest twice. I visited the patient in the morning, and found him much better than he had ever been before; but I determined to make thorough work this time, and not allow the disease to get the npper hand a second time. I found the patient in a proper condition for the administration of the warm water emetic, and proceeded to give it to him. He had about one hundred tumblers given, I suppose, as I did not count them; he was about fifty or sixty minntes under the operation. After drinking six or eight tumblers, vomiting would occur, and as soon as this was over, he would be made to drink again, until vomiting could be produced, and so on to the end. Nothing was thrown off from the stomach at first as the man had eaten nothing for forty-eight honrs, but towards the end some bile was mixed with the water. After the first few tumblers were given, perspiration ensued, which, after a while, fairly streamed from the body, thoroughly wetting the patient's clothes through and through. He complained, and stretched his eyes from time to time, until they seemed all white, never having seen or heard of any one drinking so much water, and seemed to think that he would burst open under the operation. When he had drank as much as I thought advisable, a feather was run down his throat to make him emit all the water then on his stomach, dry clothes were put on him, and he was covered up warm in bed. After an hour had elapsed, a pack was prepared, and he was pnt into it. Upon taking him from his bel to take off his clothes, he was found to be perfectly saturated with perspiration, the effects of the warm water emetic. He was kept in the pack some two honrs, the compresses on the head being changed often, and the towel on the chest every thirtyfive or forty-five minutes. He was then taken out, a tepid rubbing sheet given a compress placed around the body, and the patient put to bed. He soon went to sleep. After a while I had him removed to the house in a cart, and placed in a servant's room so as to be near me. I could not visit him at the Quarters often enough, owing to my own weak condition. He did well through the night following, having no pain, no fever, and a very slight cough, with no expectoration. The next day I had him packed for one and a half honr in the forenoon, followed by a tepid rubbing sheetenemas were given three times daily of tepid water, water given to drink at 80°, and the compress around the body changed three times Some thin gruel was given in the afternoon, which was the first food allowed. He slept well all night-there was no pain, no stricture, very little congh, and no bad looking expectoration-the man seemed well. The next forenoon he was packed for one and a half honr, followed by a rubbing sheet. I visited him within an hour afterwards and found him somewhat chilly. I had him covered up warm in blankets and gave him some chicken soup I had prepared for him. After a while I visited him again, and to my great surprise found he had some fever. I had a glass of cold water given to him, a tepid enema, and he was put in the pack-the towel on the chest was changed as often as it became warm, and the compresses on the head often. When the skin had become cool, and the pulse reduced to the natural standard, he was taken out, and a tepid bath with good friction given. He was then wiped dry, put to hed and covered up well; perspiration soon ensued, and he went to sleep. He passed the night well. Next morning he was given a rubbing sheet before breakfast, water to drink, and a tepid enema-after some time he had some gruel. In the forenoon he was packed for forty-five minntes followed by a tepid bath with good friction. For dinner he had some broth-in the afternoon a rubbing sheet. His body compress was changed three times during the twentycold air. His cough was vory frequent and painful when four hours, and the bowels kept open by tepid enemas. He



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 pail donche at twelve o'clock, 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 he been under my eye from the first, and important time not lost in the beginning by false reports being brought of his condition, he 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 tedions eonvalescence, and perhaps permanent bad health. The two other men treated for the same disease this winter are not well vet, 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 Weiss 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 sits baths, no matter of what temperature, but the worse the colder. This disease of pneumonia requires prompt, active treatment, and continued long enough to prodnce the desired result. There is no time to be tinkering with sitz baths or foot baths, or wash downs, 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 lnngs 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, i. e., cough, pain in the side and breast, headache, sick stomach, &c., &c. She had taken severo cold, and was threatened with pnenmonia, 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 towel on the breast. She became easy after an honr or so, pain left, strictures left, cough ceased, and she lay quite comfortable. I allowed her to remain in the pack six honrs, when, no perspiration ensuing, she was taken out, rabbed well with a wet sheet the weist compress aut on and she was put to bed. The next day she had a pack of an honr or so, with rubbing shoets, enemas, &c., &c., and was np 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 bulky letter than I intended at the start, but I have an unfortunate faculty of being compelled to string ont 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 Shaw always confess in your writings that Water-Cure doctors have had but a limited cxperience in the treatment of such cases. I would be glad if yon would write a studied article in the Journal on the subject, for the benefit of your numerous readers With the best wishes, &c, I romain, 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 assertment). One year age, 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 got his cash by poleoning this community. One came here not long since, and being quite a gentleman, got a good ride in a short time, but or lotate, 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 snffering, 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 Homeopathic physicians, and one Botanic, who all live on this community. A large numher of WATER-CHEE JOHENALS are taken here, which serve to enlighten our benighted minds to a great extent. Three drug stores grace our village, and pills, physic, doctors, nndertakers, 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-calllug a doctortakes a few powders-feels worse-larger dose of something -awful sick, with high fever-more medicine-more fever \_dengerous\_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 lnngs, was treated by one of the Allopathsgot 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 venders, in the person of a self-conceited young man, who migrated to this place of late, thinking to dupe and doctor the dear people. A young man is 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 feels some better, fever mostly gone, together with his flesh, and some of the coutents of his purse. One new doctor thinks in a few days now he will give him some different mediciae 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 Confession.-While visiting a relation, in Windham County, Vermont, not long since, I chanced to fall in company with Dr. G., an aged Allopathic physiclan, said to be rich, eminent, and skilful. And after referring to the subject of Hydropathy, ho said: "Now, let me tell you a story. I was called to visit a sick child, an only son of wealthy parentage, the pet of the family, the idol of the neighborhood, who was sick of a fever. The disease, he says, "I combatted 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 sadness. I entered, and sat down again near the bedside of the child, and gazed upon that fair brow and burning check, I had not been in the room loag 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.

Proctorsville, Vt. Subscriner.

THE DOCTOR THAT WAS NOT A HUMBUG.—Travelling through the country, I sometimes meet with very rich experiences; and if they were not accompanied with so much of snifering and ill to the human race, would be very laughable.

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 besoughs her busband to cell in a physician, and sng-

gested that he should employ a Homsopathist 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 dector, he would have a dector. He would not have a humbing;" and so a regular Aliopathist was called. The good husband, no doult, comforting hinself 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 caps upon her breast, and put her to the torturo forthwith, and then a honey cathartic was administered, which did its work effectually, and a little more so; then a dose of morphine had to correct the excess. In the meantime, a wee little child commenced its waii by the exhausted mother's side, and the fourth or fifth day she found herself horribly salivated, and for four weeks lay groaning under that terrible infliction, a calomel sore mouth, Her husband had called in a doctor that was not a "humbng," 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 enough, but who, under the teachings of the old masters, are prepared to do a world of mischief. Had the lady in question escaped salivation, and arisen from her bad cold and confinement with impaired health and stiffened joints aching hones subject to had colds decaying teeth, fætid 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 malpractice can be, the faster it is hoped public feeling will be brought to repudiate 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. Homeopathy, too, is doing a great work; for it, at least, has the merit of excluding all harsher remedies, and most Homeopathic 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 novelettes 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 ia 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 humbugs."

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 hitherto I have had a perfect horror of that disease, having always associated with it the idea of filth, and nover for a moment supposing that a person of cleanly habits, and one who practiced daily bathing, could be in any danger from it. But alas I I met the enemy and I was his. 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 mysclf 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. Or. 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 palls 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 luxnry of the wet sheet, and after that "ujh" came the cruption. 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 "itchiag ers." Oh, Lord! words are inadequate to express that iatolerable sensation; I can only liken it to the feeling that would be produced if each and every infinitesimal 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 too great 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 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 use,

I could not begin to give you any idea of the pleasnrable seasations of a bath nnder such circumstances; it relieves the pain, cleanses the person, and invigorates the whole systom. During the whole of my sickness I drank freely of wnter; and wbcn my recovery commenced, it was very rapid, for it had no drugs to contend with. I have spun this letter out much longer than I intended, and will merely add that I have practiced WATER-CURB 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 "patbies."

Charlestown, Mass., April 27, 1855. W. G.

# Viterary Notices.

ALL Works noticed in this department of the ALL. Works noticed in this uppartment 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 Fowlers and orders should be postpaid, and directed to Fowlers and wells.

GAZETTEER OF THE WORLD. LIPPINCOTT, GRAMBO & Co. will publish in a few days a "Gazetteer of the World; or, Geographical Dictionary." [Price, in cloth, \$5.50; in Extra Sheep, \$6 00.]

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

lst. It not only supplies the deficiencies of existing Gazetteers, but furnishes a Geographical Dictionary as compreheusive 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 full and satisfactory. 5th. The information has been obtained from the most re-

cent 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 Brought fully up to the present time.

We might have hurried our 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 soon as published

THE HEALING OF THE NATIONS. By CHARLES LINTON. With an Introduction and Appendix, by NATHAN-IEL 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, 537

pages. [Price, \$1.50; postage, 30 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 manuscript was handed to the printer without an crasure 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 mnde 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

THE RAG-BAG; a Collection of Ephemera. By N. PARKER WILLIS. 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. Willis could have made so much out of so little. These morceauw " 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 scanty his materials, Mr. Willis always makes a pleasant

ELLEN NORBURY; or, the Adventures of an Orphan, By Emerson Bennett. Philadelphia: T. B. Peterson. [Price, prepaid by mail, 62 cents.]

This is a local tale of Philadelphia, and portrays with terriblc fidelity the scenes of poverty, misery, and crime wit nessed 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 do 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 Bannes, Sea. 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 begulle the tedium of an evening, by a company of travellers sojourning at a country tavern in Vermont. The narratives are mortly 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 merit not to be passed over without a word of commendation in these degenerate days.-Life Illustrated.

UNCLE SAM'S FARM FENCE. By A. D. MILNE. Illustrations by N. ORR. 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 bomely truths it contains. See advertisement in an other column.

BLACK DIAMONDS; or, Humor and Satire treated scientifically. By Prof. Julius Casar Hannibal. New York: T. L. Magagnos. [Price, prepaid by mail, \$1 25.]

The readers of the New York Picayune, 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 Picayune, and fountain of that Ethiopian humor which has overflowed the country of late years,) and will be gladto use a stereotyped expression—to see his valuable discourses in this permanent form. The book is undoubtedly the fun-niest of the season. It is full of true humor and genuine "Laugh and grow fat."

THE CASTLE OF OTRANTO; a Gothic Story. By Honace Walpole. Philadelphia: Henry Carey Baird. New York: Scribner. [Price, prepaid by mail, 87 cents.]
Byron pronounced "The Castle of Otrauto" "The first re-

mance 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 ABROAD. Illustrated by HEALY. WALCUTT AND VERARCH. New York: J. C. Derby. [Price, by mail, \$I 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 alike, the writers imitating the style of some illustrious predecessor; bnt Bell Smlth has chosen a style of her own. We

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

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, or the Left? We hear it said that the work strikes a bold, energetic, and telling blow at fashionable religion, and that its scathing diction 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 anthor will be sufficient to insnre 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 nn assortment of onr 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 Gedege W. Shannon, Parkersburg, Indiana.

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

To Allen J. WHITTIER, Grand Prairie, Wis

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

To George B. Johnson, Perkins Grove, Ill.

To HENRY STEPHENSON, White Pigeon, Mich.

To John Cassie, Marysville, O.

To Horsell & Shirreffs, Oxford-street, London, Eng.

To T. J. DAVENPORT, Springfield, Mass.

To N. M. STRONG, Fredericktown, Ohio. To W. R. Peice, Harrellsville, Va.

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

To ALLEN HIL!, Cleveland, Ind.

To HUGH BICKHAM, Hnntsville, O. To URIAH MACEY, New Garden, Ind.

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

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

To O. S. Posten, Harrodsburgh, Kv.

To S. GREEN, Cambridge Station, N. Y

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

To J. F. McCaetney, Kingsville, O.

To S. C. MORRILL, Amoskeag, N. H. 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 pnmp 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 anquestionable 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 nonc. 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 intolcrable suffering.

All narsing 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 misfortnnes have already befallen the patient from not having the instrument in time to prevent the same. 8d. In case of the loss of the child, whether the mother desires to follow the profession of a

-6CX60



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 weared. Therefore, health, comfort and convenience dictate the propriety of the universal adoption of Dr. Needham's Bre ast Pump, the Nursing Mother's Friend. Price, \$1.50; not 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 Bitver, easy of access, by Failway or River, quiet and secluded, air salubrions, with such sublime scenery and mountain walks as to schilarate and enliven the most torpid insagination, to quicken the pulse, and send the blood leaping through his velons. But we must not Pectic till we climb the ragged beights, and reach for inspiration to the realms

Dn. 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 fomous State was recently dedicated. The Meriden Transcript thus glorles 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 he 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 Vork and six from Boston. Besides the taste which its citizens have so well exercised in building up the town, it is uusurpassed in New England for its beautiful and variegated scenery, its hauging 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 shady drive of half a mile brings one to the well-known resort, "Hemlock 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 bolievo that one or two Water-Cure enterprises started in our midst would be abundantly patronized and prove highly successful."

DBS, ARCHER 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.

PITTHUES WATER CURE.—It gives us pleasure to announce the opening of a new W. C. in the Iron city. The BROTHERS FREASE, formerly of Sugar Creek Falls, Ohio, are the Physicians and proprietors. We expect soon to be able to give a more abbornte notice of this new accession to the Hydropathic cause. For years to come we shall need an establishment in every inhabited country, 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 Torres. It may afford our Hydropathic friends a little amusement to catechize some of the wise, old-fashioned family physicians. One question at a time, and not too near together, would probably be enough for most ofthe "gold specialesel" to study ont between two Sundays. But "try them on" with this new catechiase.

### 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.

Kenewals.—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 Wostern co-workers in the good cause of Water-Care, proposes to send in the names of One Hunders six months' Subscribers for the Water-Cure Journal, to commence with the next number—July, and to torminate with the next December number. He says, "I can procure the names of one hundred persons in my vicinity who have never yet road 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 name—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 vearly subscriptions, which, in clubs at only fifty cents a year, scarcely pays for the white paper on which the Jour-NAL 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 per. sons, 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 \$5111

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 LIPE AND HEALTH.

Give if Awax. — 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 subjecuntil 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 JOUNAL has been the means of saving doctors' bills, drug-bills, time, health, and of prolonging life; yet it is not claimed that "scater alone" will either raise the dead or prevent natural death,—but it is claimed that a jadiclons application of all the Hygionie 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.

THERMFORE, Believing all this, yee, 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 persovering effort, will "tell" upon the destiny, the life, and the happiuess 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 conferring health on men. - Cicano.

### 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 eaused 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 resolves 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 homeopathy 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 eity 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:

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 mcn 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 ean't have confidence in your skill, when their own observation and experience tells them that your skill is very danger-

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 seience 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 mur-

14. What made Professor Gregory exclaim: " Nincty-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

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,

1. Why do nearly all of their own standard affirm that, "Nine times out of ten, our miscalled remedies are injurious to our patients"?

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

23. Why did Dr. James Johnson, of the London Medico-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 dose and drug them?

25. Why do all manner of quaek 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 eloth 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 doetored 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 Mcdical 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 shall be annually summoned, in order to indergo an examination, not only as to their qualifica-tions, 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.

Were ever bigotry, selfishness, tyranny, and old fogvism, 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 partics 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:

as 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 sorcs continually, so that cholcra will have no chance to get hold of them.

Apropos, 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 dict, 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 mistaught and misled by those to whom they are accustomed to look for science and instruction:

COCOA AND CHOCOLATE,-Applied to beverages, the term ocoa desoribes 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 busk, with starch, sngar, or other similar ingredient, to a pasto; 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 snbstituted; but a single pod of vauilla is snfficient for a pound and a half of cocoa. Chocolate is also variously formed into confects, 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 predominating 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 diffors 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.
Casein or gluten,	. 85	18
Fat,		55
Sugar or starch, &c.,	. 37	23
Ash, or mineral matter,		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 one of the nutritive lagredients, 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 asstain the nervous energy. It is apt to disagree with delicate stomachs; and persons of weak digestion, fond of the occor flavor, should use only the simple infusion, made by boiling the bean, crushed into fragments after being rossted and deprived of its husk, drinking it with sugar and milk, like softee.

The eocoa-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 Linnæus 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 csrbon; and of the residue, about three-quarters in theobromine, and a little more than balf in theine, consists of nitrogen, and to this agent is attributed their peculiar and powerful 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 cocoabean possesses in common with tea and coffee, is the volatile oil, to which its aroms 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 cocoabean is less than in oither tea or coffee. A hundred pounds of tea yield one pound of the cil; 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 aroms 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 bundred dollars an ounce.

In tex sportion of the volatile ingredients of the leaf escapes, and its aroma and flavor are diminished by lapse of time. But in the coffee-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 rossied. On the contrary, the hear ripens by keeping, and

is thus made to yield a larger quantity of this mnch-prized substance. Choeolate 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 npon the system, has been ascertained by 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 develored in tea and cocoa, viz., in retarding the waste of the tissnes, 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 BUOS.—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 meion 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 revices and depressions within one foot of the plants with fine dry sand, whereupon ninc-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 upou 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 sure 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.

### Professional Matters.

QUERIES 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, eccompanied with a congh and expectoration of a yellow or greenish matter of a sweetish taste? And what 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, ceusing fatigne by exercise, getting out of breath, with sometimes en inability to take e full inspiretion? Is the case a carable 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,

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 grits, apples and potatoes. I bathe daily, and take e cool sit-bath twice a day. May I sere 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 warning a sponge prevent the difficulty? Would an astriugent 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 heve read a few numbers of the "Water-Cure," and as I see that its columns are open for the satisfection of the inquisitive, I would ask what is your treatment for the lithic, phosphatic, and oxalie diathesis, under the Water-Cure system? What are the chemical changes produced by water and dlet in each of 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, et the same time avolding the introduction into the system of the impurities which form the calculous diathesis. Water has a solvent. but not a chemical action on the elements of gravel end stone. A proper vegetable diet docs not conduce to the oxalic diathesis, but is e preventive.

Sore Lip.—W. G., Fergus, 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 hablts. I have not tasted any intoxicating drink this ten months back. I use tea and coffee moderately, but no to-bacco; my health is very good." Wash the whole surface with tepid water on rising in the morning, and again at bed-time, and edopt a plain vegetable diet. Avold salt, spiecs, sikalies and vinegar.

LETTERS.—E. M., Chillicothe.—Tell your pationt to adopt a strict vegetable diet, and wash ell over in tepid or cool water morning and evening. Overloaded Stomach.—S. P.—"Do you think a fally sitz-bath, with the wet girdle occasionally, is the best I can do for a flutering sensation about the heart, and a very sour stomach, with occasional pains in the stomach and howels, caused, I think, by overloading the stomach? Is flour or oom bread the best?" The proper remedy for your overloaded stomach is to cease overloading it. This idea of killing yourself by bad eating, and earing yourself by good bathing, et one and the same time, is about as preposterously ridications 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 suger or 'maple sweet-ening' is injurious to our health? It certainly is very polatable, particularly at this season of the year; but is it wellto make a daily use of it? end, also, do you think hasty pudding end milk a healthful article of due for a working man, i.e., can be do that amount of work that be could on ordinery food?" Don't know what you mean by "ordinary food." Sngar is not a good food for you; and pudding and milk, though better than some kinds of "ordinary food," ere far from being as good as solid bread and good opples.

INDEED 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 cyelid without much pain or inflammation; but has caused e herd bunch to form, somewhat disligaring the eyelid. Can it be removed without surgical operation?" Probably the knife or ceusitie is the best way to dispose of the thing, using proper precentions to obviate inflammation.

MERCURIAL DISEASE.—R. J., Orangeville.—
"The petient has had typhoid fever—been treated the nsnel altopathic 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 tepid bath daily, end bathe the himb frequently in rather cool, but not very cold, water. Keep the wet compress on the part whenever there is unnasul heet.

CRACKED WHEAT AND WET GREDLES.—C. B., Atlanta.—"Can pood cracked wheat end rice flour be obtained in New York? end where? When the wet girdle 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 15 Laight Street in this city, where the best erticle of Graham's flour is also kept, and elso rice flour. 2. Yes. 3. This depends on the circumstances of the case.

WHITE SWELLING.—M. H., Canada West.—"I heve been edilected for the last dozen years with rheumatic white swelling in the knee. It is enlarged, contracted, nearly stiff, and painful. Age 40; heelth good. Is. Is it curability depends entirely on the constitutional stamine 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-Cuer 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 objuring the use of the razor, Several years have elapsed, and the cure is pen manent.

T. W. C. J. might try this; perheps he might meet the

Boston, April 9, 1855. II. W. Sw

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 excreties 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 stemmering doctors know nothing about. DIST.—F. E. W., Rockport.—You ask a great many questions, and call for oxplanations 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 Gook Book. A score or more of questions you ask concerning bathing in different diseases, are nawvered in the Hydropathic Encycloppedia.

PREFARATORY STUDIES.—G. W. A., Murray.—
"Please Inform me, through the Water-Curo Joannal, allo
best works to study as a preparation for entering Dr. Trails
Hydropathic Medical Institute, which I contemplate doing
a year from date?" The Encyclopadia, Graham's Science
of Life, Youman's Chemistry, the Hydropathic Review,
end Combe's Constitution of Mon, are among the best.

Miss Leslie's Cook-Book.—C. C., Edenboro, N. Y.—"Please inform me, through the Jonaral, whether Miss Leslifo's plan of cooking, as contained in her book, is healthy or not?" In some respects it is; but in many respects it is n't.

WORMS.—R. D. B., Newark.—You will find ample directions for the treetment of such worms as you complain of, in the Encyclopædia. 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 shrong exercise. What is your opinion?" Exactly the contrary.

CHRONIC CATARRH.—Rev. D. B. L., Scottsville.
—Your case requires all the menagement applicable to a bad
case of dyspepsia. See Encyclopædia, chapter "Indigestion."

## Miscellany.

WHEAT FLOUR .- It is said that there are of nntriment peculiarly favorable for the growth of the muscnler system, in every 1,000 pounds of wheat about 28 pounds. In every 1,000 lbs. of flonr, only about 20 lbs., and in every 1,000 lbs. of bren 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 enimal 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 e considerably lerger time for them to consume that flour with the eddition of several pounds of coarser material. This seving from the use of unbolted flour would be greater than inst in proportion to the increase in weight of the unbolted above the bolted erticle, for the former contains the most nntriment. It would be within the limits of truth to celculate 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 e cheep hand mill, and then cooking it to the taste. Served in this way, it proves to be nutritious, economicel, and one of the most healthful criticles 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 Yegetarian Society, held at the Hydropathic Institution, on the 1 th of May, came too late for insertion this month. The meeting was unusually interesting, and our vegetarian friends who were not present will be gretified by the report of the doings of the Society. It will appear in our July number, The excellent eddress of Doctor Taylor which we give at length will in part compensate for the delay of the account of the precodings.



PERSONAL APPEARANCE OF MARIE ANTOINETTE. -Her great beauty eclipsed that of Madame du Barry, the favorite of Lonis XV. and the modern Phryne. But the beauty of Madame du Barry was that of a courtesan; the beauty of Marie Antoinotte was that of a Princess Nature had adorned her with all the gifts that made her, as a woman, an object of admiration; in shape tall, her movements were swanlike in carriage and deportment; in elegance such as to lose nothing of her majesty; her hair was blonde aud silken, and its warm tints reminded the beholder of the wavy tresses of Titian; a lofty oval forehead, like to those fair daughters of the Danube; eyes of liquid azure, in which the calm and the tempest of the soul made the look by turns sleep or undulate; the nose slightly aquilino; the mouth Austrian, by her family, that is, a mingling of pride and of a sunlle, the chin turned up; her color heightened by the chill climate of the north; an irresistible grace shed like a vonthful vapor over all her features, and which did not allow ber to be viewed but through an atmosphere of fire or of inebriation.-Lamartine's History of the Constituent

A SUBSCRIBER in Massachusetts writes as follows :- I was educated according to the most orthodox system of the healing art, (Allopathy,) and obtained the honorable affix, M.D. I practiced with the ordinary snecess for more than twenty years, in the State of New York, but never to my own satisfaction; and the longer I practiced and the more faithfully I investigated, the more it appeared to me like mere guessing. I left the practice ten years ago. I have examined the system of Hemmopathy and Hydropathy to some extent. I am a pretty thorough convert to the water practice, with its co-remedies, but have not pretended to practice. I have sometimes almost resolved to try my skill at an agency in your book circulation, for I have a very favorable opinion of all your publications. You will surmiss that I did not acquire much wealth by twenty years' practice. True; but I think I gained as much probably as my services were really worth, and that is all any one should desire. Yours, respectfully,

FROM Allemakee Co., Iowa .-- I have used cold water in my family for four years, and I give my testimony (as to its virtue) with cheerfulness, especially in the treatment of fever. Many of my neighbors lost their children last snmmer from a diarrhea accompanied with high fover. On the first appearance of this disease, the physician was sent for, and, in nine cases out of ten, those on whom they operated died. Two of my children were taken ill, and I applied water entirely, either in clysters or wet sheet. They ro now in health; and when I compare the few that outlived the drug treatment with my own (as to their activity, their rosy cheeks, and the bealthy color of their skin), my convictions as to the superiority of cold water amounts to a cortainty. An old No. of the WATER-CUBE JOURNAL, dated 1852, snpplied me with what little knowledge I have of this system; and as many new and interesting fac's are daily being developed, I wish to become a regular TL O. II.

B. B. P. writes us from Charleston, Ill., when sending a clnb says, "I promised you a hundred, and think I shall get them before the year is out." For which he bas our warmost thanks, and most hearty good wishes for bis suc-

CINCINNATI WATER-CURE AT CARTHAGE, OHIO .-This establishment, under the particular direction of D. A. PEASE, we are happy to say compares favorably with any in the Union. Having been recently refitted and enlarged, its conveniences for the accommodation and treatment of patients are nasurpassed. Its location for ease of access, fine temperature, beauty of scenery, and purity of water, will commond it to the attention of bealth-seekors everywhere.

DR. FLEMING'S Hydropathic and Hygienic Institute, phoenix-like, is ready again for the reception of invalids. Since being burned ont at Lake view, he has proenred a very fine and healthy situation at 46 North St. Paul street, Rochester, N. Y., near the Upper Falls of the Genesee, In a high and airy location, where he possesses fine facilities for enring the sick.

FIFTY years ago a celebrated mode in Massachasetts of curing the insane, was to whip them severely and then immerse them in water until they were insensible. It was claimed that they would recover their consciousness and sanlty at the same time.

## Matrimony.

### MATRIMONIAL CORRESPONDENCE.

NEW SERIES.

Persons wishing us to reply to their letters, or to forward those which they enclose to us, Must enclose a stamp to pay the same, else no attention will be given them.

MESSES. FOWLERS AND WELLS:—The writer of Letter No. 15, signed "Fifat," old series of Marimonial Correspondence, having selected a passing, and experienced the applyaces that flaws from the union of two concentral minds, would take title feet the need of a kindred soul to have their joys and sorrows, but may bealist to make their wats known ihrough the WATEL-CURE JOREMAL.

JOURNAL.
Sie would also render thanks to those who have been instrumental in bringing her luto communion with a KINDRED MIND,
that otherwise she might never have known.

No. 95.—Having enjoyed single bleasedness long snough, have received on Martinouy, soon as couvenient, and shell merely state that I reside on the fortile prairies of the West; an a farmer by occupation; an ance six feet in high have dark ball of the state of the s No. 95 .- Having enjoyed single blessedness long

No 96 .- A gentleman, aged thirty, seeks his better No 96.—A gontleman, aced thirty, seeks his better half. The lady mass be clusted, ambla, accomplished, incillad. The lady mass be clusted, ambla, accomplished, incillad. The lady mass because the seek according to the se

No. 97.—I am an old maid, of a nervous, sanguine temperament with a rood bead and very warm heart. Improvement and the properties of the p

No. 98 .- "Flora" is of mediam size, with dark eyes, NO. 28.— Fioral is of medicin size, with dark eyes, auburn bair, and amiable disposition. A teacher of music and painting; fond of poetry, as well as domestic duties. A Hydropath and Yegetatian, possessing good moral principles. Age, twenty-five years. A companiou must possess the qualification of No. 81, New Series.

No. 14, New Series.

No. 90 — is twenty-four years of age , 5 feet 8 inches bith, rather well proportioned; weight, 150 ibs.; acliner handsons or ugly, rich or poor; saidietd to ne habit inta would be disarresable with a companion, I thint; use no coffee, tea, tobacco, and unassemile in manners and dress; in dispersion and certain social, and affectionate; devotefly attached to bome and home Think Possess be qualifications for making the lady of my obtoch happy, and would desire a companion of like qualifications, a practical Hydropathit, of medium size, with well-developed flysted makes a farmer's home pleasant and happy; that is not ashamed, or thinke it a diagrace to be useful; that he willing to let Love be the Any of the fair readers of the Journal, between the ages of eighteen and twenty-lines, officing the above, and thinking they are

ruing principle.

Any of the fair resders of the Journal, between the ages of eighteen and twenty-three, unlicing the above, and thinking they are in poacession of the desired qualifications, and whilm a correspondence, can obtain name and address of Messra, Fowlers and Wells.

ON A HALF. None other than a Western lady need apply, unless she

No. 100.—I am twenty-five years of age, well formed, weighing 140 lbs; have black hair and ayes, a social, happy disposition, and considered (by the ladis) anticome, I am happy disposition, and considered (by the ladis) anticome; in the little of the ladis of the ladie of the l

name and address apply to Fewlers and Wells.

No. 101.—'dolun' is dirty-pair, years of age, 5 feet. 11 teches hitch, rakher light bull; is moderately reached hit, of the little shift; is moderately reached hit, of mental, assengin, onelvis temperament, and healthy. Is intelligent, moral, progressive, is Unitarian, inclined to Vecetariation, giving the phremoderated charges and the content of his mind appears to be to reason, think, &c., and that mind; that his known for streates in friends, and attachment to home as such, and is expanded their, decidably devoted in the feet-asson, independence, pride, munitimos; that he is characterized and in the content of the content of

No. 102—is twenty-one years of age, size medium, dark hair and ayes, passably good-looking, healthy, a farmer's moral worth than upon the color of the exas of his. Teefar a farmer, though not particular about his occupation, if an honorable one. He must be their littlene, counding, and a love of quiet domain. He can be the their littlene, counding, and a love of quiet domain and their littlene, the most such as a farmer and the moral such as a farmer and their littlene writers aim to mort such as one.

No. 103. "The bard has sung, God never formed a soul Without its own peculiar mate, to meel Its waudaring half."

Its wasdering balf."

If true, the writers "was being balf" is from thirly-eight to forty-free of respectable family; the intellectual and moral practices of the properties o

ble counterpart in

No. 104 - I am not quite thirty; a New Englander
by with and education, and of condustratings; all present surfaced
by a single content of the condustrating and the condustrating and the condustrating and the condustration and the condustration and a single condustration and a single condustration and the con

No. 105.—I am old enough to get married; age, about twenty-eleitywars; am 5 for 10 inches high, light hals, gray even; weigh 17 to 16 lbs., grood health and good convituition; a believer in liberal Culvisianity. I want a wife of sound, irealthy constitution and mind, dark hall, black ee a, and well-educated as housekeeper. I will further as the first the weight and excent set my amen and address by writing to Meszer. Fowlers and Wells, if desirable. I will also say that I am a believer in Phrenology and Hydropathy, and a Vicerterian by practice.

No. 106, - I am twenty-one years of age, below medium size, dark halr and eyes; possess a good share of common sense; am independent enough to do what is right; and desire a companion not over this ty-five of good industrious habits. Dona.

No. 107. — "Mary " is between twenty-five and thirty sear of see, good figure, light complexion, dark hair and eyes, plexing appearance; of the highest monoi clearer; hithlesses the search of the Freshyterian Church.
Weald like lo correspond with a gent cman of education, refinement, and irreproachabe character. He should be in cood circumsement, and irreproachabe character. He should be in cood circumsement, and irreproachabe character. He should be in cood circumsement, and irreproachabe character. He should be in cood circumsement, and irreproachabe character. He should be in cood circumsement, and irreproachabe character. He should be in cood circumsement, and irreproachable character. He should be in cood circumsement, and irreproachable character. He should be in cood circumsement, and irreproachable characters is not a should be considered to the constant of the coordinate of the coordinate constant of the coordinate c

No. 108.—I am twenty-three years of age, 5 feet 10 inches in height, well built and erect in stature, and called rather conditions and expensive the stature, and called rather conditions and wealthy, and an during good, notifable built ness at farming. I do not use ardent spirits in any form, I am temperate and exact a stature of the stature of the

No. 109 .- I am a widower, thirty-four years of age; NO, 103—I am a windows, turnly your years of age, have one celled, a boy, two years ofd, am a nechanic; healing, temperate, and industrious, the property of the property of the property of the sequential control to the sequent

No. 110.—I am a native of New York, a widower, age thirty-slehl; twent of the mother of these interesting, god-looking children-dwe boys and sclrl. I am of medium aits, well-considered the schreen was been as a schreen with the schreen companically temperate, progressive, and reformatory. A firm be-liver in Praemotory, Hydropushy, Venetarianism equal richis, and liberal Christianity. Am a Bookseller, Convey succe, &c., &c. excitiments and character, intelligent, healthy, of light complessing between the ages of twenty-down and that slight, natural kind, and affections o. Anzious to love and beloved. Taxrarect.

No 111.—Maria is twenty-two years of age, 5 feet 5 inches high; of good form, lieft completion, dark bins syes, and the state of the st

No 112.—I am twenty-seven years of age; have always been told from a child that I was handown; have dark half and ayes, with orresponding completion. I have received a good education; can sing and play well. I am rather of a despondent tone of mind; in consequence well. I am mather of a despondent tone of mind; in consequence well, and rather of a despondent cone of mind; in consequence well, and rather of a despondent person of the control of the consequence with the control of th



### Adbertisements.

A LIMITED space of this Journal
For a full page, one month, \$15 00
Fer balf a column, one menth, 12 00
For a card o' four lines, or less, one month, 1 00  Payment in advance, for trunsisut advertisements, or

for a single insertion, at the rates above named.

Copies of this JOURNAL nre kept on file at all the principal Hotels in Naw York CITY, Boaton, Phila DELPHIA, and on the STEAMBRE.

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

#### Water-Cure Establishments.

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

1. GENERAL PRACTICA, in which Miss A. S. Coge-well assists.
2. OFFICE CONSULTATIONS, by Dr. Trall, parson-nily.

i. November 1.

November 1.

November 1.

Krunses: Toition for the Winter term, \$75; do., ith board, \$150. Summer term, \$60; do., with ard, \$100.

S. Phovision Deport for the manner.

with brand, \$100. Summer term, \$40 \( \) dee, whith board, \$100.

Bearl, \$100.

Bearl,

WORCESTER HYDROPATHIC INSTITU-TION .- During the past winter, this institution Thos.—Butting they past whiter, his institution has undergone thorough repairs, and it now offers greater inducements than over before to those who deals ho more comforts while regaliting their benth. Fur particulars, address E F. ROGERS, Supt. or E S. ROGERS, M. D. Physician. Worcester, Mass. Apr tf.

CLEVELAND WATER-CURE ESTAB-LISHMENT .- The above establishment is now commencing its eighth season. It heing the oldest establishment in the West, the proprietor intends that it shall still maintain its reputation of being the BEST.

Great Improvements have been made to it nince the last season, espacially in the Bathing facilities, which, for varies, comfort and convenience, are believed to be unequalled by any emablishment in the lines.

seliced to be unequalled by any seablishments in a trion.

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PENNSYLVANIA WATER - CURE. -Spaine Ornning .- This celebrated ilydropathic Instituta was opened on Monday, April 2d, for the reception and treatment of Putlents of every deecription. The Proprietor, nesisted by experienced scription. The Proprietor, nested by apprehenced Narrae, will devote his whole time and skill in the Narrae, will devote his whole time and skill in the Dissass, and especially those of Fernata, with he treated in Inc. Campbell's herefore a vocasist manner, by which he has restored to heal's thousand of skiknass for years. Tarms moderate. Per particulars address. J. CAMPBELL, AM., M.D. Jane at Phillipsburgh, Devara County, Fa.

CO CO

NEW LEBANON SPRINGS WATER-CURE, N. Y., WILLIAM S. BUSH, M.D.,

Physician .- This Institution, situated in an exceedingly healthy region is surrounded with the most romantic and heautiful mountain scenery and is unrivaled in its natural advantages. it is supplied with an ahundance of the purest and softest water, and possesses every requi-sits for the successful prosecution of the WATER

native tinal softest water, and humanise very results for the successful prosecution of the Warra State for the successful prosecution of the Warra Tarana Norre, having had ample experience in the management of each institution, are de-emband to piace New Lebmon in the first rank of Course or yas Stor, and they turn, with the healities at their command, that they will be enabled to sustain the separation the Institution has already. The famile department is under the direction of an educated Hydrapathic Parasa Praviacias, who are detailed Hydrapathic Parasa Praviacias, who exist cases. In this department the Warte-Cuse appliance as an aided by other means which have successful. Ladles who consider their cases incumbe, their cases in the department of the case incumber of the control of the

convenient for indice than they have all this closely at it the establishment, be find on application to the Physician Control of the Control

GRAEFENBURG WATER-CURE .--Fine mountain location, ten miles east of Chamhershurg, on Gettysburg Pike,

Terms moderate. Applications must be made as early in the segson as possible, to secure to May, 1855. DAVID GOODYEAR,

Proprietor.

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John Godyenr, Esq., corner 7th and Pine etree's.
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FOR THE TREATMENT OF CHRONIC DISEASES, Combines the advantages of other good establishments—a healthy location, an abundant supply of pure soft water, 'a Gymnasium, furnished with all necessary apparatus for healthy and the series and development or every pure-successful operation and every series, and the number is acted gives us confidence in saying to those treated to the series of the seri good establishments-a healthy location, an

PITTSBURG WATER-CURE, -- On the Ohio River and the Ohio & Pa. Railroad, 10 ome when and up only one and a control of the contr miles west of the city at Haysville station. We

### ROUND HILL WATER-CURE, MOTORPATHIC INSTITUTE, AT NORTHAMPTON, MASS.

This most beautifully located Establishment, hy far the most extensive and commodious in America, with every improvement for the Medical application of Water, is crowded yearly with invalids from all parts of the United States. Many hundreds of the most difficult and complicated cases of disease have been successfully treated here within the past year, by Drs. Halsted and Strong. The system of treatment, embracing also the scientific application of Motion to the cure of disease, is more comprehensive, and more effect-ual than the common water treatment alone. Dr. Halsted's work on Motorpathy, also circu lars, references, &c., can be had by enclosing 10 postage stamps. Address
H. DALSTED, M. D.,

Round Hill, Northampton, Mass,

ATHOL WATER-CURE is in one of the most salubrious and heautiful localities that can anywhere he found. The WATER is that can anywhere he found. The Water is of the best quality, pure, and soft. Shady roads and walks, a tomantic valles and a bubbling browk, no in cloep portunity to the Easthalment. An Office, the churches, and the rives of the place. One structors as cool and nature. During the almost unprecedented heat of last summer, our Thermanner to only 56 decrees. We are consider, that for the combined advantages which as conducted benefit, this institution came be an irrased by nay to the country.

2000. PELLD M. Dr., 24 benefit of the country, and the country.

WATER-CURE FOR THE POOR .- Notwithstanding the greatly increased expenses of "necessnies" the present season, Drs. Trail and May have so increased their rooms and facilities for Water-Trentment, as to be enabled to take patients at the usual prices. They will muke very liberal terms with those who desire to remain during the eeason, at sither Establishment, or with such as would prefer to remain a part of their time at each.
For further information, circulare, &c., address

R. T. TRALL, M. D., 15 Laight st., New York. O. W. MAY, M. D., Fishkili Landing, N. Y.

CINCINNATI Water-Cure is located five miles from the city, on the Cincinnati, Hamilton, and Dayton Railroad, a few rods Hamilton, and Dayton Railroad, a few rods from the Carthage Station. This large and flourishing institution is not excelled in point of location, heavily of scenery, convenience of schooling, the properties of the control of the co

LEHIGH MOUNTAIN SPRINGS WATER-CURE. The water is unsurpassed, the air pure, and the scenery beautiful. Betblehem, Pa. Dr. F. H. OPPELT. May 1t

DR. MUNDE'S WATER-CURE ESTAB-LISHMENT, at FLORENCE, (Northampton, Mass.,) offers every desirable advantage to Patients oners every desirators advantage to Franchis with with the pitter themelves under the care of an about the care of an about the carliest disciple of Pitcesnitz, and the anterior of some of the earliest and more successful twice in a hashity and hindsome mountainous region, the cold and pure granite under an arminement of the houses, baths, pardens, &c., to the property of the cold and pure granite part of the property of the p

Miss M. H. Mowry, M.D., late professor in the Female Medical College, Philadelphia, will attend to patients In City or Country. Office, 221/2 South Main Street, Providence, R, I. Office bours from 8 to 10 A.M., and from 12 to 3, and 6 to 7 P.M.

CHICAGO WATER-CURE RETREAT, OR Lake street, between Holsted and Green strests.— Open summer and winter for the reception of Patinuts. Formale difficulties receive special attention. We also attend patients in the city and country. Dec If J. WEBSTER, M.D.

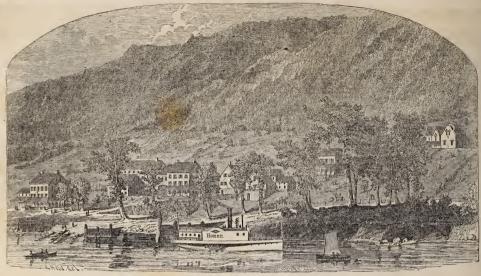
### NEW HAMPSHIRE WATER-CURE

ESTABLISHMENT. - Dr. Vale informs his friends and the public that he has removed his establishment from Concord, N. II., to a far more eligible and beautiful location, in Franklin, N. H., seventeen muss north of his former residence.
In his new astablishment ha bas every facility for the in the new standament ha bas every facility for the full-st administration of the Hydropathic and all kin-dred resources, and every inducement to offer the beatht-seeking invalid to take up his abode at his homas. He bas a beautiful and costly building, large enough to accommodate fremseventy-five to one hundred patients, empletely finished, into large, elegant, and alry rooms, appropriately formsbed, large and bandsome parlers' well-arranged both rooms, a splendid bowling-alley, a large and beautiful hall for dancing, gymnastic exercise etc., all connected with the main builling, so that patients mny pass from one to the other in all kinds of

intege into beautiful hall for duncing, symmetric exercise, all connected with the main builting, so that jacket, all connected with the main builting, so that jacket, all connected with the main builting, so that jacket, and controlled the property of the controlled property of the control

vasiety so indepenable to bis receivery, and whits, when propers, bactimate to it, see gratestia to baspeMen propers, bactimate to it, see gratestia to baspeSuch patients as may wish to labor as a recreation, to a centan extent, will save the opportunity inducted, and therefore. This transgement afforts an opportunity to the more vigorous awaid, with limited means, to reduce the more vigorous awaid, with limited means, to reduce a second of the control of the con

For farther particulars andress the proprietor. A circular will be sent to all applicant stating prices and reserved and the sent of the property of the prope



QLEN HAVEN WATER-OURE, 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 faltered, and have now a huilding under contract, every way superior to the old one, which was burned. 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 welleducated Water Cure families, hesides 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 CIR-CULARS, which we have had nicely printed, and which, along with our business Circular, (descriptive of "the Glen," our "Cure," and onr husiness arrangements,) we shall be bappy to sead to all—free of cost—who may wish them personally. or would like them for distribution in their neigh-

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

No. 2 is on Pswale Diseases: describing succincily those diseases peculiar to women; with general and special inits for nows treatment. By Drs. J. O. Jackson and H. N. Austin.

Drs. J. O. Jackson and H. N. Austin.
No. 3.—Symmatoasaxa. 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 Spermaterrbea, with most marked

the frestment of Spermatorroes, was most masses of Our Physicians are sleep prepring circulars on "Dispasse of Out Dess," "Schornta," "Dyspermatorroes," "Schornta," "Dyspermatorroes, "Schornta," "Dyspermatorroes, "Dyspermatorroe

Yours truly, CHAPLIN, HASKELL, AND BREWSTER, Proprietors, Glen Haven Water-Cure, MAY 1, 1835, Homer, Cortland Co., N. Y.

COLUMBUS WATER-CURE, FOR LADIES EXCLUSIVELY .- In founding this Institution, our object has been to combine the hest, most modern and most scientific treatment for the cure of complaints particularly incident to Komnles. We fee condition that we have accompanied our edges of the condition o object bas been to combine the hest, most mo-

ORTHOPATHIC WATER-CURE, Cleveland, Obio .- Dr. G. W. STRONG and ISAAC JENNINGS,

land, Oblo.—Dr. G. W. Stronou and IRAL IENTHOUS.
M.D., Phylician informed that they have opened their.
The public are informed that they have opened their.
The public are informed to the public and one ready to receive patients of both sear for the winter.
The new editice is of brick and stone, and finely wermed and ventilated on electrical principles, and hot and cold air can be introduced at pleasure, and the presence of the

'IERRES:— \$1 to \$11 per week, according to rooms, and attention requires two coarse cottes and one lines beech, one woolles blanket, one comfortable, and six or eight crash towels. All communications addressed to Dr. G. W. Strance, All communications suddressed to Dr. G. W. Strance, or is as a Jennico, M.D., Cleveland, Ohio, poetpaid, will receive immediate attentions. Dec 1 yr

Dr. C. BAELZ has opened a Water-Cure in the city of Pittshurgh, No. 38 Hand street, between Penn street and the Alleghany

river.

The Browmeville Water-Cure will be reopesed nort April, under the direction of Dr., Rittler and Bestration of Company of the Company of the Company of the Lie two years playteian to Dr. Munde's establishment in Florence and Company of the Company of the

KENOSHA WATER-CURE, AT KENOSHA, Wisconsin.—This is a large institution, and has bees in successful operation for the past two years. beea in successful operation for the past two years. It is now undergoing thorough repairs, and will ments of the Hydropathic practice. It is the interior of the proprietors to make this the intuition section of the proprietors to make this the intuition section from Milwaukie or Chicago, by the Lake Store Mailman. Seeking W. D., Kenndab, Wise. Addits: H. T. SEKLEY, M. D., Kenndab, Wise. Micht J. Olin S. MARSH.

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### Varieties.

HYDROPATHIC SCHOOL,—At a meeting of the students of the Hydropathic and Physiological School, of No. 15 Laight street, New York, held April 17th, 1855, the following resolutions were unanimously adopted:

Whereas, The third regular term of the New York Hydropathic and Physiological School is now closed, and wo, the students of said School, being desirons 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 laws.

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, refning, and elevating influences which the sexes exert over each other, more fully convinces us of the propricty 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, untiring 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 Jounnal and Life Il-Luserated, 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 expressive of our esteem.

E. W. GANTT, Lockport, N. Y.,
Mrs. A. Frances Kimnle,
J. S. Wise, Raymond, Miss,

J. S. WISE, President. REUBEN F. DUTCHER, Somerset, N. Y., Secretary,

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

dor the following paragraphs:

This class of ministers has always been regarded with great distrast by the most intelligent class in Christian seets, and in many quarters they have been tolerated rather than respected. At the late anniversary at Andover Theological Seminary, the Rev. M. P. Braman, of Danvers, on objectal Seminary, the Rev. M. P. Braman, of Christian Christian and the Christian of the Christian

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. Braman (Br. Whittenore's old opponent) ought to know the value of a soul when converted to orthodoxy. He thinks, if the article prov genuine, the conversion may, npon the whole, be worth a dollar. Rather dear! But how is the bogus to be distinguished from the genuine? By the brase, to be size. St. Paul compares a counterfelt Christian to "sounding brass, or a tinkling ermbal."

DRESS IN CALIFORNIA.—A San Francisco editor tells this story about the prevailing taste for finery among the California ladics:—There is, perhaps, no place in the overly-day contume of a lady in San Francisco is quite equal to a special "set up? for a promensale in that wonderful thoroughlars, the Broadway of the Gothamics. The good olf-dashioned ten-cent calicoes that our grandmothers used to wear, which were made appen economical principles, and not to run to walvi, are here searedly over seen; but, "though lost to sight, are to memory dears." 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 envelope 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 luxurious and refined 1 Yesterday, as we were plodding in sober 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 encased in a white kid hung gracefully over one arm; a French embroidered handkerchief emitted an odor of "Jockey Clnb." Our curiosity to see tho 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 onrs. Shade of departed romancel It was our washerwoman, Sally, a respectable "cullard pusson" of the fust water.

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

Thus far the enterprise has been a labor of love on the part of soveral 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 Faris, 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 crashing weight upon the helpless victims of poverty and misforture.

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 regrotted 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 nnfitting attiro of females procludes their out-door exercise, which brings by far the greater evil consequences both of body and

Who does not know, in these days of "water-ence" 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 dread/sully mortified!—be seen at work, or play, or exercise, ont-doors. Did madesty allow these things, we should see every village and country lass or young lady, ont inhaling the fresh air, delighting themselves in mannal exercise, whether in the garden, meadow or field. How heatthful how delightsome!

Smithfield, R. I. O. P.

THE IMPROVED HAND MILL, for cracking wheat, grinding corn, ctc, ctc., is advertised in the present number of the WATER-CUES 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 need it. We have no doubt it will supersede all others, when once before the public. We have an abdling faith in the good time coming, when we may truly find "EVERY MASK IIS OWN MILLER"

THE AGE OF THE PATRIARCHS.—DR. VAN ORDEN remarks as follows :-- Some have not hesitated seriously to ascribe to onr forefather Adam, the height of nine hundred yards, 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 elephant and rhinoceros; and acute theologists have shown that the chronology of the early ages was not the same as that used at present. Some, particularly HENSLER, have proved, with the highest probability, that the year, till the time of Anraham, consisted only of three months; that it was afterwards extended toeight: and that it was not till the time of Joseph, that it was made to consist of twelve. These assertions arc, 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 fonrteen; 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 seevery 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 honsehold department, let them try the locomotive engine, the steam-ship, or the telegraph.

HUDSON RIVER RAIL ROAD—CHANGE OF TIME.—
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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.

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we are senting on to the country now from for the states every month.

It should be remembered we are doing what will tend to present 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 on every poor district in the City. We have never applied hefore in vain, 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 hooks as previous donors or subscribers: and all others who feel able to contribute, are requested to send their donations to the Office. No. II CLINTON HALL ASTOR Place.

